

**Oncology Massage Alliance**  
**September 2011**

# Report to the Board

Oncology Massage Program

# Table of Contents

SUMMARY.....	3
GOALS/OBJECTIVES.....	4
INFUSION ROOM STORIES .....	5
MONTHLY STATISTICS .....	6

## Summary

We continue to make progress with the Oncology Massage Program and hope to expand to a new facility soon with the help of the Rob Hill Just Believe Foundation. More trained oncology massage therapists are also becoming familiar with our program and are expressing interest in joining our group. OMA now has seven therapists on board. We also have begun making contacts with the Oregon oncology community thanks to Gail's efforts there.

This month we established a formal Fundraising Committee, headed by Gail and Delia, that will be meeting soon to discuss options for marketing, publicity, and possible event fundraisers. The 501(c)3 application has been completed and will be submitted to the Federal government in the next few weeks. With that status, we will be able to approach grants and large corporations for donations. Our Board of Directors has been very proactive and we are very fortunate to have filled it with knowledgeable, strong professionals that are helping us move forward.

Our Board members are as follows; Dr. Delia Duffey (Finance Committee Co-Chair), Barbara Formichelli, Samantha Bernacky, Diane Christopherson, Yvonne Larue, Wendy Kamasaki Director of Finance, Colleen Ryan Director of Administration, Geri Ruane Director of Operations, and Gail Bailey (Founding Director and Finance Committee Co-Chair).

The general highlights of the program are as follows:

- We continue coverage at Texas Oncology 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 66 patients and 3 caregivers in 15 days at Texas Oncology Midtown location.
- We touched 41 patients in 9 days at Texas Oncology Central location..

## Goals/Objectives

The achievable and realistic goals for the Oncology Massage Program are outlined as follows;

- To provide trained oncology massage therapists at each of the cancer treatment infusion centers in the Austin area five days a week. The program is now established in the Texas Oncology Austin locations with a new goal of expanding to other facilities, such as Brackenridge Hospital.
- To encourage collaboration by providing ongoing professional growth through networking in a setting with trained oncology massage therapists and conventional cancer treatment experts
- To educate patients, caregivers, family members and health care providers as to the many benefits that oncology massage can bring to those fighting cancer.
- To conduct well planned research projects for the purpose of identifying the effects of massage on people undergoing cancer treatments.

## 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 worked with a young woman who was diagnosed with breast cancer. This was her first day of receiving chemotherapy. I offered her a foot massage. She said that she was stressed and anxious and that she was also suffering from migraine headaches. While I massaged her feet, she became very relaxed and her headache disappeared. She was really happy to hear that the foot massage was a free massage! She said, "This [massage] is worth coming here!"
- I gave a hand massage to a woman in her 80s who was receiving an iron transfusion. She was a little hesitant to receive a hand massage, but she was eager to give it a try when she heard that it was free. I applied gentle pressure to her hands due to fragility of the skin. We had a good conversation as the session continued. At its conclusion, she had a big smile on her face and said that she was appreciative of the hand massage.
- I gave a foot massage to an elderly woman who was receiving chemotherapy. She explained that she had some peripheral neuropathy in her feet (tingling, a little pain). After examining the skin integrity of the feet (which was good), I applied gentle pressure to the feet and I massaged her toes as well. During the massage, she was telling me that her feet felt so much better. At the end of the session, she said that she enjoyed the massage, her feet did not have any tingling or pain and that the massage helped her relax as she received the chemo treatment.
- Worked on a woman who had to have blood drawn because she produces too much blood. She was having a hard time because the blood wasn't flowing freely. She was anxious. Once I started massaging her feet, she relaxed, and her blood flow increased. Her husband was there, and we ended up having a good time laughing and telling stories, and before she knew it, she was done!

- One of the nurses asked if I could massage a woman because her blood pressure. was high. After I started working on her feet for awhile, the nurse came and retook her blood pressure, and it had gone down.
- Worked on a delightful woman. She was receiving fluids and having her blood levels checked. She kept saying, "This is like royalty. I feel like I'm at a spa!"

## 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 the month of September, 2011.

In the month of September, we continued our commitment to the Midtown location while expanding at the Central location. We continue to honor our goals as outlined in the proposal presented to the RHJB Board last November and hope to reach our goal by the end of this year.

### Midtown location September Statistics

	Actual	Goal
Patients touched	66	90
Caregivers/Staff touched	3	10
Staff Touched	0	10
Massage therapists worked	3	5
Total days in Infusion Room	15	20
Volunteer hours	5.5	20
RHJB paid hours	31	40
Donations Received for this month	\$5.00	\$200

### Central location September Statistics

	Actual	Goal
Patients touched	41	90
Caregivers touched	0	10
Massage therapists worked	3	5
Total days in Infusion Room	9	20
Volunteer hours	18	20
OMA paid hours	0	40
Donations Received for this month	\$20.00	\$200.00