



CalvertHealth

Breast Care Navigator

Ramona Couteau, RN, BSN, MA

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Ramona Couteau has 30 years of nursing experience in a wide array of clinical settings including intensive care, surgical services and emergency medicine. She developed a deep passion for helping people through their cancer treatment during her work at the National Institutes of Health (NIH) and at the University of Maryland's Oncology Unit in Baltimore early in her career. "It continued through my interactions with each person who was diagnosed with cancer at our emergency department and later on with those undergoing procedures to treat cancer at the CH Surgery Center."

Couteau said she finds her master's in education helpful in preparing patients and their families to care for their loved ones during their acute care needs as well as with the long-term steps involved in the healing process.

Her office is located in the diagnostic imaging center next to the dedicated women's suite. When there is an abnormal finding, Couteau is immediately connected with the woman. This contact early in the process is key. She can help lessen the anxiety, by providing reassurance, explaining results and answering questions about her diagnosis and treatment options.

A breast cancer survivor herself, Couteau said, "I experienced firsthand such amazing care from all the practitioners at the Center for Breast Care at CH. Their thoughtfulness and support gave me incredible peace of mind throughout my cancer treatment and beyond."

She went on to add, "This is a path that is life-changing and sometimes daunting. It is an honor to be able to help patients and their families navigate this journey together. I am excited to have this opportunity to give back to my community."

Center for Breast Care at CalvertHealth

Calvert Medical Arts Building

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