

Oncology Massage Alliance
April/May/June 2016

Infusion Room and Radiation Room Report Oncology Massage Program



oncologymassage
A L L I A N C E

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Summary

The general highlights of the Program are as follows:

- We continue coverage in:
 - Austin at Texas Oncology - Midtown, Central, North, Round Rock, South and Baylor Scott & White in Round Rock;
 - Dallas at Texas Oncology Sammons Center;
 - New Braunfels at Texas Oncology - New Braunfels;
 - Houston at North Cypress Cancer Center
 - Medford, Oregon at Providence Cancer Center
- The OMA Board met April 11th and June 27th.
- The OMA Operations Committee met June 28th.
- OMA gave out full quarterly stipends to 11 therapists, and 50% stipends to 6 therapists.
- At the April Board Meeting, the OMA Board added a new board member, Arann Shepherd. Arann brings over 20 years of experience in project management, strategic planning, and business communication.
- OMA added a new therapist, Gloria Umphress. She will be working at the TO-Sammons Center in Dallas.
- Six OMA massage therapists attended the Society for Oncology Massage Healing Summit, a three-day oncology massage conference held every three years at Northwestern Health Sciences University in Bloomington, Minnesota. Speakers from the United States, France, Scotland and Australia covered topics including lymphedema, pediatric oncology, essential oils and cancer care, oncology rehabilitation, research, ethics, music as healing, presence and many more.
- Events OMA participated in this quarter:
 - Texas State Health Wellness Fair, Austin, TX
 - Lauterstein Conway Massage School Job Fair, Austin, TX
 - Relay for Life, Medford, OR

Infusion Room Stories

Each person we meet in the infusion room has such a special story and each one that we reach out to touches us deeply. By providing compassionate touch and a safe space for that person to simply relax, talk or just close their eyes and feel another's gentle touch is a great honor for us to connect with them and give them hope to just believe in their future. Here are some of their stories.

The patient at first declined a massage, but then asked if it could help his cold hands. He agreed to try it, and after the session, he said it really helped with the stiffness in his hands, "and it warmed them up, too!"

A female patient in her 60's was a first time massage recipient. She has pain, tingling and numbness in her feet due to neuropathy. I continued massaging her feet using level 1 pressure and the nurse accessed her IV - it took 3 tries. The patient was very glad for the massage as a distraction.

A male patient in his 70's was finishing up with his chemo and getting ready to leave. I asked if he could stay so I could apply lotion to his hands and forearms that were severely dry. I used holding and level 1 pressure to put lots of lotion and spread it out. He was surprised how good it felt after having lotion applied. He thanked me many times.

A female patient in her 60's received a foot massage. When I was giving her a massage, she said, "That feels great! I am so glad you do what you do for us." She was very appreciative.

I massaged the feet of a female patient in her 60's, using level 1 pressure. She had never had a foot massage, and exclaimed when I was finished, "Oh, Wow! Now I understand!" She really enjoyed the massage.

I massaged a male patient in his 80's. I see him regularly, and he was waving me down as I arrived. He says he very much enjoys and appreciates the way the massage helps him relax, and that he sleeps better post massage.

I gave a very polite patient in his 30's a hand massage. He had previously refused on several other occasions. He thanked me and said he was surprised how good his hands felt afterwards.

A gave a foot massage to a male patient in his 50's. At the same time, his port was being accessed. He said it was the most painless it's ever been. He thanked me for the massage.

I worked on a delightful female patient in her 50's. She was very positive and upbeat. She said she'd recently changed her chemo day, and was very pleased to come on a day where we offered massages. We had a very interesting conversation on how she realized she's much stronger than she thought. She was very appreciative of the massage.

Saw a very positive woman in her third bout with cancer. She said the weekly foot massages have kept the neuropathy at bay and really helps. She really appreciates our foot and hand massages. She notices that when we work on her feet, especially her toes, for twenty minutes, it gets rid of the neuropathy pain and she regains her sensation!

A female patient, approximately 65-70 years of age quickly accepted a hand massage. She said she is feeling anxious today regarding her third round of chemo. I used level 1 pressure throughout. She thanked me and said the massage helped a LOT! Thankful for massage.

I offered a foot massage to a female patient in her 70's who is experiencing peripheral neuropathy in her feet (tingling in her heels). She initially did not want a massage but then changed her mind after seeing her neighbor receive one. The appearance of her skin looked normal. We talked about her cancer diagnosis and the fact that she has changed her diet. After the massage was over, she thanked me and said that her feet felt less tingling and she felt no pain.

A female patient in her 40's requested a foot massage. This was her second treatment and she had a difficult time after her first chemo. She said that the massage helped her to relax. The swelling in her left ankle also appeared to be reduced as well.

A male patient in his 30's wanted a foot massage for his arthritis pain. He said he felt "excellent" after the massage and found it helpful since he stopped his medication for arthritis while receiving chemo.

I gave a female patient in her 60's a foot massage. She closed her eyes throughout the massage. After, she thanked me and said, "it made coming here bearable."

I massaged a female patient in her 30's. She requested a hand massage for pain in her thumb and index fingers. She said her hands felt better and the pain was gone after the massage.

I massaged a female patient in her 70's. She has neuropathy, especially in her fingertips. I gave her a hand massage. After the massage, she noticed that her fingers felt so good. "I feel like I can play the piano again!"

A female patient in her mid 60's has seen me several times. In fact, she said she switched to Tuesdays to work around my schedule. She has slight numbness on the soles of her feet. I gave her a massage using level 1-2 pressure. She was very appreciative.

