

Oncology Massage Alliance
January 2012

Report to the Board

Oncology Massage Program

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Summary

We continue to make progress with the OMA Oncology Massage Program and hope to expand to the Brackenridge Hospital location in 2012 with the help of the Rob Hill Just Believe Foundation. The staff and patients at the two current locations continue to show their gratitude and we are honored to be helping them. We see so much courage and compassion every time we go there and are meeting some very inspirational people.

The general highlights of the program are as follows:

- We continue coverage at Texas Oncology Midtown 4 of 5 days through the generous support from RHJB and are covering Texas Oncology Central location with 3 of 5 days per week of additional volunteer work.
- We touched 53 patients, 1 staff, and 3 caregivers in 14 days at Texas Oncology Midtown location.
- We touched 42 patients and 4 caregivers in 11 days at Texas Oncology Central location.

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 gave a hand massage to a beautiful woman, in her 50s, who was diagnosed with lung cancer with mets to the bones. She said that she has lived beyond her "death date" and also explained that she is in the 17% that survives. So far, her numbers are coming back good and she is stable. She told me that she had some neuropathy in her hands. In addition, she has some numbness in her right leg due to the tumor in her back. For her hand massage, I used Walton pressure level 2-3. She enjoyed the massage.
- I offered a shoulder massage to a caregiver (gentleman in his 40s) who was the husband of a patient. At first, he was reluctant to have a massage, but he agreed after his wife suggested that he get one, saying it might relax him. I used Walton pressure level 3-4 on his shoulders/back areas. He said that he was ticklish but with the right amount of pressure that I was applying, he said that the massage felt great. After it was over, he agreed with his wife that he might want to try getting a massage in the future. It helped him relax.
- A woman in her 50s received a hand massage. She was diagnosed with ovarian cancer, mets to the abdomen. Has some neuropathy in hands (mainly, tingling in fingertips, no pain). I used Walton pressure level 2-3 on hands and fingers. As I massaged her first hand, she closed her eyes and napped a bit; with the second hand, she was awake and conversant. She told me that she enjoyed the hand massage and that her fingers felt better.
- An older woman who was receiving iron requested a hand massage from me. She said that she was experiencing slight pain in her hands (an achy feeling); on a pain scale of 1-10 (10 being the highest), the pain was a 3. I applied Walton pressure level 2 on both hands. She was quiet as I massaged her hands. At the end, she said that she was very appreciative for the hand massage. Her hands did not hurt as much as before.
- A man in his 80's received a hand massage. This was his first time receiving chemotherapy. I noticed he had very thin skin and bruises on his hands and arms, so I adjusted my pressure accordingly, using pressure level 1-2. At first,

he was hesitant to receive a hand massage, but at the end of the massage, he had a big smile on his face!

- I gave a shoulder massage to a caregiver - the wife of a patient. She loved the shoulder massage. She shared that she holds a lot of stress in her shoulders, and the massage helped relax her.
- A woman in her 70's requested a foot massage. I've worked on her before, and she is always eager and ready for her foot massage. She has neuropathy in her feet, and says it makes her feet feel "deader 'n a doornail." I massaged her feet using pressure 2-3. After the massage, she has feeling in her feet and says it feels like she has more balance and can walk better.
- A gentleman in his 60's asked his nurse to get me because he wanted a foot massage. He pretty much relaxed with his eyes closed during the massage. He said, "This puts chemo in a whole new light."
- I worked on a woman in her 40's with ovarian cancer. I had given her a foot massage two weeks ago, and she said that massage really helped the pain in her feet.
- A woman in her 50's received a foot massage. I worked on her on her first day in the infusion room. She was very anxious and nervous that day. It was good to see her today. She said she's doing great with her treatments.

Monthly Statistics

Since the program began in February, 2011, we have been able to touch many people in so many ways. Below is a table outlining the program statistics for this month.

In the month of January, we continued our commitment to the Midtown location and Central locations. We continue to honor our goals as outlined in our OMA program and hope to increase our funding, therapists, and locations this year.

Midtown location January Statistics

	Actual	Goal
Patients touched	53	90
Caregivers touched	3	10
Staff Touched	1	10
Massage Therapists worked	3	5
Total days in Infusion Room	14	20
Volunteer hours	3	20
RHJB paid hours	25	40
Donations Received for this month	\$22.00	\$200.00

Central location January Statistics

	Actual	Goal
Patients touched	42	90
Caregivers touched	4	10
Massage therapists worked	3	5
Staff Touched	0	10
Total days in Infusion Room	11	20
Volunteer hours	25	20
OMA paid hours	30	40
Donations Received for this month	\$625.00	\$200.00