

Oncology Massage Alliance
April/May/June 2015

Infusion Room and Radiation Room Report Oncology Massage Program

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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 Sammons Center in Dallas and at Austin Cancer Center - Central Austin.
- We added two new locations this quarter - in May, we added the Mary Crowley Cancer Research Center at Medical City, Dallas, and in June, we added the North Cypress Cancer Center in Houston.
- OMA added two new therapists this quarter: Phoebe Courcy in Plano and Janis Rosebush in New Braunfels.
- For quarter two, OMA gave out quarterly stipends to 11 therapists.
- OMA participated at the 2015 State Wellness Fair, June 18th. This is our third year to participate! This fair is for all state employees, and focuses on information about wellness, health and physical fitness. We were able to share our information to approximately 800-1000 state employees.
- OMA offered complimentary chair massages to the staff at Texas Oncology Midtown on May 27th. Four therapists provided 31 chair massages to the staff at TOM.
- NXNW Restaurant and Brewery, held a promotion for OMA at the beginning of the year. They brewed a special BonsalPA, and a portion of all sales went to OMA. We received a total of \$2,386 from this promotion.
- OMA had a Spring Meeting for the massage therapists Sunday, June 14th. The guest speaker was Patricia Walker, counselor, who spoke about self care.
- OMA was invited to attend the Cancer Alliance of Texas (CAT) quarterly meeting on Thursday, May 21st in Austin. CAT is a group of government and private entities whose mission is to work on cancer in various aspects from prevention, research, and diagnosis to survivorship. Board members Diane Christopherson and Geri Ruane attended this gathering and had opportunities to network with other nonprofits and organizations.
- The OMA Board met on April 20th and June 29th, and the Operations Committee met on April 12th and June 17th..

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.

It was a woman's first chemo session. She was just receiving fluids before her chemo. She was very appreciative of the massage, and said it helped calm her nerves.

The day I was at the infusion center, the patient count was low, so I massaged three staff members. The director came to me as I was leaving and thanked me. She had received an email from one of the staff members thanking her for the massage, and said that it helped her with compassion fatigue.

When I approached this female patient in her 70s, she was waiting for the lab result. She told me she was in the hospital last week and was having a bad day. She said, "The massage can help me to feel better. It's perfect timing." She apologized for not having any cash for donation. I told her not to worry about it. Then she said, "This massage is a special skill that deserves to be paid just like other therapies in the hospital." She was very appreciative.

I worked with a female patient in her 50's. She was reading a book at first, but then put it aside when the hand massage started. She had a little peripheral neuropathy (tingling) in her fingertips; and after the massage was over, she said that her hands felt much better and she could feel her fingers were not tingling anymore.

I gave a woman in her 70's a foot massage. She had peripheral neuropathy in her feet. She said, "When you started, I couldn't feel your hands and my feet felt like wooden blocks! But now I can feel your hands. This is astounding!"

I massaged the feet of a woman in her 70's. She had a tremor in her feet at the start of the massage that slowed to a stop in the first five minutes of the massage. Her son said that she hasn't been that relaxed in a long time. She smiled during the entire massage!

I massaged a female caregiver in her 60's, the spouse of a client. She was very sad and anxious. She fell hard on her hand and elbow last week. I gave her a very gently hand massage. She quietly told me, "Thank you. I really need some love and support."

I massaged a male client in his 50's. He said, "The OMA massage is the highlight of my week!" We talked about peripheral neuropathy and why a deep massage is contraindicated. He was extremely talkative, but finally relaxed and even slept! "It feels like heaven!"

My client told me that she feels the OMA massages have helped immensely with controlling her chemo induced peripheral neuropathy. She was very grateful and positive!

I worked with a female patient whose skin was a little dry. When I began giving her a gentle hand massage, she immediately mentioned how good the massage felt on her hands. At the end of the session, she told me that her hands felt much better, and appeared less swollen. She gave me a big hug and was smiling widely when she left.

