

Oncology Massage Alliance  
January/February/March 2017

# 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.
  - 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, Georgetown, and Round Rock
- OMA added a new location at Austin Cancer Center (ACC) Central, on 30th St. ACC has agreed to pay the therapists' \$25 an hour up to 8 hours a month.
- We have temporarily decided to stop going to Baylor Scott & White in Round Rock because of lack of patients and funding.
- The OMA Board met January 9th and March 27th.
- OMA added five new therapists: Brenda Bianchi, Christopher Fritel, Destiny Lehew, Clare Landy, from Austin and Amy Scottino from Dallas.
- OMA gave out full quarterly stipends to therapists, and 50% stipends to therapists.
- OMA was present at the 2017 American Massage Therapy Association (AMTA) Texas State Convention Waco, TX that took place from March 30-April 2.
- OMA once again teamed up with RE: Cancer to help benefit their cycling event, 20 Colors/20 Hours that was held on Saturday, February 4th. OMA's therapists gave free chair massages to the cycling participants who raised money for this nonprofit that provides support services to those impacted by cancer.
- OMA was present at the live simulcast of the 2017 Breast Cancer Issues Conference in Medford at Providence Medford Medical Center on March 11th. This conference provided survivors, support persons, high-risk individuals and health care professionals the opportunity to learn about and discuss breast cancer topics with leading oncologists, doctors, researchers, and fellow survivors.
- OMA was featured in a *Massage Magazine* article dated February 8, 2017. "Oncology Massage Brings Pain Relief to Cancer Patients" by Seraine Page. "In 2017, 1,688,000 new cancer cases are anticipated in the U.S., with more than 600,000 deaths projected from the disease, according to a new report from the American Cancer Society, *Cancer statistics, 2017*. Massage therapy can play a role in pain-and-stress relief—and since 2011, Oncology Massage Alliance volunteers have done just that for 9,000 cancer patients throughout Oregon and Texas."  
<https://www.massagemag.com/oncology-massage-brings-pain-relief-cancer-patients-43585/>

# 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.

This was the second foot massage that the patient has received. It helps him deal with his neuropathy and allows him to relax. He's always very grateful. He told his therapist he wanted another "date" in two weeks.

I worked on a female patient. She cried as she told of her cancer treatment and how hopeful she is for a positive outcome. She appreciated the hand massage and the company. It was a beautiful connection between giver and recipient.

A male patient in his 60s receiving chemotherapy wanted a foot and lower leg massage for pain in his knees. He had recently fallen on his right side and his right leg was hurting. He said his pain was greatly reduced and he felt much better after his massage. He was grateful for his massage and thanked me for reducing his pain.

A male patient in his 50s said that he was not able to receive chemotherapy that day, but asked if he could still receive a foot massage. I massaged his feet and he was able to relax. He said the massage distracted him and he felt much better after his massage.

I gave a hand massage to a female patient who is 78 years old. I was mindful of her fragile skin condition as I massaged her hands. She is not experiencing any peripheral neuropathy. At the end of the session, she said, "Oh, my hands are so happy!"

"Being here is the worst part of the day, and having you rub my feet is the best part of the day!", quote from an oncology patient.

I massaged the hands of a 72 year old female patient. She was anxious and shaking prior to massage. She has peripheral neuropathy in her hands and feet. During the massage, she was able to relax, and completely fell asleep!

I massaged a 33 year old male patient. He was feeling rushed and anxious, and reluctantly agreed to a hand massage because I told him it might help, but wouldn't hurt. Within 5 minutes, he visibly calmed down, and he asked if I pushed a magic button to make his brain slowdown! He fell asleep during the massage.

When a patient in her 80's saw me in the infusion room, she asked a nurse to request that I give her a hand massage. She said she has numbness in her left hand, and now she has trouble sewing. She said she really appreciates the massage because it makes her hands feel so much better and there is less numbness.

I worked on a female patient in her 80's that I see regularly. She has noticeably been declining, looking weaker and having trouble speaking. I gave her an extra nourishing foot massage. She talked about her

awareness of her lack of response to the chemotherapy. This was somewhat emotional for both of us. She thanked me and gave me a hug.

I gave a foot massage to a male patient in his 40s. He experiences numbness and pain in both feet. I used level 1 pressure and holding. This was the first time for him to get a massage. He was very quiet during the massage. I checked in often to make sure he was comfortable. He thanked me after the session, and one more time as he was leaving the infusion room after his chemo was over.

A patient in her 30s was receiving her second treatment and was experiencing anxiety. The nurse came and asked me if I would give her a massage. She received it gratefully and was able to calm down and relax.

When I arrived, a gentleman between 60-70 years old asked me for hand massage. He said his hands were really hurting, his skin was cracked and he could not open his hands without pain. After the massage, he thanked me and said the massage made his hands feel so much better. He said they didn't hurt when he opened them and that was a big improvement.

A female patient in her 60s requested a foot massage for neuropathy in her feet. She was grateful of the massage, and said she felt "pampered" while getting her therapy.

