

Oncology Massage Alliance  
October/November/December 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;
  - New Braunfels at Texas Oncology - New Braunfels;
  - Houston at North Cypress Cancer Center
  - Medford, Oregon at Providence Cancer Center
- OMA added locations at Austin Cancer Center (ACC) Georgetown, Round Rock and North. ACC has agreed to pay the therapists' \$25 an hour up to 8 hours a month.
- The OMA Board held their Annual Board Retreat November 12th.
- OMA held their Annual Massage Therapist Retreat November 13th.
- The OMA Operations Committee met December 12th.
- OMA added four new therapists: Shaylyn Walker and Janice Vick from Waco; Sarah LaRosa from Medford, OR, and Monica Marler from Austin.
- OMA gave out full quarterly stipends to 13 therapists, and 50% stipends to 5 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.

Caregivers are quite surprised when they are offered a complimentary massage. I used pressure 3 on a female caregiver. She said, "This feels really good!" It helped relax her right shoulder.

I gave a lady in her 50's a hand massage. During her massage she thanked me for providing this service. She then said that she was going to tell her friends that today she was "in the oncology spa getting a massage". She said it felt wonderful.

I massaged the feet of a woman in her 60's who asked for a foot massage for the slight swelling in her feet. After the massage she said, "My feet don't feel the pressure around them anymore, and it feels much better. Thank you!"

A woman in her 50's who was a patient receiving chemotherapy, said that she was having pain in her stomach and wanted a massage to "forget about the pain". I massaged her feet and used light massage to reduce the swelling in her feet. "That feels really good and I forgot all about the pain in my stomach while you were massaging my feet! It really works to get a massage."

A young female patient received a foot massage from me as she was going through her second chemotherapy infusion. She was happy to see me again because the massage helped her relax during the first infusion. She closed her eyes during this session and rested. At the end, she smiled and said, "See you in three weeks!"

I gave a hand massage to a male patient in his 70's. At first, he was hesitant, but he finally agreed after the infusion nurse and his wife encouraged him to receive a complimentary hand massage. After a few minutes of massaging his right hand, he said, "Wow! Wow! This feels so good!" He was quiet during the rest of the massage and closed his eyes. At the end, he had a big smile on his face as he looked at his wife. She was happy that he was relaxing and enjoying the massage.

A massaged a female patient in her 60's. When I asked her if she wanted a massage, she said she can't have it because she had an IV in her hand. I told her I can give her a foot massage, and her eyes sparkled. She said to her nurse, "I'm getting a full spa treatment now!" Later she told another patient, "This is heaven."

The female patient said she had never had a foot massage before. She said she is just starting to feel numbness and tingling sensations in her feet, especially when she takes her shoes off at the end of the day. She loved the massage and asked to take me home!

I gave a male patient in his 80's a hand massage. He has pain and stiffness in both hands due to arthritis. He said to relieve the stiffness in his hands, he massages his hands in the mornings. He was very pleased with how much ease and mobility he felt post massage, and said the gentle pressure was very relaxing and made him sleepy.

I massaged a female patient in her 60's. She actually screamed when her port was accessed. I gave her a very nurturing foot massage, which she enjoyed. She said she had previously refused a massage thinking it was "weird," but said she would accept a massage in the future.

I massaged a woman in her 80's. She requested a foot massage. She said, "I have been recommending massage to everyone I meet in the infusion room. Last time I get a massage, the pain was gone for several days! Thank you for the massage."

I gave a woman in her 60's a foot massage. She said, "It always feels so good to get my feet massaged. I am amazed that such soft and slow massaging makes such a big difference in the way I feel!"

The patient asked for a foot massaged while receiving chemo. We talked about all the bakeries and stores in her hometown. She said, "I feel like I am home again while I got this massage. Thank you."

A young woman had a very difficult mother getting radiation treatment. She had high anxiety and was nervous. The nurse talked her into getting her hands massaged. During the massage, her speaking and breathing slowed. She was amazed at how much it helped to calm her down.

A male patient has neuropathy so bad that he cannot feel his feet at all. Another patient who had just received a foot massage convinced him to try it. He said that though he really couldn't feel it on his feet, he was amazed how well his whole body felt. He's a convert now!

I gave a 45 year old female patient a foot massage. I used level 1 pressure. She commented that the massage eased the burning in her foot. She became very relaxed and thoroughly enjoyed the massage.

This patient is a fellow massage therapist I've worked with before. She really enjoys receiving the work and talking about the benefits of massage. Today she was experiencing nausea and cramping. She was very appreciative of the foot massage. It helped to take her mind off of the discomfort.

I massaged a woman in her 60's. She was experiencing a reaction to the chemo - extra cramping in her hands. The nurse asked me to massage her. I massaged her feet, and she thanked me and said it felt so good.

