

SATORI (II) - Self Care and Wellness for Patients

Sanjeevani-life beyond cancer

OVERVIEW: The SATORI (II) initiative is a holistic wellness programme for women who have undergone breast cancer recurrence. The programme provides the training and tools necessary to allow patients to care for themselves in their own home, which otherwise could not be done due to a lack of affordable and accessible services.



Area of focus:

Support for patients with ABC/mBC

Target population:

Women in India who have undergone a breast cancer recurrence

Objectives: Shift the perspective from treating a patient with cancer to making them the masters of their own wellness. Provide access to services to overcome adverse events to maintain quality of life and optimal well-being

Unmet needs addressed:

- Lack of tailored non-invasive supportive care for women who have undergone breast cancer recurrence
- Lack of awareness, digital literacy and confidence in already traumatized women

Key components:

- 36-session program that covers:
 - Individual patient service/care (online or in person)
 - Individualized training for self-care and self-management of the disease
 - Audio-visual and educational material for learning and practice
 - Monthly workshops and support group meetings to address Q&As, share challenges and wins

Challenges: The concept of holistic wellness is often mistrusted, and its efficacy questioned making funding hard to obtain

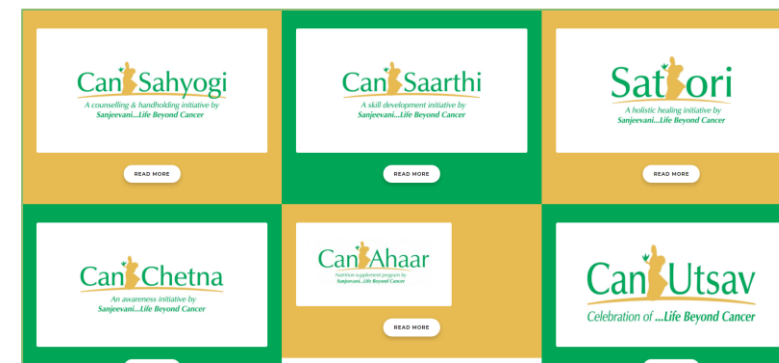
Outcomes: An impact study of 75 patients reported substantial positive outcomes

Development: SATORI was conceptualised by Sanjeevani Life beyond cancer. Satori 1 is designed for cancer patients and survivors, Satori (II) has been specifically designed for patients who have had a recurrence in BC

Cost: €10,000-€30,000

Timeline: SATORI (II) launched in April 2021 following the success of SATORI 1 which launched in 2015

Targeted to reach: The SATORI 1 Program has worked with more than 38,000 patients



For more information:

https: www.facebook.com/356250741090060/posts/4184644044917358/

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Based on written submission from Ruby Ahluwalia and Dr. Ms Rama Sivaram, Sanjeevani-life beyond cancer, 2021. The Hard-to-Reach ABC/mBC Communities Toolkit was developed as a collaboration between Pfizer Oncology and the ABC Global Alliance, with funding and support provided by Pfizer. ABC Global Alliance members and Pfizer colleagues were invited to submit breast cancer community-based initiatives that address specific needs of underserved patient populations with advanced/metastatic breast cancer. Initiatives were evaluated against criteria determined by a steering committee with members from both Pfizer and the ABC Global Alliance. Initiatives were selected for inclusion in the toolkit to highlight best practices in addressing the unique needs of this patient population. All organizations who submitted their initiatives for consideration have provided permission for the initiative information to be included in the toolkit and shared publicly. Pfizer and the ABC Global Alliance bear no responsibility for the contents of the toolkit.

Ethnic, religious, indigenous/native populations and/or other historically marginalised groups	Younger patients	Older patients	Men	LGBTQ+ patients	Low health knowledge patients
Patients who lack an adequate caregiver or support system	Patients who mistrust conventional treatments	Low income patients			
Patients a long distance from a specialist centre	Patients with uncontrolled comorbidities	Mental health patients			