

Oncology Massage Alliance
April/May/June 2017

Infusion Room and Radiation Room Report Oncology Massage Program



oncologymassage
A L L I A N C E

Table of Contents

Summary3

Infusion Room Stories.....4

Monthly Statistics6

Summary

The general highlights of the Program are as follows:

- We continue coverage in:
 - Austin at Texas Oncology - Midtown, Central, North, Round Rock, South.
 - 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;
 - Austin Cancer Center North, Central, Georgetown, and Round Rock
- The OMA Board met June 12th.
- OMA added a new therapist: Vashti Torres, from Austin.
- OMA gave out full quarterly stipends to 13 therapists, and 50% stipends to 8 therapists.

Infusion and Radiation 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 nurse asked me to give a patient a hand massage that she had requested to be woken up for. Very sweet lady in her 40's. She said the massages were the only thing positive of coming here, - aside from the peanut butter crackers.

I massaged a woman in her 80's. She is a regular patient, and I alternated between holding her feet and giving a gentle massage. She said foot massage "breaks up" the pain on the soles of both feet and this lasts for several days after. She talked a lot about how her attitude is helping her recovery from cancer.

I see this woman every other week. She said the foot massages made her "not hate" coming to get chemo.

I gave a woman her 70's a foot massage. She said, "When y'all do this, it takes all the pain away, and feels so good."

A female patient in her 50's asked for a foot massage. She told me that today was her first chemotherapy and that she was pleasantly surprised and appreciative of receiving a foot massage during her treatment. She was anxious, but hopeful that it would help her get better. While she received her massage, she said, "You have a gifted touch. I can tell that it is really helping me to receive this massage. Thank you."

I gave a back/shoulder and neck massage to the wife of a male patient. She explained that she was feeling tired as she was taking care of her husband through his cancer treatment. After the massage was over, she said that she felt calmer and much less stressed.

A female patient in her 30's requested a foot massage for fibromyalgia and foot pain. I massaged her feet and observed her eyes closing and her body relax overall. "That felt really great. I am much more relaxed and my pain is much less. Thank you for the massage."

A tearful and anxious woman in her early 30's was silently crying when I asked if she would like a gentle massage. She nodded when I asked her. I gave her a hand massage with long, gentle slow strokes. She calmed down and sat with her eyes closed, breathing deeply. She thanked me and said that was exactly what she needed.

I gave a male patient between 50-60 years old a hand massage. He said he has never had a massage of any kind before. He thanked me and said that the massage really relaxed him and made time go by faster.

I just put my hands on a female patient, and she let out a big sigh, and said, "Thank you, that feels so good!"

I massaged a female patient in her 70's. She said she is always surprised at how good it feels even

though the pressure is light. She said it hits all the right spots.

Massaged a female patient in her 70's. She closed her eyes throughout the foot massage. I noticed that she started to cry little. At the end of the massage, she said, "You don't know how nice it feels to have someone without a needle in her hand work with me." She thanked me for the massage.

I massaged a female patient in her 60's. Halfway through the foot massage, she told the therapist, "I'm so relaxed, I forgot for a moment that I was in an infusion chair!" After the session, she checked with the therapist to see if she would be back for her next treatment.

I worked on a young lady (I thought she was in her 30's, but turned out she was 52) I have never seen anyone this excited about getting her feet massaged! After her massage, she quietly asked if she could get her hands massaged, also. Since it was slow, I went ahead and did her hands. Turns out she has MS. At the end of the massages she looked at me with the big, beautiful smile and said, "I'm going to be 'cheesing' all day!" it took me a minute to figure out what she meant, but I have to say I was 'cheesing' all day thinking about her!

I gave a woman in her 50's a foot massage. She said it was her first time to get a massage during chemotherapy. She said that she has neuropathy in both feet. Throughout the massage she commented how good it felt on her feet. When I finished, she said it felt like her feet relaxed and that they somehow felt "different".

I gave a short massage to a caregiver who was in the infusion room with her friend (a patient receiving chemotherapy). She hesitated at first, but then agreed to a back/shoulder/neck massage. She later said, "You just don't realize how stressed out you get by sitting here. Thank you for helping me "relax". The patient was glad that I gave a massage to her friend.

I gave a caregiver in her late 40's a shoulder massage. She was the mother of a young man asleep during his chemo treatment. She looked very tired and uncomfortable sitting in an upright chair. While I massaged her, I could feel her shoulders soften. She said, "You don't know how much this means to me."

I worked on a 57 year old woman. She just started chemo, and was super excited that OMA is here. She loves being pampered. She had a reaction earlier this morning, and the massage calmed her and helped her relax.

