Contacting the Nurse Navigator

The Nurse Navigator service can be contacted Monday to Friday, 8am to 4.30pm.

**Phone:** (07) 4433 2690  
**Fax:** (07) 4433 4551  
**Email:** THHS-NurseNavigators@health.qld.gov.au

If you are worried or something is very urgent please call your GP or visit the hospital emergency department.

**In an emergency situation, please call 000.**
Nurse Navigator role

A Nurse Navigator is a nurse with knowledge and understanding of the healthcare system.

Your healthcare can be like a jigsaw puzzle and you can often feel as if there are pieces of the puzzle missing.

The Nurse Navigator can work with you and your family/caregivers as well as your General Practitioner (GP) to make a plan of your healthcare picture.

Navigator Service

When the Nurse Navigator meets with you, they will talk to you to find out how we can help you.

- Do you have a chronic condition, for example diabetes or asthma/emphysema?
- Do you find it difficult to understand your illness?
- Do you have lots of tests and appointments, what are they for?
- Would it help you to have someone you can call?

The Nurse Navigator can make a plan with you to fit all pieces of the puzzle together and help you to look after yourself at home.