

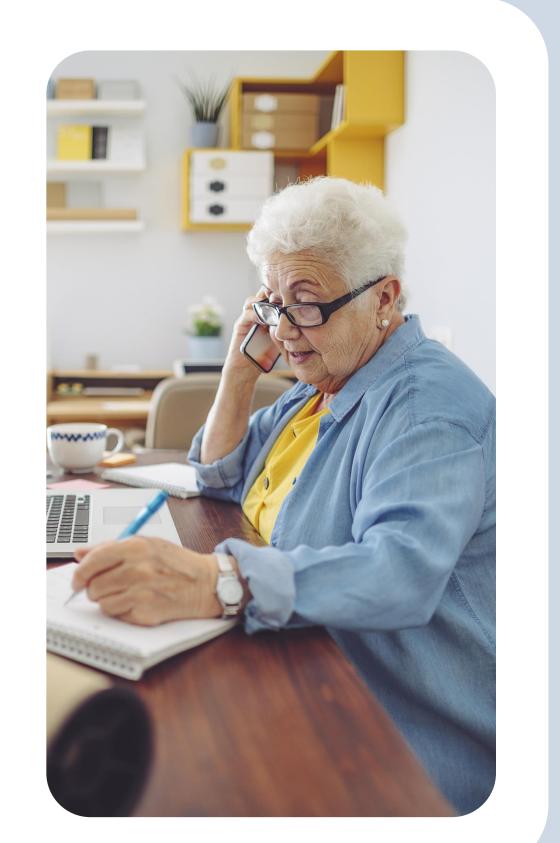
## ID 183

# EU Navigate training prepares navigators in European countries to support older persons with cancer living at home

Iris Beijer Veenman<sup>1</sup>, Annicka van der Plas<sup>1</sup>, Roeline Pasman<sup>1</sup>, Wendy Duggleby<sup>2, 3</sup>, Barbara Pesut<sup>3</sup>, Lieve van den Block<sup>4</sup>, Katarzyna Szczerbinska<sup>5</sup>, Barbara Gomes<sup>6</sup>, Laura Gangeri<sup>7</sup>, Andrew Davies<sup>8</sup>, Davide Ferraris<sup>9</sup>, Bregje Onwuteaka-Philipsen<sup>1</sup> Email: i.a.beijerveenman@amsterdamumc.nl

### Background

- Navigation helps persons get connected to resources they may not know about or have difficulty accessing.
- Nav-CARE, a navigation program in Canada, has illustrated that navigators can have a positive impact on the well-being of older persons living at home with chronic illness (https://nav-care.ca).



## Aim

To explore motivations for becoming an EU navigator and to evaluate the level of preparedness navigators experience after having participated in an EU Navigate training.

**Methods** 

**EU Navigate** is a European adaptation of this navigation program, in which both volunteer and professional navigators support persons of older age (>70) who have cancer.

After completion of training, navigators filled in a survey about motivations for becoming navigators and preparedness for the role of navigator. Descriptive statistics were conducted.



## Results

## Demographics



### N = 126

From six countries: Belgium, Ireland, Italy, Poland, Portugal and the Netherlands.

69% female

17%

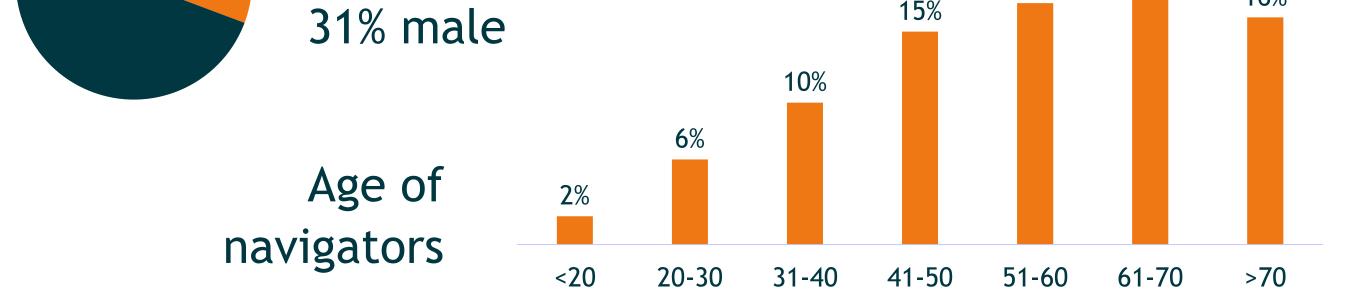
35%

16%

Navigator understanding and confidence across competencies

Navigators were trained across 5 competencies. For each competency, they were asked about whether they understood what was expected of them, and how confident they felt in their ability to perform the competency.

Addressing quality of life concerns



## Key motivations for becoming a navigator



73% felt a duty to help or to use their time for something useful and worthwhile



23% were motivated by the prospect of personal and/or professional development



17% wanted to do something new and/or to challenge themselves



17% joined because of a personal health related experience

17% found the research interesting or important to



### Advocating for clients and families



### Facilitating community connections



### Promoting active engagement

I understand what is expected									889	%		■ Agree
I feel confident in my ability									84%			No opinion
	0%	10%	20%	30%	40%	50%	60%	<b>70</b> %	80%	<b>90</b> %	100%	Disagree

### Supporting using technology

I understand what is expected I feel confident in my ability

90%	■ Agree
81%	No opinion



Disagree 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

### Conclusions

People who have participated in the adapted EU Navigate trainings feel prepared to start working as a navigator. The navigators' confidence in their role serves as a favorable foundation from which to start navigation.







<sup>1</sup> Amsterdam UMC, department of Public and Occupational Health, The Netherlands, <sup>2</sup> University of Alberta, Faculty of Nursing, Edmonton, Canada, <sup>3</sup> University of British Columbia, Okanagan, Canada, <sup>4</sup> End-of-life Care Research Group, Vrije Universiteit Brussel (VUB) and Ghent University, Belgium, <sup>5</sup> Uniwersytet Jagiellonski, Krakow, Poland, <sup>6</sup> Universidade de Coimbra, Coimbra, Portugal, <sup>7</sup> Psychological Unit - Fondazione IRCCS Istituto Nazionale dei Tumori-Milan, <sup>8</sup> The Provost, Fellows, Foundation Scholars & the other Members of Board, of the College of the Holy & Undivided Trinity of Queen Elizabeth near Dublin, Ireland, 9 Lega Italiana per la lotta contro i tumori di Milano, Milano, Italy