

Oncology Massage Alliance  
January/February/March 2016

# Infusion Room and Radiation Room Report Oncology Massage Program



**oncology**massage  
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 and Mary Crowley Research Center;
  - New Braunfels at Texas Oncology - New Braunfels;
  - Houston at North Cypress Cancer Center
  - Medford, Oregon at Providence Cancer Center
- The OMA Board met February 22nd.
- The OMA Operations Committee met February 4th.
- OMA gave out full quarterly stipends to 11 therapists, and 50% stipends to 2 therapists. The board approved a new stipend policy, where a therapist who works the full 12 hours a quarter receives the full stipend amount, and therapists who work 6-11 hours receives 50% of the full stipend amount.
- In March, it was decided to put the Mary Crowley Research Center in Dallas on hold for awhile. Our contacts there were disappointed, but the patient load is not sufficient to warrant a therapist going there. Our therapist will stay in touch with them, and if it seems feasible in the future to return, we will.
- The Cancer Wellness Center opened up in February, 2016, in northwest Austin and three of OMA's massage therapists work there, offering oncology massage therapy and manual lymph drainage (MLD) sessions to its patients.

# 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.

This was the husband's first chemo treatment. His wife agreed to a foot massage, but her husband declined. His wife kept telling him how good it felt, but he keeps saying "No." A few minutes later, he said something to me and I looked over and he was taking his socks and shoes off, getting ready for his massage. He asked if I could do his back because he was in pain, and I said I could not, but I thought he might feel better after his foot massage. After massaging one foot and beginning the next, I casually asked how his back was feeling. He thought for a moment, looked at his wife with a shocked look on his face, and told her, "It doesn't hurt anymore!" He couldn't believe it.

A patient I see every week is so thankful for his hand massage. He says, "It takes the edge off."

I gave a foot massage to a female patient in her 40s. She told me she was frustrated because she had to wait for a long time to get her chemo started, and spent almost all day in the infusion room. She put her laptop down and closed her eyes as I gave her a massage. She said, "I'm glad I waited that long!" She was very grateful for the massage.

I massaged a repeat OMA patient. She is 65-70 years old. She asked the nurse to come and find me because the last massage helped her relax during her treatment. She closed her eyes and rested throughout the massage.

One of the infusion room nurses asked me to give a hand massage to a female patient who had been a little restless while receiving her chemotherapy infusion earlier in the day. When I started to massage her hands, she started to close her eyes and then, within a few minutes, she had closed her eyes and fallen asleep. Her daughter was there and talked with me, noticing how the massage relaxed her mother. She was very glad to hear about OMA's services in the infusion room. At the end of the massage, they both thanked me.

I massaged an elderly man, who had received a hand massage the previous week. He said that massage helped with dryness, and some mild neuropathy which has since subsided.

A patient was visibly upset after a scheduling mix-up. The nurse recommended a massage, and it was very effective. The patient, nurse and I all noted that she was uplifted by the attention and the massage.

I gave a woman in her 60's a foot massage. She was a bit agitated because of her noisy neighbors. She just wanted to relax and tune out. She was very appreciative of the massage, and said she felt we had created our own peaceful bubble where she felt good and could relax.

A patient had a reaction to her chemotherapy. She was very anxious and restless, and couldn't calm down. I gave her a foot massage, and gently rubbed her calves over her clothes. She ended up falling asleep, and I didn't wake up when I left.

A male patient in his 30's said his arches had pain, and he wanted a foot massage. He said the pain lessened, and his feet felt much better after the massage.

I massaged a male patient in his 40's. He requested a foot massage. The skin on his feet was dry and cracking, and he had a tingling sensation in his feet. He relaxed during the massage, and said the tingling stopped during the massage. "It felt good!"

I saw a "regular" client. She said she looks forward to her massages. She said the last time, after the massage, the neuropathy in her feet subsided for an extra 1-2 days. She was very appreciative.

I approached a male patient in his 60s. He was reluctant at first, due to foot sensitivity and past massage experiences. We discussed and he agreed to try it. It turns out he was a retired orthopedic surgeon, and was surprised at the change of sensation in his feet during the massage. "It feels like you have pulled all the numbness out of my feet and toes. How did you do that?!!!"

A patient's pump malfunctioned last night, and he had a sleepless night. He arrived this morning before they opened. He said he doesn't usually enjoy massage, but his wife does. But he agreed to a foot massage. He said as soon as I began, he could feel his tension dissolve and that he could finally rest. He was very appreciative.

I gave a woman in her 30's a hand massage. "I've never had a hand massage before. That was very relaxing. I'll look for you again when I'm here in 3 months!"

I massaged a male patient in his 60's. He said his right foot felt "dead as a doornail". He was happy to have more sensation post-massage, and greater mobility. He said, "This is my lucky day!"

I gave a massage to a female patient in her 30s. He asked me about how her recent osmotic might affect her getting a massage. She had recently received a gift to a day spa in town. We had a great conversation and I was able to educate her and dresser her to more information. She was very happy to learn more and enjoyed her massage.