I gave a hand massage to a lady in her 30s. She said her hands and wrists were tingling and painful. She said, "What a wonderful idea to have relaxing massage during chemo treatments!" She thanked me and said the massage felt wonderful and made her hands and wrists feel less painful.

During a slow period in the infusion room, I massaged a nurse. I focused on his left shoulder. He was very appreciative and let his patients know how good it felt.

The patient was having trouble getting set up for an IV, and I provided foot massage to help her relax. She requested strong pressure, so we discussed the reasoning for more conservative pressure and focused slow, detailed, full contact massage. She was very pleased!

I gave a hand massage to a male patient in his 50s. He is experiencing peripheral neuropathy (numbness and tingling) in his hands. He said that his hands "were killing him". After I was done massaging his right hand, he was amazed as to how different the two hands felt. The tingling had subsided and he could feel his fingers. He thanked me at the end of the session.

## 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>	49	4	2	4	13	0	22.75		\$568.75
<b>Texas Oncology Central</b>	12	0	0	1	3	0	4	2	\$30.00
<b>Texas Oncology North</b>	40	4	0	4	9	0	16	2.75	\$25.00
<b>Texas Oncology Round Rock</b>	22	0	0	4	8	0	15.5		
<b>Texas Oncology South</b>	9	1	0	2	2	0	4.5		\$10.00
<b>Baylor Scott &amp; White - Round Rock</b>	0	0	0	0	0	0	0	0	\$0.00
<b>Austin Cancer Center - North</b>	15	0	0	1	5	0	8		\$206.00
<b>Austin Cancer Center - Georgetown</b>	15	1	1	1	4	0	8		\$210.00
<b>Austin Cancer Center - Round Rock</b>	8	1	2	1	2	0	4.5		\$112.50
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	2	4	0	1	2	0	2.75		
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center</b>	21	0	0	2	4	0	8		
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	12	0	0	1	4	4	4	4	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	20	0	0	3	12	0	12		
<b>Total</b>	<b>225</b>	<b>15</b>	<b>5</b>	<b>25</b>	<b>68</b>	<b>4</b>	<b>110</b>	<b>8.75</b>	<b>\$1,162.25</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>									
<b>Texas Oncology Midtown</b>	44	2	1	4	8	0	22.5		\$562.50
<b>Texas Oncology Central</b>	27	1	0	3	7	0	12	0.75	\$32.00
<b>Texas Oncology North</b>	35	0	0	2	5	0	8	5	
<b>Texas Oncology Round Rock</b>	23	0	0	3	7	0	11		
<b>Texas Oncology South</b>	11	0	0	2	2	0	4.5		\$45.00
<b>Baylor Scott &amp; White - Round Rock</b>	0	0	0	0	0	0	0	0	\$0.00
<b>Austin Cancer Center - North</b>	15	1	0	1	4	0	8		\$215.00
<b>Austin Cancer Center - Georgetown</b>	16	0	1	1	4	0	8		\$210.00
<b>Austin Cancer Center - Round Rock</b>	8	2	0	1	3	0	6		\$150.00
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	3	0	2	1	1	0	2.75		
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center</b>	28	1	0	2	6	0	8	4	
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	12	2	0	1	4	4	4	4	\$50.00
<b>Oregon</b>									
<b>Providence Cancer Center</b>	16	1	0	3	9	0	12	0.5	\$5.00
<b>Total</b>	<b>238</b>	<b>10</b>	<b>4</b>	<b>24</b>	<b>60</b>	<b>4</b>	<b>106.75</b>	<b>14.25</b>	<b>\$1,269.50</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>									
Texas Oncology Midtown	57	4	1	4	13	0	28.75		\$718.75
Texas Oncology Central	27	2	0	3	8	0	12	0.25	\$5.00
Texas Oncology North	37	3	5	3	8	0	12	5	
Texas Oncology Round Rock	23	0	0	3	5	0	10		
Texas Oncology South	11	0	0	2	3	0	5		
Baylor Scott & White - Round Rock	0	0	0	0	0	0	0	0	\$0.00
Austin Cancer Center - North	10	0	0	1	4	0	6.75		\$173.75
Austin Cancer Center - Georgetown	16	0	0	1	4	0	8		\$205.00
Austin Cancer Center - Round Rock	12	0	0	1	3	0	6		\$150.00
Austin Cancer Center - Central Austin	4	1	0	1	4	0	5.5		\$137.50
<b>New Braunfels</b>									
Texas Oncology New Braunfels	13	7	3	1	4	0	4	3.75	
<b>Dallas</b>									
Texas Oncology Sammons Cancer Center	28	4	0	2	6	0	8	4	\$25.00
<b>Houston</b>									
North Cypress Cancer Center	10	0	0	1	3	3	4	2	
<b>Oregon</b>									
Providence Cancer Center	17	0	0	3	8	1	12	1.25	
<b>Total</b>	<b>265</b>	<b>21</b>	<b>9</b>	<b>26</b>	<b>73</b>	<b>4</b>	<b>122</b>	<b>16.25</b>	<b>\$1,415.00</b>