

2026 Navigation Nation Summit: Reflection Worksheet

Use this space to jot down your thoughts, circle what resonates, and capture ideas to carry back into your work.

Keynote: Beyond Silos - The Future of Cancer Support

What is one "silo" you could help break down within your organization, community, or professional network?

Session 2 – Case Study: Stronger Together—Solving Patient Challenges Through Collaborative Care

Think about a complex patient challenge you have encountered. Which additional professional, team, or community partner could have strengthened the response?

Complete the handoff:

- I would activate another professional or partner when:
- The person, role, or organization I would activate is:
- To make the handoff effective, I would communicate:

Session 3 – AI in Action: Practical Tools for Patient Support Professionals

One AI-supported approach I would like to try responsibly is:

Which task in your current workflow could AI help you complete more efficiently?

- ☐ Drafting patient-friendly information
- ☐ Identifying or organizing resources
- ☐ Preparing documentation
- ☐ Supporting appeals or prior authorization processes
- ☐ Developing questions or conversation guides
- ☐ Summarizing complex information
- ☐ Another task: _____

Before using AI-generated content, I will pause and check for:

- ☐ Accuracy
- ☐ Bias or missing perspectives
- ☐ Patient privacy and confidentiality
- ☐ Clear, patient-friendly language
- ☐ Appropriate human review
- ☐ Alignment with organizational policies

My Follow-Up Map

Write down anyone you'd like to connect with or learn more about (panelists, peers, or organizations).

Name/Org:

Why connect:

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Session 4 – Precision Medicine 101: What Every Navigator Should Know

What is one question you can encourage a patient to ask their care team about biomarker testing or treatment options?

One barrier that may affect access to testing or targeted treatment—and a partner or resource that could help is:

Barrier: _____

Partner or resource: _____

Session 5 – The Evolving Workforce of Cancer Support: Professional Landscape Updates

Which update, trend, standard, or professional opportunity is most relevant to your role?

One action I can take to continue growing in the cancer-support field is:

- ☐ Explore a new training or certification
- ☐ Review an updated professional standard
- ☐ Connect with another professional organization
- ☐ Strengthen an interdisciplinary partnership
- ☐ Learn more about virtual-care practices
- ☐ Develop my leadership skills
- ☐ Other: _____

Session 6 - Supporting the Supporters: Carrying the Weight of the Work

Cancer-support professionals often witness difficult and traumatic experiences. What is one sign that tells you the emotional weight of the work may be staying with you?

When a patient's experience affects me deeply, one healthy way I can process, cope, or seek support is:

My Support Plan

One practice I can use to help protect my well-being is:

- ☐ Debrief with a trusted colleague or supervisor
- ☐ Use grounding or mindfulness techniques
- ☐ Create a transition ritual at the end of the workday
- ☐ Set or reinforce a healthy boundary
- ☐ Access professional or organizational support
- ☐ Take intentional time to rest and recover
- ☐ Other: _____

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Session 7 – Innovation Spotlights: What’s Working in Cancer Support Right Now

Which new resource from today is going straight into my toolkit?

Quick audit: My resource kit is currently...

- ☐ Overflowing but hard to find things
- ☐ Outdated and needs fresh resources
- ☐ Scattered and needs organizing
- ☐ Solid, but I’d like to add more
- ☐ Just right and ready to use

One thing I’ll do to improve:

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Why connect:

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While designed for patient navigation professionals, the content may be beneficial for patients, caregivers and other members of the care team, and all are welcome.



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