

Oncology Massage Alliance
July/August/September 2017

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.
 - 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
- We added coverage at Austin Cancer Center Lakeway.
- The OMA Board met August 14th.
- The OMA Operations Committee met July 14th and September 22nd
- The Operations Committee added two staff positions: Operations Coordinator and Education Coordinator.
- Texas Oncology gave a yearly donation which allows us to pay our therapists working in their Central Austin locations full monthly payment of \$25 an hour.
- OMA gave out full quarterly stipends to 6 therapists, and 50% stipends to 3 therapists in our other locations outside of Austin.
- OMA participated in the Susan G. Komen Race for the Cure in Austin on September 24th. Four therapists gave 31 complimentary chair massages in the Survivor Area.

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 massaged a female patient in her 30's who said, "I'm ticklish on my feet but am willing to get a massage. Let's try it." I massaged her feet using speed and pressure to avoid inducing a ticklish sensation. She said, "I really enjoyed that massage. I will be able to walk better. Thank you!"

A female patient in her 70's told me that her toes feel uncomfortable all the time from peripheral neuropathy, As soon as I started the massage, she said, "Ahh, it feels so good." She also said, "I feel like I was neglecting my feet." She enjoyed the massage, and thanked me many times.

A female patient in her 50's waved at me to ask for a massage. She told me she had some very rough weeks due to the side effects and some complications. She said she needs to receive chemo "forever", but massage is helping her cope with this tremendously. I gave her a foot massage. She thanked me and made a donation to OMA.

I gave a female patient in her 70's a foot massage. She's a fairly new patient, and initially said no to a massage, but the nurse encouraged her into trying it. I gave her a gentle massage with pressure of 1, and she said it was very relaxing and would never again turn down a foot massage.

I saw a regular patient. She's in her 80's. She said her blood counts are improved. We talked about how she feels her attitude is helping her "beat" the odds. She says she knows her foot massages are helping her ambulatory skills.

A female patient in her 60's was happy to receive a hand massage today. She had some dry skin and bruising on her hands and lower arms, so I was mindful of my pressure and direction of strokes. During the massage, she said, "This is wonderful. Wow! Now I know why my dogs like to be petted." She later told me that this was her first hand massage and she enjoyed being able to close her eyes and relax.

A female caregiver in her 70's asked for a massage. She told me that she had seen me before giving massages in the infusion room and decided she would ask for one the next time she saw me. "I am very glad I saw you today and asked for a massage. That was very relaxing. Thank you."

A male patient in his 70's requested a massage for numbness and muscle spasms in his feet and legs. He said that the massage helps him a great deal with the spasms in his legs and takes away the peripheral neuropathy in his feet.

I have massaged a male patient in his 60's several times over the last weeks, and he has barely said a word until today. He said, "It's hard to believe that how much getting these hand massages relaxes all of me." That began a pleasant exchange between us. It reminded me that it takes some people longer to open up, but they may have a lot to say.

When I approached this patient, he refused to get a massage, but agreed to try after his wife convinced

him to. He said, "Ok.", then "Good" while I was giving him a foot massage. At the end, he said, "It was wonderful." His wife told me that for him to say something like that means so much to her. She was thankful for the massage for her husband.

A female patient told me that she was just told that her cancer came back, and has to start radiation. She said, "It's so nice that I can get a massage today. It helps me to stay positive." Both her and her husband were very appreciative, and they both gave me a hug.

I gave a female patient in her 70's a hand massage. She said she used to get massages before her treatment started, and wasn't sure if she still could. I assured her she could, and after a few minutes she started to cry because it was so nice and it helped her feel calm.

I am so glad our mission includes caregivers! She was there with her husband and enjoyed the hand massage. I imagine her husband is more likely to say yes next time.

A male patient in his 70's was receiving fluids. He wasn't feeling well, and had the hiccups since Monday. He let me work on his feet until he finished receiving fluids. He was able to relax, the hiccups slowed, and he almost fell asleep.

A female patient in her 40's asked for a hand massage for light pain in her fingers. She appreciated getting the massage and thanked me. "I didn't expect to get such special treatment when I came in for my chemotherapy today!"

I gave a hand massage to a woman who is caregiver to her husband. She was visibly upset - her husband wasn't doing well, and was very moody. The nurses talked her into getting her hands massaged, which gave her time to vent about how much she loved her husband, but also how hard caregiving can be.

A female patient in her 50's has neuropathy in her feet that keeps her up at night in pain. She hesitated at first, then accepted a light foot massaged which calmed her symptoms. I showed her husband how to massage her feet. He said he had been afraid to touch her feet for fear of causing more pain, but now felt that he could do this for her.