I saw a patient I hadn't seen in several weeks, and she was happy to be able to receive her massage. She talked a lot about her treatment, and told me the massage always helped her regain some sensation in her feet.

A patient said she had received her chemo somewhere else and has always been very reluctant to come in to the infusion room. Today they sent her in for a treatment. She said it helped so much to be able to receive a foot massage, even though she wasn't there for chemo. She relaxed totally and was so appreciative.

The patient and the nurse waved me down when I entered the infusion room. The patient had been experiencing cramping and spasms in both hands the past few days, especially last night. She responded very well to the massage, and I continued with her feet. She felt relief and was very appreciative.

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	54	1	0	4	13	0	28		\$700.00
Texas Oncology Central	26	2	0	3	6	0	11.75		\$10.00
Texas Oncology North	40	4	0	3	9	0	12	5	\$5.00
Texas Oncology Round Rock	29	0	0	3	7	0	12	2	\$20.00
Texas Oncology South	15	0	0	3	4	0	10		\$5.00
Baylor Scott & White - Round Rock	0	0	0	0	0	0	0		
Austin Cancer Center - North	8	0	0	1	4	0	6.5		\$162.50
Austin Cancer Center - Georgetown	15	0	0	1	4	0	8		\$226.00
Austin Cancer Center - Round Rock	12	0	0	1	3	0	6		\$150.00
Austin Cancer Center - Central Austin	8	4	0	1	4	0	6		\$150.00
New Braunfels									
Texas Oncology New Braunfels	7	1	4	1	2	0	4		\$15.00
Dallas									
Texas Oncology Sammons Cancer Center	30	1	0	2	6	0	12		\$28.00
Houston									
North Cypress Cancer Center	8	3	0	1	4	0	4	3	
Oregon									
Providence Cancer Center	14	0	0	3	10	1	12	2.5	
Total	266	16	4	27	76	1	132.25	12.5	\$1,471.50

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	73	6	0	4	15	0	31.25		\$781.25
Texas Oncology Central	33	2	2	3	8	0	12	2.5	\$49.00
Texas Oncology North	20	1	0	2	6	0	8	3.5	
Texas Oncology Round Rock	38	0	0	3	8	0	12	4	\$30.00
Texas Oncology South	19	3	0	3	5	0	11.5		\$15.00
Baylor Scott & White - Round Rock	0	0	0	0	0	0	0		
Austin Cancer Center - North	19	3	0	1	4	0	8		\$200.00
Austin Cancer Center - Georgetown	19	1	0	1	4	0	8		\$200.00
Austin Cancer Center - Round Rock	12	0	0	1	3	0	8		\$200.00
Austin Cancer Center - Central Austin	10	1	0	1	5	0	7		\$175.00
s									
Texas Oncology New Braunfels	3	1	1	1	1	0	1.5		
Dallas									
Texas Oncology Sammons Cancer Center	28	0	1	3	6	0	12	1	
Houston									
North Cypress Cancer Center	6	0	0	1	2	0	4		
Oregon									
Providence Cancer Center	16	0	0	3	11	1	12	2	
Total	296	18	4	27	78	1	135.25	13	\$1,650.25

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
Central TX									
Texas Oncology Midtown	52	6	0	4	11	0	21.25		\$531.25
Texas Oncology Central	16	1	0	2	4.75	0	6		\$5.00
Texas Oncology North	13	0	0	2	3	0	7.5		
Texas Oncology Round Rock	15	0	0	2	4	0	7.5		\$5.00
Texas Oncology South	8	2	0	3	5	0	11.5		\$10.00
Baylor Scott & White - Round Rock	0	0	0	0	0	0	0		
Austin Cancer Center - North	15	1	0	1	4	0	8		\$200.00
Austin Cancer Center - Georgetown	9	1	0	1	2	0	4		\$100.00
Austin Cancer Center - Round Rock	7	0	0	1	2	0	4		\$100.00
Austin Cancer Center - Central Austin	4	1	0	1	3	0	3.5		\$87.50
New Braunfels									
Texas Oncology New Braunfels	7	4	10	1	3	0	4	3.25	
Dallas									
Texas Oncology Sammons Cancer Center	18	2	0	2	4	0	8		\$5.00
Houston									
North Cypress Cancer Center	6	2	0	1	3	0	4	1.25	
Oregon									
Providence Cancer Center	27	0	0	3	10	1	12	3.75	
Total	197	20	10	24	58.75	1	101.25	8.25	\$1,043.75