

Oncology Massage Alliance  
October/November/December 2015

# 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 and Mary Crowley Research Center;
  - New Braunfels at New Braunfels Cancer Center;
  - Houston at North Cypress Cancer Center
- OMA added two new locations this quarter, Baylor Scott & White in Round Rock, and Providence Cancer Center in Medford, Oregon.
- OMA added one new therapist this quarter, Lesley Moehle in Oregon.
- The OMA Massage Therapist Annual Retreat was held November 8th. Sixteen therapists attended this all day event. The Board members attended so the therapists could meet and get to know them. Two speakers, Patricia Walker, and Colleen Ryan, spoke about Caring for Yourself and Wellness; and Nutrition.
- The OMA Board met October 19th and held their annual retreat November 7th.
- OMA participated at the Komen Race for the Cure on November 15th. Five massage therapists provided 37 massages to cancer survivors.
- OMA held a complimentary staff chair massage event at Texas Oncology - Sammons Cancer Center in Dallas on December 4th. Three therapists provided 21 massages.
- OMA participated in the annual Holiday Chair Massage event at Texas Oncology Central, where three therapists provided 32 massages to staff.
- OMA gave out quarterly stipends to 9 therapists.
- The OMA Operations Committee met December 9th.

# 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 patient in his mid-60's. He's a repeat patient, and today he talked a lot about his cancer and health problems. Much "good-natured grumbling." He enjoyed his foot massage and thanked me. He said it reduces the tingling he gets a day or so after his treatment.

I worked on a patient that had AIDS, and that had affected her nerves. The massage helped her ability to walk during her treatment.

I offered a foot massage to a female patient, who told me that she was 88 years old, and today was her birthday! It was also her first day of chemotherapy. The foot massage helped her relax a bit, and really helped to make her day better for her!

The nurse directed me to a female patient in her 70's. She wasn't feeling well, and the nurse thought a massage might help her. She wanted both her hands and feet massaged, and fell asleep as soon as I started massaging her feet!

A female patient in her 60's requested a foot massage to help with reducing her spasms she gets during chemo. She said her spasms were gone, and said, "That's the best massage I ever had!"

I gave a foot massage to a female patient in her 70's who was receiving her first round of chemotherapy. She and her daughter were both glad that I was there to help distract her from the chemo drugs and help her relax a bit. She closed her eyes during the session, saying how wonderful the massage felt. They both thanked me.

A woman was brought to me. She was in a wheelchair, and was moaning and breathing with short, quick breaths. She stated she had pain throughout her whole body. I began massaging her hands and she commented on how good it felt. We talked for awhile about her family. When she left, she was no longer moaning and her breathing was not as labored.

I gave a foot massage to a female patient who has a brain tumor. She looks like she is in her 40's. She is not able to feel on her left leg due to the cancer. She couldn't speak very clearly, but she smiled and thanked me many times. She said, "feels good." Her partner said, "For her to say that means so much."

A female patient was hesitant at first, but her husband convinced her to receive a hand massage. She had never had a hand massage before. She talked softly and said that her fingers felt looser, and had more flexibility, like she was playing the piano - she could move her fingers like that! She couldn't believe how relaxing the massage was! She and her husband thanked me.

I massaged a female patient in her 60's. She has rheumatoid arthritis and possible lupus - she is still undergoing testing. She has pain walking, and loss of balance. She really enjoyed her massage. She said, "I never expected this!! I feel as though I have new feet!"

I massaged a repeat client, who just got back from vacation. She was very cheerful, hopeful, and had lots of photos to share. She enjoyed her foot massage and "catching up." She said her neuropathy in her feet is always improved after receiving a foot massage.

I massaged a female patient in her 70's. She experiences numbness in her toes, and her skin is very dry. I used holding and Level 1 pressure to massage her feet. She was very quiet at first, but as I continued to massage, she started to smile and talk. She said, "This is the first time in a long time my feet felt this warm." She closed her eyes and dozed off, very relaxed.

I gave a foot massage to a female patient in her 60's-70's who told me that she was having a bad day (she said that she felt so sick). Her skin was a bit dry. I gave her a relaxing foot massage with extra lotion. Afterwards, she said, "This is heaven. It almost makes it worth the chemo!"

I gave a gentle hand massage to a female patient in her 40's-50's. She has some peripheral neuropathy in her hands - tingling. She thanked me and explained that the massage felt really good and helped with the tingling in her hands.

I gave a hand massage to a female patient in her early 40's who told me that she has a little neuropathy in her fingers - numbness. She uses her hands a lot since she lives on a farm, so I gave her a little bit more pressure to her fingers. She said that the massage helped reduce the numbness in her finger, and thanked me at the end of the session.