A male patient in his late 50's had previously turned down a foot massage. He changed his mind after his neighbor in the next recliner told him he didn't know what he was missing. I gave him a gentle massage, which he said he really enjoyed, and was already looking forward to his next one. After I was done, he told me this was only his second chemo session, and that it wasn't looking so bad now.

One of the staff in the pharmacy had a sore hand and forearm and asked for a massage to eliminate/reduce the pain. After the massage she said she felt much less pain and was able to perform the functions of her responsibilities again. She recommended massage to the other staff present.

A female patient in her 60's came in for a port flush today. She was glad to see me again because she has been experiencing some peripheral neuropathy in her hands. She explained that she is taking medication for it, but that it was not helping her. At the end of the hand massage session, she said that her fingers felt less numb - she could feel them. And no tingling! She was really glad to see how a gentle hand massage could help her.

I gave both a hand and foot massage to an elderly lady. This was her second infusion treatment and she was shaking when she sat down. She stated that she was cold, but it appeared that she was also having some anxiety. I started by keeping her one foot covered while I just started holding the opposite foot. I could feel her starting to relax, and by the time I finished her feet she was no longer shaking.

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	48	1	3	4	13	0	22.5		\$567.50
Texas Oncology Central	18	1	0	2	4	0	8		\$240.00
Texas Oncology North	30	3	0	3	8	0	14.5		\$362.50
Texas Oncology Round Rock	34	0	0	3	8	0	15.5		\$387.50
Texas Oncology South	17	0	0	2	4	0	7.5		\$247.50
Austin Cancer Center - North	13	0	0	1	4	0	8		\$205.00
Austin Cancer Center - Georgetown	13	2	0	1	3	0	6		\$155.00
Austin Cancer Center - Round Rock	7	1	0	1	3	0	6		\$150.00
Austin Cancer Center - Central Austin	3	1	0	1	3	0	3.5		\$87.50
New Braunfels									
Texas Oncology New Braunfels	0	0	0	0	0	0	0		
Dallas									
Texas Oncology Sammons Cancer Center	33	1	0	2	6	0	8	4	
Houston									
North Cypress Cancer Center	5	2	0	1	3	3	4	0.75	
Oregon									
Providence Cancer Center	21	0	0	3	11	0	12	2.25	\$30.00
Total	242	12	3	24	70	3	115.5	7	\$2,432.50

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	54	9	1	4	13	0	24		\$600.00
Texas Oncology Central	21	2	0	2	4	0	8.25		\$219.00
Texas Oncology North	24	4	6	3	7	0	11.5		\$287.50
Texas Oncology Round Rock	43	0	0	3	10	0	19		\$475.00
Texas Oncology South	12	0	0	1	3	0	7		\$175.00
Austin Cancer Center - North	14	0	0	1	4	0	7.5		\$187.50
Austin Cancer Center - Georgetown	14	0	0	2	4	0	8		\$200.00
Austin Cancer Center - Round Rock	13	2	0	1	4	0	8		\$200.00
Austin Cancer Center - Central Austin	13	1	0	1	5	0	6.5		\$162.50
Austin Cancer Center - Lakeway	8	0	0	1	4	0	8		\$210.00
s									
Texas Oncology New Braunfels	4	1	3	1	2	0	3.5		
Dallas									
Texas Oncology Sammons Cancer Center	45	2	2	3	9	0	12	6	
Houston									
North Cypress Cancer Center	7	7	0	1	3	3	4	2	
Oregon									
Providence Cancer Center	3	0	0	1	1	0	2		
Total	275	28	12	25	73	3	129.25	8	\$2,716.50

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	55	4	0	4	12	0	24.5		\$612.50
Texas Oncology Central	10	0	0	2	2	0	4		\$100.00
Texas Oncology North	37	1	6	3	8	0	17.75		\$443.75
Texas Oncology Round Rock	28	0	0	3	6	0	9		\$226.00
Texas Oncology South	33	2	0	3	8	0	16.5		\$427.50
Austin Cancer Center - North	11	2	0	1	4	0	7.5		\$187.50
Austin Cancer Center - Georgetown	13	0	0	1	4	0	8		\$200.00
Austin Cancer Center - Round Rock	7	0	1	2	3	0	6.5		\$167.50
Austin Cancer Center - Central Austin	12	1	0	1	4	0	5		\$125.00
Austin Cancer Center - Lakeway	7	7	0	0	3	0	7.5		\$187.50
New Braunfels									
Texas Oncology New Braunfels	10	8	6	1	4	0	4	5.25	
Dallas									
Texas Oncology Sammons Cancer Center	43	1	1	4	10	0	16	4.5	
Houston									
North Cypress Cancer Center	11	3	0	1	4	3	4	3	
Oregon									
Providence Cancer Center	0	0	0	0	0	0	0		
Total	277	29	14	26	72	3	130.25	12.75	\$2,677.25