I massaged a female patient who was using a "cold cap" to inhibit hair loss. She said the foot massage helped warm her up and made her feel cared for and relaxed. She was very appreciative.

I gave a male patient approx. 55-60 years old. This was his first chemotherapy treatment in this facility. He was reluctant at first due to severe neuropathy. When I explained that it might help, he agreed to give it a try. I used hold and level 1 pressure. He closed his eyes and rested. Said it felt great!

I massaged the hands of a female client in her 70s. She experienced some numbness and tingling in her fingers. She has lymphedema and uses the pump to control left arm. I adapted pressure 1-2 on forearm, and level 2 on palm of her hands. I had worked on her 2 weeks ago, and she requested me again, saying her pain was greatly reduced for a week post massage last time.

I gave a hand massage to a male patient in his late 50s who has neuropathy (numbness and tingling) in his fingers. He was glad to know about OMA's services and that massage may help decrease the neuropathy that he was experiencing. He talked during the massage, and then, he would close his eyes. I made the necessary modifications to my massage. At the end, he wiggled his fingers and said, "They do feel better! I can move them much more easily! Thank you!" He and his wife were very appreciative for our time together and donated to OMA.

## 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!

## January 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
<b>Central TX</b>									
<b>Texas Oncology Midtown</b>	48	2	1	5	11	0	22		\$550.00
<b>Texas Oncology Central</b>	8	0	0	1	2	0	4		
<b>Texas Oncology North</b>	45	3	0	4	13	0	16	8.25	
<b>Texas Oncology Round Rock</b>	9	0	0	1	2	0	3.5		\$1.00
<b>Texas Oncology South</b>	0	0	0	0	0	0	0		
<b>Baylor Scott &amp; White - Round Rock</b>	6	0	0	1	4	0	4	2.5	\$100.00
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	9	1	7	2	4	0	5.5		
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center, Dallas</b>	29	0	0	3	6	0	12	0.5	\$20
<b>Mary Crowley Cancer Research Ctr @ Medical City, Dallas</b>	1	0	0	1	1	0	1		
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	5	2	0	1	0	4	4	4	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	15	0	0	3	8	1	11		
<b>Total</b>	<b>175</b>	<b>8</b>	<b>8</b>	<b>22</b>	<b>43</b>	<b>5</b>	<b>83</b>	<b>15.25</b>	<b>\$671.00</b>

## February 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
<b>Central TX</b>									
Texas Oncology Midtown	72	3	2	5	14	0	30.75		\$793.75
Texas Oncology Central	7	0	0	1	2	0	4		
Texas Oncology North	38	4	0	4	10	0	16	3	\$25.00
Texas Oncology Round Rock	19	0	1	1	4	0	4	3	\$25.00
Texas Oncology South	7	0	0	1	1	0	2		
Baylor Scott & White - Round Rock	6	0	0	1	3	0	4	1	
<b>New Braunfels</b>									
Texas Oncology New Braunfels	10	2	0	2	2	0	5.25		\$38.00
<b>Dallas</b>									
Texas Oncology Sammons Cancer Center, Dallas	32	0	0	2	7	0	8	5.5	
Mary Crowley Cancer Research Ctr @ Medical City - Dallas	1	0	1	1	1	0	1		
<b>Houston</b>									
North Cypress Cancer Center	17	0	0	1	3	4	4	6	
<b>Oregon</b>									
Providence Cancer Center	12	0	2	3	6	2	9		\$10.00
<b>Total</b>	<b>221</b>	<b>9</b>	<b>6</b>	<b>22</b>	<b>53</b>	<b>6</b>	<b>88</b>	<b>18.5</b>	<b>\$891.75</b>



## March 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
<b>Central TX</b>									
<b>Texas Oncology Midtown</b>	56	2	1	5	12	0	24.5		\$657.50
<b>Texas Oncology Central</b>	11	0	0	2	3	0	6		
<b>Texas Oncology North</b>	50	6	3	4	14	0	16	8	\$20.00
<b>Texas Oncology Round Rock</b>	45	0	0	4	9	0	16		
<b>Texas Oncology South</b>	13	0	0	1	2	0	4		
<b>Baylor Scott &amp; White - Round Rock</b>	5	1	0	1	3	0	4	1.5	
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	17	6	5	2	4	0	8	4	\$13.00
<b>Dallas</b>									
<b>Texas Oncology - Sammons Cancer Center, Dallas</b>	33	0	0	2	7	0	8	6	
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	23	3	0	1	5	5	4	6	\$20.00
<b>Oregon</b>									
<b>Providence Cancer Center</b>	21	1	0	3	12	0	12	4.5	
<b>Total</b>	<b>274</b>	<b>19</b>	<b>9</b>	<b>25</b>	<b>71</b>	<b>5</b>	<b>102.5</b>	<b>30</b>	<b>\$710.50</b>