It was the first day of chemo for my patient. She was in her 70's, and very anxious. She closed her eyes and rested during the massage. She was very happy to receive the massage! "This is awesome!"

After seeing his neighbor receive a massage, this patient decided to get one, too! He wanted his hands massaged. His fingers are stiff and numb, especially on the right side. After getting one hand massaged, he couldn't believe how good it felt! He kept opening and closing his hand.

I saw this patient two weeks ago, and it had been his first massage ever. He is a male in his 50's. His mother told me he has been thinking about the massage ever since. Today he mentioned how good it felt and that he noticed his entire body responding - much more relaxed overall.

A female patient in her 50's agreed to a foot massage. She said, "Being here is the worst part of the day and having you rub my feet is the best part of the day."

A male patient in his 70's has consistently refused the offer of a massage. Today his wife decided he needed a hand massage due to early neuropathy in his hands, and he reluctantly agreed. After the massage, he said he was a little surprised at how relaxing it was.

Monthly Statistics

Since the program began in February, 2011, we have been able to touch many people in so many ways. The monthly tables below represent the actual hours OMA massage therapists worked in each of the facilities. Because OMA does not have the funding to achieve our goal of \$25 per hour for our oncology massage therapists, we provide a quarterly stipend based on current funding.

The three columns for patients, caregivers, and staff touched represent individuals that received massage from our therapists. The "Massage Therapists worked" column represents the number of individual therapists that worked in that facility. The "Total days in infusion room" and "Total days in Radiation Area" columns show how many days (Monday through Friday) that the therapists were in the facility. The "OMA Paid hours" column represents a quarterly minimum of 12 hours (4 hours per month) that a therapist worked with the exception of Texas Oncology Midtown which is sponsored by Betty Kuhl in honor of her son, Rob Hill. Therapists receive a financial stipend for these hours. The next column shows the hours therapists worked beyond the 12 hour minimum and for which they did not receive compensation but demonstrates their compassion and dedication to this valued work. The last column shows donations that were given in the infusion rooms. OMA is very honored to have such a wonderful team of oncology massage therapists and all of the generous donors without which our work would not be possible. Thank you!

April Statistics

	Patients Touched	Caregivers Touched	Staff Touched	Massage Therapists Worked	Total days in Infusion Room	Total days in Radiation Area	OMA paid hours	Volunteer Hours	Donations
Central TX									
Texas Oncology Midtown	57	2	2	5	38	0	24.75		\$618.75
Texas Oncology Central	11	0	0	2	2	0	5.5		
Texas Oncology North	33	4	0	4	9	0	15.5		
Texas Oncology Round Rock	24	0	0	3	5	0	9.5		\$5.00
Texas Oncology South	5	0	0	1	1	0	2		
Baylor Scott & White - Round Rock	3	0	0	1	2	0	4		\$100.00
New Braunfels									
Texas Oncology New Braunfels	4	4	11	1	2	0	4	3.75	\$3.00
Dallas									
Texas Oncology Sammons Cancer Center, Dallas	19	0	0	2	4	0	8		
Houston									
North Cypress Cancer Center	13	2	0	1	3	3	4	2	
Oregon									
Providence Cancer Center	15	0	1	3	11	0	12	1.5	\$100.00
Total	184	12	14	23	66	3	89.25	7.25	\$826.75

May Statistics

	Patients Touched	Caregivers Touched	Staff Touched	Massage Therapists Worked	Total days in Infusion Room	Total days in Radiation Area	OMA paid hours	Volunteer Hours	Donations
Central TX									
Texas Oncology Midtown	53	2	1	5	12	0	21		\$525.00
Texas Oncology Central	9	0	0	2	2	0	3.5		
Texas Oncology North	32	1	0	4	8	0	15		
Texas Oncology Round Rock	45	2	0	3	10	0	12	6	\$40.00
Texas Oncology South	23	1	0	2	5	0	8	3.5	\$69.00
Baylor Scott & White - Round Rock	3	0	0	1	4	0	4	0.5	
New Braunfels									
Texas Oncology New Braunfels	7	4	6	1	3	0	4	2.5	\$5.00
Dallas									
Texas Oncology Sammons Cancer Center, Dallas	28	0	0	2	6	0	8	4	\$60.00
Houston									
North Cypress Cancer Center	17	1	0	1	4	4	4	4	
Oregon									
Providence Cancer Center	22	0	2	3	10	0	12	2	
Total	239	11	9	24	64	4	91.5	22.5	\$699.00

June Statistics

	Patients Touched	Caregivers Touched	Staff Touched	Massage Therapists Worked	Total days in Infusion Room	Total days in Radiation Area	OMA paid hours	Volunteer Hours	Donations
Central TX									
Texas Oncology Midtown	44	2	1	5	11	0	19.25		\$481.25
Texas Oncology Central	0	0	0	0	0	0	0		
Texas Oncology North	23	0	0	2	5	0	8	2	
Texas Oncology Round Rock	30	2	0	2	6	0	8	4	\$8.00
Texas Oncology South	15	0	0	2	3	0	6.5		\$40.00
Baylor Scott & White - Round Rock	3	0	0	1	2	0	3.5		
New Braunfels									
Texas Oncology New Braunfels	11	3	6	1	3	0	4	3.5	\$35.00
Dallas									
Texas Oncology - Sammons Cancer Center, Dallas	20	0	0	2	4	0	8		
Houston									
North Cypress Cancer Center	24	4	0	1	5	5	4	6	
Oregon									
Providence Cancer Center	18	0	0	3	10	0	12	0.25	
Total	188	11	7	19	49	5	73.25	15.75	\$564.25