I massaged the hands of a woman in her late 60's. She was very emotional because she had just been

told then doctors want her to see another doctor regarding chemotherapy treatments. She cried a little and talked some about how it scared her because she had seen what her mother had gone through. She loved the hand massage and said she will see me next week.

A female client in her 50's was experiencing tingling in her hands. She mentioned that last week after her hand massage she felt less tingling. She was so excited and said that the tingling stopped for about a day. She was very grateful!

When I told this male patient about OMA, he was very excited. He is in his 50's. He said, "I believe in human touch. It's better than any other medicine." He was very pleased and appreciative.

I saw a regular OMA massage recipient today. She came to find me to share that today was her last chemo treatment. She gave me a big hug and said, "I never got neuropathy, so all those foot massages must have worked!"

I worked on a woman in her 50's today. She said she was having emotional reactions to chemo, and being massaged was very comforting.

A female patient in her 60's was enjoying a foot massage, when she went into a panic attack. This has happened to her several times recently. She appreciated that I could stay with her while she received Ativan, then she talked through her experience. She was extremely appreciative.

I massaged the feet of a patient in her mid 60's. She mentioned that she was looking forward to the massage because she thought massage would help relax her. She was so grateful when I finished and asked when my next session was next week because she wanted to be there.

I worked with a male patient in his 50's, who was a new patient in the infusion room. This was his first time receiving chemotherapy. I gave him a slow, gentle, soothing hand massage that helped him relax. He said in the middle of the massage, "Boy, you're taking a lot of stress off of me. This feels wonderful!"

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
Texas Oncology Midtown	66	15	0	4	15		30		\$802.00
Texas Oncology Central	32	0	3	2	7		8	8	
Texas Oncology North	34	10	0	3	7		10	4	\$10.00
Texas Oncology Round Rock	30	0	2	2	6		7.5	4	\$1.00
Texas Oncology South	15	1	0	2	3	0	6	0	
Austin Cancer Center - Central Austin	10	0	2	1	5		4	3.75	
New Braunfels Comprehensive Cancer Center	9	0	0	1	2		4		
Texas Oncology Sammons Cancer Center, Dallas	56	0	0	3	11		12	10	
Total	243	26	7	17	54	0	77.5	29.75	\$813.00

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
Texas Oncology Midtown	61	8	3	5	16		31.25		\$801.25
Texas Oncology Central	21	1	0	2	7		8	3	
Texas Oncology North	19	4	0	3	7		10	13.5	\$20.00
Texas Oncology Round Rock	16	1	0	1	4		4	3.5	\$52.00
Texas Oncology South	23	5	1	3	3	3	10	1	
Austin Cancer Center - Central Austin	5	0	1	1	4		4	0.25	\$10.00
New Braunfels Comprehensive Cancer Center	3	0	0	1	1		2		
Texas Oncology Sammons Cancer Center, Dallas	55	0	0	3	11		12	10	
Mary Crowley Cancer Research Ctr @ Medical City - Dallas	3	0	3	1	2		4		
Total	200	19	5	18	52	3	79.25	31.25	\$883.25

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
Texas Oncology Midtown	84	4	1	5	15		30.5		\$782.50
Texas Oncology Central	62	1	0	2	8		8	8	
Texas Oncology North	40	6	0	3	9		10.5	6	\$30.00
Texas Oncology Round Rock	28	0	0	1	5		4	5.5	\$42.00
Texas Oncology South	42	2	0	3	5	5	10	7.5	\$15.00
Austin Cancer Center - Central Austin	11	1	0	2	4		5		\$250.00
New Braunfels Comprehensive Cancer Center	19	1	3	2	4		8	1	
Texas Oncology - Sammons Cancer Center, Dallas	57	0	0	4	13		16	10	
Mary Crowley Cancer Research Ctr @ Medical City - Dallas	7	0	0	1	2		4		
North Cypress Cancer Center	4	1	0	1	1		2		
Total	324	14	1	20	54	5	84	37	\$1119.50