The patient was feeling anxious due to family issues, and seemed to really enjoy having someone to talk to. She also talked a lot about her hair loss and wig options and the change in her self image. She told me how good the massage felt and how she felt my loving care through my touch. So sweet.

An older gentleman receiving his first chemo agreed to a foot massage and said, "I'm glad I came in here today, otherwise I would not have met you and had my first foot massage ever!"

I gave a woman a foot massage. She had restless legs that were really bothering her. She had never had a massage before. After the massage, she was amazed that her legs were no longer bothering her.

I gave an 84 year old male patient a foot massage. He said, "You are barely moving your hands, but, my! There is so much moving underneath! It is so subtle, but there is a lot going on in there! Fantastic!!"

## 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	4	0	4	15	0	24.25		\$626.25
<b>Texas Oncology Central</b>	15	0	0	2	4	0	6.75		
<b>Texas Oncology North</b>	40	3	0	3	10	0	12	6	\$5.00
<b>Texas Oncology Round Rock</b>	23	0	0	3	4	0	12	0.5	\$5.00
<b>Texas Oncology South</b>	18	2	0	2	4	0	7.5		
<b>Baylor Scott &amp; White - Round Rock</b>	2	0	0	1	1	0	1		
<b>Austin Cancer Center - North</b>	17	0	0	1	4	0	8		\$260.00
<b>Austin Cancer Center - Round Rock</b>	8	0	0	1	3	0	6		\$150.00
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	9	3	0	1	2	0	4	0.75	\$2.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center, Dallas</b>	37	0	0	2	7	0	8	6	
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	17	2	0	1	4	4	4	4	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	26	0	1	3	9	0	12	2	
<b>Total</b>	<b>275</b>	<b>14</b>	<b>1</b>	<b>24</b>	<b>67</b>	<b>4</b>	<b>105.5</b>	<b>19.25</b>	<b>\$1,048.25</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>	55	2	0	3	12	0	20		\$500.00
<b>Texas Oncology Central</b>	17	0	0	2	5	0	8	2	
<b>Texas Oncology North</b>	31	3	0	3	8	0	12	4	\$5.00
<b>Texas Oncology Round Rock</b>	26	0	0	3	6	0	12		\$10.00
<b>Texas Oncology South</b>	16	3	0	2	4	0	8		\$35.00
<b>Baylor Scott &amp; White - Round Rock</b>	1	0	0	1	1	0	1		
<b>Austin Cancer Center - North</b>	18	0	0	1	4	0	8		\$265.00
<b>Austin Cancer Center - Georgetown</b>	12	0	0	1	3	0	6		\$155.00
<b>Austin Cancer Center - Round Rock</b>	3	0	0	1	2	0	4		\$100.00
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	10	1	0	1	2	0	4	0.5	\$7.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center, Dallas</b>	39	0	1	2	8	0	8	8	
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	15	1	0	1	5	5	4	6	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	27	1	0	4	11	0	16	2.75	
<b>Total</b>	<b>270</b>	<b>11</b>	<b>1</b>	<b>25</b>	<b>71</b>	<b>5</b>	<b>111</b>	<b>23.25</b>	<b>\$1,077.00</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>	55	0	0	4	13	0	26.75		\$668.75
<b>Texas Oncology Central</b>	8	0	0	2	2	0	4		\$20.00
<b>Texas Oncology North</b>	44	3	0	4	11	0	16	4.5	\$5.00
<b>Texas Oncology Round Rock</b>	28	0	0	3	7	0	12	0.5	\$5.00
<b>Texas Oncology South</b>	6	3	0	2	2	0	3.25		\$5.00
<b>Baylor Scott &amp; White - Round Rock</b>	5	0	0	1	1	0	4		
<b>Austin Cancer Center - North</b>	14	0	0	1	4	0	8		\$205.00
<b>Austin Cancer Center - Georgetown</b>	17	0	0	1	4	0	8		\$205.00
<b>Austin Cancer Center - Round Rock</b>	9	0	0	1	3	0	6		\$150.00
<b>New Braunfels</b>									
<b>Texas Oncology New Braunfels</b>	8	5	3	1	2	0	4	1.5	\$20.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center, Dallas</b>	33	1	0	2	7	0	8	6	
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	11	2	0	1	3	3	4	2	
<b>Oregon</b>									
<b>Providence Cancer Center</b>	21	0	0	4	14	0	16	1.75	\$3.00
<b>Total</b>	<b>259</b>	<b>14</b>	<b>3</b>	<b>27</b>	<b>73</b>	<b>3</b>	<b>120</b>	<b>16.25</b>	<b>\$1,286.75</b>