

Oncology Massage Alliance
June/July/August 2012

Monthly Report

Oncology Massage Program

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Summary

The general highlights of the Program are as follows:

- We continue coverage at Texas Oncology Midtown, Texas Oncology Central, and New Braunfels Cancer Care Center.
- The OMA Board met in June and the OMA Operations Committee met in July.
- Texas Oncology Midtown has added an acupuncturist, Agnes Nowakowski, that goes there on a volunteer basis to perform acupressure on patients.

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 an older woman who had arthritis in the fingers and hands. She was quiet and didn't talk a lot. I used Walton pressure level 2 on her hands. During the massage, she closed her eyes for a bit. After the session, she thanked me for the massage and said that her hands felt much better.

I gave a foot massage to a woman in her 50s. This was her second-to-last treatment and she was having a hard time with the chemo treatment that day. She was experiencing many side effects but not nausea. The skin on her feet was dry and the massage helped with this dryness. She was very appreciative of the foot massage.

I gave a foot massage to a woman in her 70s. She said that she had to give up pedicures while she was going through treatment and she missed them. She has neuropathy on the soles of her feet (numbness). All during the massage, she had her eyes closed and a big smile on her face.

I gave a hand and foot massage to an older woman who was receiving chemotherapy. She has neuropathy in both her hands and feet, so she was a little afraid to receive a massage. The nurse told her that it would help her so she agreed. I applied light pressure to both her hands and feet and she was very happy. She said that the massage didn't hurt her and she felt really good! She enjoyed the massage.

I gave a foot massage to a woman who, at first, did not want to receive a massage. But, then she changed her mind. As I massaged her feet, she fell asleep. She actually slept all through the massage! I did not wake her up when I left.

I gave a foot massage to a woman in her 70s. She had had a reaction to her medications. She came to me and asked for a foot massage. I agreed and she sat down so I could massage her feet. After the massage was over, she seemed relaxed and much calmer. She was very appreciative for the massage.

I gave a foot massage to a 60-year old gentleman who was receiving fluids. During the massage, he kept on saying, 'This feels great!'

A woman in her 70's asked for a foot massage today. She has neuropathy in her feet and was anxious to have them massaged. She relaxed during the massage - I used a gentle pressure on her feet. She even fell asleep and was snoring a bit during the massage!

A woman requested a foot massage. I noticed that her feet were swollen, and marks from her socks were visible. I gave her a gentle foot massage and the swelling decreased. She was very appreciative and grateful for the foot massage.

A woman in her 70's received a foot massage. Her right foot was stiff from a past surgery, so I massaged it gently. She said, "You could do that everyday and it would be alright!"

A woman in her 70's received a foot massage. She was suffering from a headache. While I was massaging her, she said her headache went away.

A gentleman in his 70's who was there with his wife received a shoulder massage. While they were driving back from Houston, they were rear ended, so his shoulder was tight. After the massage, his shoulder had more range of motion, and he felt much better.

I saw a woman on her last day of chemo. She said, "I saw you on my first day and this is my last day. I was so glad you gave me a foot massage my first day. It really helped alleviate my anxiety and stress. I didn't know what to expect, and it was so great to get a foot massage."

A gentleman in his 60's requested a foot massage. Last night, he had terrible neuropathy. He said it was like his feet were on fire. I massaged him using pressure level 1, and he said he felt a lot of relief after the massage.

A woman in her 40's received a hand massage. She had neuropathy in her hands - numbness and tingling. I used pressure level 2-3, and focused on her fingertips. She enjoyed the massage and said her fingers felt much better - no numbness!

I gave a woman in her 60's a foot massage. While massaging her feet, she started getting a cramp in her left calf. I massaged her calf, and the cramp went away. She said I came at the perfect time.

A couple I have been working on since I started volunteering celebrated their 60th wedding anniversary. He initially said no to a massage. I went on to work on others, when he stopped me and asked if he could change his mind. I worked on his feet. He said thank you. As I got to know them, he told me about his neuropathy in his feet because of the Chemo. They also told me that they would be celebrating their anniversary soon at Glacier National Park. She asked me to show her how to work on his feet, because it seemed to be helping with his neuropathy. I worked on her and told her what I was doing. They went on their trip. They had the biggest smiles on their faces when they came back! He was able to hike 3 miles a day! She told me that massaging each other's feet gave them some very personal quality time that they enjoyed immensely! They both were gushing with their thanks. I told them the smiles on their faces were thanks enough. She is 73 and he is 83.

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 June, July and August, 2012.

June Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center
Patients touched	53	27	16
Caregivers touched	6	2	0
Staff touched	1	0	0
Massage Therapists worked	3	2	2
Total days in Infusion Room	13	6	4
Volunteer hours	1	11	8
OMA paid hours	26	0	0

July Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center
Patients touched	29	32	11
Caregivers touched	2	0	0
Staff touched	5	0	0
Massage Therapists worked	2	3	1
Total days in Infusion Room	9	7	3
Volunteer hours	0	13	1
OMA paid hours	17.5	0	4

August Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center
Patients touched	48	23	11
Caregivers touched	10	2	2
Staff touched	2	0	3
Massage Therapists worked	3	2	1
Total days in Infusion Room	12	6	3
Volunteer hours	0	11	6.5
OMA paid hours	22.75	0	0

Donations

June	July	August	TOTAL
\$1,792.50	\$714.00	\$531.10	\$3,037.60