

# Early palliative care delivered by lay navigator coaches

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# Intervention work involving lay navigators

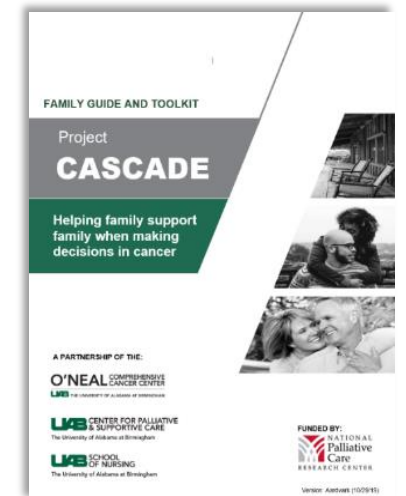


## Project Cornerstone (NCI R37CA252868)

Randomized trial of lay navigator-led early telehealth palliative care for African American and/or rural family caregivers of persons with newly-diagnosed advanced cancer

## Project CASCADE (NCI R01CA262039)

Factorial trial of a lay navigator-led early telehealth intervention to train family caregivers to provide decision support to persons with newly-diagnosed cancer



# Why lay navigators?

- Navigation programs have proliferated since passing of the Affordable Care Act
- One-on-one guidance to patients and families across health system settings
- Respected, trusted, and culturally aware members of their community, who have been shown to enhance access to health services in underrepresented populations
- Represent a largely untapped workforce who can greatly expand the reach of palliative care services and support



# Core Competencies of Cornerstone and CASCADE lay navigators trained as support care coaches

- **Facilitate family-centered** care that is compassionate, appropriate, and effective
- Assist family caregivers in identifying and **accessing outside resources and navigating healthcare systems**
- **Screen for distress** and assess problems related to the individual's caregiving role. **Assist with problem solving and action planning** to address challenges.
- **Educate** caregivers in stress management, coping, asking for and getting help, effective social support and cancer co-management, self-care, communication, preparing for the future, and advance care planning.
- **Provide evidence-based information and partner with the interdisciplinary team** and consult clinicians to address questions about medications, treatment options, and expected outcomes.
- Empower family caregivers to be an active, supportive partner with patients and their oncology team in **healthcare decision-making**.
- Empower caregivers to **value and maintain their own wellness** by providing coaching on stress management, coping, and self-care.
- **Follow-up with caregivers** to reinforce key principles of being an effective family caregiver, conduct distress screening, and provide referrals to supportive resources in collaboration with the interdisciplinary team.

# Lay navigators receive advanced training in health coaching

- 50-60 hours of structured didactic and skills training curriculum
- Enhanced preparation areas: lay navigation, health coaching and behavioral activation skills, problem solving support, family caregiving, oncology and palliative care fundamentals
- Simulated practice with debrief
- Ongoing weekly oversight by palliative care IDT