



Linda Smith

Nurse Navigator



Core

The Nurse Navigator is a key part of the Nuu-chah-nulth nursing team whose main job is to support families in their health journeys—especially during times of transition, such as leaving the hospital and returning home.

This role helps ensure that care continues smoothly, with the right supports in place, and that families feel informed, guided, and culturally respected every step of the way.

The Nurse Navigator is here to help Nuu-chah-nulth members and families understand and access the health care system, especially after a hospital stay. Their work includes:

- Discharge planning: Making sure people leaving the hospital have the care and resources they need at home.
- Coordinating follow-up care: Connecting clients with home care nurses, community health workers, family doctors, or specialists.
- Navigating services: Helping families understand what supports are available—such as medical equipment, travel assistance, or community programs—and how to access them.
- Advocating for cultural safety: Ensuring that care is respectful, trauma-informed, and grounded in Nuu-chah-nulth values and ways of knowing.
- Supporting families: Listening to concerns, answering questions, and helping reduce the stress and confusion that often comes with serious illness or hospital stays.

The Nurse Navigator works closely with:

- West Coast General Hospital (through their hospital/community liaison coordinator)
- NTC Nursing team and home care services
- Community health workers and local service providers
- Families and caregivers to make sure they are supported at home
- This collaboration helps prevent people from “falling through the cracks” when moving between hospital and community care

Health Care can be overwhelming, especially when people are sick, in pain, or unsure of what's next. The Nurse Navigator helps by:

- Making the system easier to understand and access
- Ensuring smoother transitions between hospital and home
- Helping families feel supported, informed, and not alone
- Building stronger connections between hospitals and communities
- Ensuring care respects culture, family, and language

The Nurse Navigator is not just a nurse—they are a guide, advocate, and connector, helping Nuu-chah-nulth people move through the health system with more confidence and support. They are here to help make sure care is not only effective, but grounded in the strength, dignity, and traditions of the community.

Specialty

- Licensed Practical Nurse
- ASSIST Training
- Crisis Intervention & Management Training
- TB Screening

Contact Information

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