Katelyn MacDougall:

Colorectal Cancer Alliance Group Chat

One-to-One

Young Adult Support Group

Blood Donor Center

Did you know that all of the blood and platelets collected at the bedside are immediately available to the local hospital? This blood is donated by people like you and is used for patients who need it the same day it is donated. Clinical trials are ongoing to understand the role of blood and platelets in cancer treatment and prevention. The Blood Donor Center is located in the basement of the Dana-Farber building, just down the hall from the Emergency Department. The technician on duty is available to answer any questions you may have and will guide you through the process of donating.

Meet the Oncology Nurse Navigators

Kimmie Ng, MD, MPH

It is our sincere hope that we, as a community, can come together and continue the fight against colorectal cancer. Our mission is to provide expert and comprehensive clinical care and support to our patients and their families. We believe that education is the key to empowering patients to navigate the human aspect of their illness and incorporate resources to improve their quality of life.

In regards to our research mission, we have officially launched the Beyond Lynch Center at Dana-Farber. We have also extended our reach and connection to young-onset colorectal cancer survivors and their families. We are planning our first Young-Onset Colorectal Cancer Center and we are looking for the best and brightest! I also hope to someday teach nursing at the college level.

Seek social work as soon as possible! You likely will benefit from their expertise.

MBB:

Relinquishing control and transitioning from nurse to patient was incredibly difficult. My treatment was initially managed surgically via a sigmoid colon/tumor resection and then later with chemotherapy. My quality of life was significantly impacted. I didn't realize how much I needed her until we met mid-day of diagnosis. My social worker (Jane Bausch, LICSW) has helped me navigate the human aspect of my illness and incorporate resources to improve my quality of life. Social workers are invaluable!

Cognitive-behavioral therapy for insomnia (CBT-I) teaches participants to reframe their thinking about sleep, establish a regular sleep schedule, and develop techniques to fall asleep at bedtime. It is a non-pharmacological treatment that can be delivered by non-medical providers, such as nurses, social workers, and psychologists. CBT-I is not to be confused with CBT used for other emotions, and questions to both patients and their families. It is a practical treatment that can be delivered by non-medical providers, such as nurses, social workers, and psychologists. CBT-I is not to be confused with CBT used for other emotions, and questions to both patients and their families.

Zhou coaches patients to develop a new sleep schedule, including structured activities during the day and a consistent bedtime routine. This includes setting a regular bedtime and wake-up time, creating a sleep-conducive environment, and avoiding caffeine, alcohol, and nicotine. The goal is to help patients achieve seven to eight hours of sleep per night, which is associated with improved quality of life and reduced risk of cancer.

I've always been interested in integrative medicine modalities, aka "energy work," and I've practiced yoga and meditation for many years. In my current role as a nurse navigator, I work closely with patients to develop personalized care plans that incorporate their preferences.

Amanda, and I traveled to Washington, DC to participate in a partnership with the Congressional Families Cancer Prevention Program of the Dana-Farber Cancer Institute. In regards to our mission to provide expert and comprehensive clinical care and support to our patients and their families, we believe that education is the key to empowering patients to navigate the human aspect of their illness and incorporate resources to improve their quality of life.