

Oncology Massage Alliance
August/September 2013

Infusion Room Report

Oncology Massage Program

Table of Contents

Summary	3
Infusion Room Stories	4
Monthly Statistics and Donations	7

Summary

The general highlights of the Program are as follows:

- We continue coverage at Texas Oncology Midtown, Texas Oncology Central, Texas Oncology North, and New Braunfels Cancer Care Center.
- In September, we expanded to our fifth location - Texas Oncology Round Rock. We have one therapist that is going there twice a month.
- OMA was asked to be an in kind sponsor at two events. We provided free massages, and had an information booth that was manned by board members. As a sponsor, we were able to put our information in the participant bags, have a link to our website from their website, and have our logo on their collateral materials.
 - On August 25th, OMA participated in the National Ovarian Cancer Coalition (NOCC) 5K. Three therapists provided 19 massages, and raised \$40 in donations.
 - On September 8th, OMA participated in the Brain Power 5K. Three therapists provided 9 massages to survivors at the event.

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.

I massaged the feet of a woman in her 40s who was receiving a different form of treatment than chemo today. She was happy to receive a foot massage. She had very high arches and complained of occasional plantar fasciitis, so I used a gentle massage and applied some stretches for feet. She was very appreciative!

I massaged the hands of a woman in her 30s receiving chemo. She was extremely drowsy and seemed to be nearly asleep for the duration of the massage. She made a donation to OMA.

I gave a hand massage to a young woman in her 30s. I used gentle pressure. As soon as I started the massage, she told me that it felt wonderful and then she fell asleep. She slept through most of her massage but woke up at the end to thank me.

I gave a foot massage to a young woman, using gentle pressure (level 1 on the Walton scale). She seemed very peaceful after the foot massage was over. She thanked me and smiled.

I gave a foot massage to an elderly man, probably in his 70s. He has no neuropathy. I used gentle pressure, level 2 on Walton scale. He said that he looks forward to these massages. He went to sleep during the massage and didn't wake up, even when I put his socks and shoes back on!

I worked on a woman who I see every week. She is in her 70's. Today she was very stressed out because she had a temperature that had spiked, and the nurses and her doctor were discussion going to the hospital. She was very worried, and the foot massage helped her relax and calmed her down.

I gave a woman in her 70's a hand and foot massage. She was very nervous about an upcoming surgery she was getting tomorrow. She was so nervous she was shaking. I did some Reiki, and she immediately calmed down, and stopped shaking. She closed her eyes and relaxed.

It was a woman's first time receiving chemo. She wasn't sure about getting a foot massage at first, but her friend persuaded her. Within five minutes after a gentle touch was applied to her feet, she was asleep. She was very appreciative!

I gave a gentleman in his 60's a foot massage. He turned me down at first until he

saw someone else receive a massage. His skin was dry. I used a gentle pressure. He enjoyed the massage!

I gave a woman in her 70's a foot massage. She was so excited to see me, she flung her shoes off! She kept saying that the massage feels so good.

I massaged the feet of a woman in her 40s who had no pain in her feet, but she wanted a foot massage! Her feet were somewhat tense during the session; she did not talk but instead, she read her book. During the session, I gently rocked her feet for a bit to release some of the tension. She was very appreciative.

I gently massaged the feet of a woman in her 30s receiving chemo. She seemed to be meditating during the massage. At the end of the session, she told me how much she enjoyed the gentle touch! She was grateful for our time together.

I gave a hand massage to a 94-year old man who had some tingling in his hands. His skin was fragile so I massaged his hands very, very gently (level 1 Walton scale). We had a good conversation during the session; he talked about the bruise on his hand and said that it did not hurt (however, I avoided that area). He enjoyed the massage and our conversation. He was very appreciative.

I gave a woman in her 30's a foot massage. She told me the massage felt great, and after massaging the first foot, she fell asleep, and stayed asleep.

I gave a gentleman in his 20's a hand massage. This was his first day receiving chemo. He couldn't believe how good a hand massage felt!

I gave a gentleman in his 30's a foot massage. He has bone cancer, and after he was diagnosed, he thought he would never walk, or ride his bike again, but he just found out he's doing so well he can ride his bike. He's getting treatment everyday, which is hard. He said, "You made my week!"

"You have the hands of an angel!" A woman said this as I was working on her feet. She was in her 60's, and has lymphedema in her left leg. I used light, gentle pressure. She enjoyed the massage.

I gave a woman in her 60's a hand massage. She leaned back and closed her eyes and said, "I think I've died and gone to heaven - and I'm taking you with me!" She generously gave a donation to OMA.

I massaged the feet of a woman in her 70s who was receiving her chemo today. She has no pain in her hands and feet. She said that she wanted to relax today. She was asking many questions about OMA and was so happy that OMA's massage therapists would be coming to the Round Rock location of Texas Oncology. Her husband listened in on our conversation and he was also glad to hear about a massage therapy service being included at TORR. They both hope it continues. She

felt comfortable with the gentle touch and she said that she felt more relaxed after the session was over. They gave a donation to OMA to show their appreciation and support.

I massaged the feet of a woman in her 30s receiving chemo; she was very excited to be receiving a complimentary massage! She has no neuropathy in hands or feet. During the session, she closed her eyes. She was very grateful for the gentle touch.

I gave a foot massage to a middle-aged man, using gentle pressure (level 1-2 on the Walton scale). He has some neuropathy in his toes (tingling). During the session, I focused on his toes and was mindful of the tingling, checking in with the patient periodically. He closed his eyes during the session. At the end, he said that his toes felt much better. He was very appreciative.

I gave a hand massage to an elderly woman, probably in her 70s. She enjoyed talking during the session about her health. She has no neuropathy but does have arthritis in her fingers. During the session, I used gentle pressure on her hands, level 2 on Walton scale, and also worked her fingers gently. She said that it was very relaxing for her and that her fingers felt much better. She was very appreciative for the massage!

I gave a foot massage to a middle-aged woman who was receiving her chemotherapy infusion. She has neuropathy in her fingers, but she wanted her feet massaged. She was quiet at first, but then she started talking and asked about OMA and oncology massage. Her husband, the caregiver, was sitting next to her and he listened in on our conversation. He too was interested! I used gentle pressure on her feet. She was very appreciative for the massage and said that she felt much more relaxed.

I massaged the shoulders of a staff nurse for a couple of minutes while the floor was quiet. She said that patients ask to come in on the day I'm at the infusion room so they can get a massage! She made a donation to OMA.

Monthly Statistics

Since the program began in February, 2011, we have been able to touch many people in so many ways. Below is a table outlining the program statistics for August and September, 2013.

August Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center	Texas Oncology North	TOTAL
Patients touched	28	14	0	8	50
Caregivers touched	0	0	0	1	1
Staff touched	0	5	0	4	9
Massage Therapists worked	3	3	0	1	7
Total days in Infusion Room	8	5	0	3	16
Volunteer hours	0	11.75	0	4	15.75
OMA paid hours	15.25	0	0	0	15.25
Donations	\$381.25	\$0.00	\$0.00	\$13.00	\$394.25

September Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center	Texas Oncology North	Texas Oncology Round Rock	TOTAL
Patients touched	35	30	0	14	13	92
Caregivers touched	0	0	0	3	0	3
Staff touched	0	1	0	1	0	2
Massage Therapists worked	3	4	0	1	1	9
Total days in Infusion Room	8	9	0	3	3	23
Volunteer hours		17.5	0	5.5	8.5	31.5
OMA paid hours	15.25	4	0	0	0	19.25
Donations	\$381.25	\$20.00	\$0.00	\$100.00	\$15.00	\$516.25