Three nurses were very appreciative to receive a short (less than 5 minutes) shoulder, neck, upper back massage. They told me how appreciative they were that OMA was coming into the infusion room and offering complimentary hand/foot massages by an oncology trained therapist. At the end of the massage, each nurse told me how good it felt, and that they had more energy!

When the female patient saw me, she said, "Yay! It's spa day!" She enjoyed the gentle touch and our conversations. She thanked me at the end and said it was wonderful.

A male patient was about to leave with his pump set, but said he hoped he could get a foot rub first. He said the soles of his feet felt "dead stone cold and dorsal surface tight and stiff." After the massage, he said he hadn't felt that good in years!

I massaged a female patient in her 50's. It was her last day of chemo, and she said the foot massage was a real treat for her last day of therapy.

A patient was sitting in front of me getting ready for her hand massage. Nurses were talking and laughing with her sister sitting next to her. I noticed the patient pick up the OMA postcard and start reading it. I then noticed her lower her head and she began to cry. I got up and went around the small table and just wrapped my arms around her and let her cry. She finally said she just couldn't believe anyone would do this for them and how thankful she is for each of us who are a part of this organization. By the time she left she was laughing and telling stories of their Thanksgiving traditions. She asked me to tell the ladies who started OMA, "Thank you."

## 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!

## October 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>	63	3	0	5	13	0	25.25		\$661.25
<b>Texas Oncology Central</b>	24	0	0	2	4	0	6.5		
<b>Texas Oncology North</b>	48	4	4	3	11	0	12	8.5	
<b>Texas Oncology Round Rock</b>	16	0	0	2	5	0	8		
<b>Texas Oncology South</b>	22	0	0	3	3	3	9.75		
<b>New Braunfels</b>									
<b>New Braunfels Comprehensive Cancer Center</b>	17	4	8	2	4	0	9		\$4.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center, Dallas</b>	29	1	0	3	7	0	12	2	
<b>Mary Crowley Cancer Research Ctr @ Medical City, Dallas</b>	4	0	0	1	2	0	3		
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	2	0	0	1	0	1	3		
<b>Oregon</b>									
<b>Providence Cancer Center</b>	4	0	0	1	1	1	3		
<b>Total</b>	<b>229</b>	<b>12</b>	<b>12</b>	<b>23</b>	<b>50</b>	<b>5</b>	<b>91.5</b>	<b>10.5</b>	<b>\$665.25</b>

## November 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>	65	2	3	5	13	0	29		\$725.00
<b>Texas Oncology Central</b>	8	0	0	1	2	0	4		
<b>Texas Oncology North</b>	26	2	1	3	7	0	12	0.5	
<b>Texas Oncology Round Rock</b>	17	0	0	2	4	0	6.5		\$2.00
<b>Texas Oncology South</b>	5	0	0	1	1	0	2		
<b>Baylor Scott &amp; White - Round Rock</b>	5	0	3	1	3	0	4	1.5	
<b>New Braunfels</b>									
<b>New Braunfels Comprehensive Cancer Center</b>	14	4	7	2	4	0	8	2	\$15.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center, Dallas</b>	26	0	0	3	6	0	12		
<b>Mary Crowley Cancer Research Ctr @ Medical City - Dallas</b>	2	0	0	1	1	0	1		
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	6	2	0	1	0	4	4	4	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	23	0	4	3	9	0	12	4.75	\$100.00
<b>Total</b>	<b>197</b>	<b>10</b>	<b>18</b>	<b>23</b>	<b>50</b>	<b>4</b>	<b>94.5</b>	<b>12.75</b>	<b>\$842.00</b>



## December 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>	57	0	4	5	13	0	26.5		\$695.50
<b>Texas Oncology Central</b>	10	0	0	1	2	0	4		
<b>Texas Oncology North</b>	49	1	0	4	11	0	16	5.5	\$133.00
<b>Texas Oncology Round Rock</b>	32	0	0	2	6	0	8	3.5	\$6.00
<b>Texas Oncology South</b>	8	0	0	1	2	0	4		
<b>Baylor Scott &amp; White - Round Rock</b>	9	0	0	1	4	0	4	5	\$10.00
<b>New Braunfels</b>									
<b>New Braunfels Comprehensive Cancer Center</b>	18	7	3	2	6	0	8	4.75	\$20.00
<b>Dallas</b>									
<b>Texas Oncology - Sammons Cancer Center, Dallas</b>	28	0	0	3	6	0	12		\$20.00
<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>	13	4	0	1	0	5	4	6	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	26	0	0	3	13	3	12	4.75	
<b>Total</b>	<b>251</b>	<b>12</b>	<b>7</b>	<b>24</b>	<b>64</b>	<b>8</b>	<b>99.5</b>	<b>29.5</b>	<b>\$884.50</b>