

Oncology Massage Alliance
September 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 September.
- Texas Oncology Central has added a second acupuncturist, Elizabeth Hardwick , 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 a man in his 30's. He has neuropathy in his fingers (tingling). After the massage, he said his fingers had more feeling. He was very appreciative of the massage.

I gave a shoulder massage to a woman in her 50s. She was there with her husband, who was receiving treatment. She said that she felt like she was carrying the weight of the world on her shoulders. She relaxed and enjoyed the massage.

I gave a hand massage to a gentleman in his 50s. He has prostate cancer. This was his last chemo treatment. He has 40% of numbness in his fingers and hands, and constant tingling. After the hand massage, he could still feel the tingling, but the numbness had decreased by 20%.

I gave a foot and leg massage to a woman in her 70's. She has a bad right knee, and wanted a massage because it was bothering her. She enjoyed the massage, and said I was an angel that came to help her.

I gave a foot massage to a woman who was receiving chemotherapy. She was there with her son and they both were watching a movie on the DVD player. At first, she watched the movie but then, she started talking to me saying how wonderful the foot massage felt. We talked a bit (her son joined in on the conversation) and she was amazed as to how comforting and relaxing the massage felt to her. She did not have any neuropathy in her feet. I used Walton scale pressure level 2-3. She was very appreciative for the massage and wanted to make an online donation to OMA."

I gave a hand massage to a woman who was diagnosed with bile duct cancer. She doesn't have any neuropathy in her hands but she does have a little arthritis in her knuckles. I used Walton scale pressure level 2-3. She talked with me; after the session saying that she was appreciative for the massage.

I gave a foot massage to a woman in her 50s. She was feeling a bit nauseous, so she closed her eyes during the session. She relaxed while I massaged her feet. She said that she enjoyed the massage and felt better.

I gave a foot massage to a woman (in her 20s) who was receiving an iron infusion. At first she declined the massage, but after seeing me give a massage to someone else, she

changed her mind. She had just taken Benadryl, so she was starting to get sleepy. She enjoyed talking with me and she was very happy to receive the foot massage. She said that her feet felt much better!

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.

September Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center
Patients touched	29	23	7
Caregivers touched	5	0	0
Staff touched	0	0	2
Massage Therapists worked	3	2	1
Total days in Infusion Room	8	5	2
Volunteer hours	0	10	4
OMA paid hours	16.5	0	0

Donations

September			TOTAL
\$588.75			\$588.75