

Oncology Massage Alliance
July/August/September 2016

Infusion Room and Radiation Room Report Oncology Massage Program



oncologymassage
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;
 - New Braunfels at Texas Oncology - New Braunfels;
 - Houston at North Cypress Cancer Center
 - Medford, Oregon at Providence Cancer Center
- The OMA Board met September 12th.
- The OMA Operations Committee met September 21st.
- OMA gave out full quarterly stipends to 11 therapists, and 50% stipends to 6 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.

I worked in the radiation room today. This radiation patient was very stressed. She is recovering from addiction and all her friends just go on with their lives, so she feels very alone. "Did I get sober for this?", she asks. She is so grateful for the massage. We worked in the radiation room and she loved it. She completely relaxed and felt whole again.

This was the next to last treatment for a female patient in her 20's. I've worked on her a few times in the past. She wanted me to know how grateful she is for all the massages I gave her during the past several months, especially the first massage when she was very nervous about chemo. It feels great to be appreciated!

I gave a shoulder/back/neck massage to a caregiver in her 60's. She gladly accepted my offer. As I massaged her back and shoulders, I noticed that she was very tense. She said that she has been stressed out due to taking care of her husband. After the massage was over, she said that she felt more relaxed.

A female patient in her 60's told me she was hospitalized for 2 weeks to treat the fluid in her lungs. She lost lots of weight and energy. Her toenails were finally coming back, but her skin was very dry. I used extra lotion to massage her feet, and used Level 1 pressure. She said, "Oh, it feels so good. My feet look like human feet." She was very appreciative.

I gave a foot massage to a patient in her early 30's, whose mom had accompanied her to the infusion room. The patient fell asleep and her mom said she was glad to see her rest. Later the patient said she really enjoyed the massage and she was very, very thankful.

A female patient was very happy to receive a foot massage as the nurse was inserting the IV in her hand. The massage helped distract her from the needle.

I massaged the wife of a patient. She was so happy to receive a shoulder massage. She is experiencing a lot of stress with her husband's health issues. She thanked me, saying that the massage felt wonderful. She said, "God bless you!"

I gave an infusion room nurse a short back/neck/shoulder massage. At the end, he said, "Ahhhh - I feel so much better. I can tackle the world now!"

A female patient in her 60s wanted a foot massage. The medication is preventing her from being touched, so she was so happy to receive a foot massage. She missed hugs and touching people. She said "This is such a blessing. Thank you!"

This was the first chemo session for a female patient in her 70's. The nurse asked me to work on her because she had some mild anxiety. I gave her a foot massage, which she said she loved. She thanked me and said she felt much more relaxed.

I gave a female patient in her 60's a foot massage. She said her feet felt like she was walking on cobblestones because of the neuropathy. She was free of pain after her massage!

A female patient asked for a neck and shoulder massage for pain. She was unable to bend her neck forward due to pain. I used craniosacral therapy and gentle pressure to relieve tension and pain in her neck and shoulder. She was able to bend and rotate her neck without pain after the treatment.

I massaged a male patient in her 70's. At first, he declined, but then decided to get a foot massage. After the massage, he said, "Thank you! I'm so glad I decided to do this!"

I gave a fairly new patient a hand massage. She wanted me to "work out" her bruised areas, but I told her I couldn't do that, and explained why. I gave her a gentle hand massage, which she enjoyed.

I've worked on this female patient a few times in the past. She is very quiet, but said her cancer is worsening. She seemed sad and didn't seem to want to talk about it. She closed her eyes during the massage. I gave her an extra long, nourishing foot massage.

I gave a hand massage to a 75 year old male patient who is having his last chemo today. Even though he was glad about ending his chemo treatment, he said that he is going to miss everyone in the infusion room. He had made a lot of friends here.

I gave a foot massage to a female patient in her 70's. She said that last time the massage helped her pain go away for a few days and she looked forward to getting another massage. I used holding and level 1.

