

Serene woman

Travesías de Tinta y Unidas Contigo AC, Compassion Corps Alliance



TRAVESÍAS DE TINTA

OVERVIEW: Many women with a breast cancer diagnosis suffer from a fear of cancer recurrence and progression. This initiative provides a free training program in strategies for dealing with fear and anxiety for women of low socio-economic status who are within five years of a breast cancer diagnosis in Mexico, Peru and Ecuador.



Area of focus:

Support for patients with ABC/mBC

Target population:

Women of low socio-economic status diagnosed with breast cancer

Objectives: To teach women with a breast cancer diagnosis techniques for self-support, communication and reducing feelings of fear

Unmet needs addressed:

- Many patients diagnosed with cancer experience fear of recurrence and progression, and lack support or knowledge of psychological techniques to handle these emotions

Key components:

- An 8 week program with weekly sessions teaching techniques in compassion for self and others, how to deal with suffering, awareness of triggers of fear, and strategies for reducing fear and anxiety
- A journal for each participant to be used throughout the training

Challenges: It was challenging to ensure regular attendance if participants felt unwell or medical appointments clashed with training sessions

Outcomes: Fear of progression and compassion were assessed before the program, immediately after and 3 months after the program ended. Fear of progression decreased and perceptions of compassion increased

Development: The program was developed in collaboration with Compassion Corps Alliance, which provided financial support, and Travesías de Tinta y Unidas Contigo AC. It built on the existing Compassion Cultivation Training developed at the Stanford School of Medicine and Fear of Recurrence Therapy developed in Canada

Cost: <€5,000

Timeline: 2 months for invitations and promotions, 8 weeks for completion of programme

Targeted to reach: <30



For more information:

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Based on written submission from Isabel Centeno, 2023. 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			