

# 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/](https://www.facebook.com/356250741090060/posts/4184644044917358/)

**Email:** [ruby@sanjeevani-lifebeyondcancer.in](mailto:ruby@sanjeevani-lifebeyondcancer.in)