I gave a male patient in his 60's a foot massage. He reported that his feet are numb and that the floor always feels too cold to his feet. He said the massage was soothing and felt so good. He was very grateful and said he is already looking forward to his next foot massage.

A patient I usually give a hand massage to said she was feeling "adventurous" and would ask for a foot massage today. She said that her hands had no pain after her hand massage by me last week, and she hoped it would work this week on her feet. She said, "It feels good now!"

I massaged a patient who comes in every other Friday. She has right leg cancer with swelling and neuropathy in her feet. She said how great her feet feel after her massages - no pain and decreased swelling. It really helps her feel better!

I massaged a female patient in her 60's. "I'm glad to see you again. I have missed getting a massage with my chemo." Her feet had tingling sensations, and the massage helps her tingling go away.

A male patient in his 40's requested a foot massage. He has numbness in his toes. He said the massages have been helping him be able to move around without pain.

I massaged a female patient in her 70's. She had gotten sick just before I got there, and thought the hand massage would make her feel better. She fell asleep during the massage.

I massaged a patient who is diabetic and was receiving iron transfusions. She hadn't expected to need infusions today, but found out at her doctor's visit. So, she was a bit agitated. She hadn't brought her work or any reading material. She said the massage not only helped relieve the burning in her feet, but also put her mind at peace and changed her whole outlook. She expressed much gratitude!

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!

July 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	31	1	6	4	8	0	14.25		\$356.25
Texas Oncology Central	13	0	0	2	4	0	6.5		\$10.00
Texas Oncology North	45	3	0	3	10	0	12	6.5	
Texas Oncology Round Rock	37	0	0	3	13	0	12	1	\$45.00
Texas Oncology South	18	0	0	2	4	0	7.75		
Baylor Scott & White - Round Rock	1	0	0	1	2	0	2.5		
New Braunfels									
Texas Oncology New Braunfels	4	1	1	1	1	0	2.25		
Dallas									
Texas Oncology Sammons Cancer Center, Dallas	19	0	0	2	4	0	8		
Houston									
North Cypress Cancer Center	16	1	0	1	3	3	4	2	
Oregon									
Providence Cancer Center	32	0	0	3	13	0	12	4.75	
Total	216	6	7	22	62	3	81.25	14.25	\$411.25

August 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	50	5	5	5	11	0	24		\$640.00
Texas Oncology Central	20	0	0	2	5	0	8	1.5	\$30.00
Texas Oncology North	27	2	0	3	6	0	11		\$20.00
Texas Oncology Round Rock	43	0	0	3	10	0	12	7.5	\$75.00
Texas Oncology South	18	0	0	2	3	0	7.25		\$10.00
Baylor Scott & White - Round Rock	4	0	0	1	2	0	4	0.5	
New Braunfels									
Texas Oncology New Braunfels	2	3	7	1	2	0	3.5		
Dallas									
Texas Oncology Sammons Cancer Center, Dallas	30	0	0	2	6	0	12	1	
Houston									
North Cypress Cancer Center	17	1	0	1	5	5	4	6	
Oregon									
Providence Cancer Center	17	0	0	2	9	0	8	5.5	
Total	228	11	12	22	59	5	93.75	22	\$775.00

September 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	53	3	0	5	14	0	26.75		\$668.75
Texas Oncology Central	5	0	0	1	2	0	2.5		
Texas Oncology North	26	2	0	2	6	0	8	3	
Texas Oncology Round Rock	17	0	0	2	5	0	8	2	\$25.00
Texas Oncology South	11	1	0	2	4	0	6.25		
Baylor Scott & White - Round Rock	5	0	0	1	2	0	3.75		
New Braunfels									
Texas Oncology New Braunfels	6	4	11	1	4	0	4	3	\$10.00
Dallas									
Texas Oncology - Sammons Cancer Center, Dallas	33	0	0	3	7	0	12	1.5	
Houston									
North Cypress Cancer Center	17	1	0	1	5	5	8	2	
Oregon									
Providence Cancer Center	35	0	0	2	12	1	8	2.5	
Total	208	11	11	20	61	6	87.25	14	\$703.75