

Oncology Massage Alliance
December 2011

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.

One of our program goals is to encourage trained oncology massage therapists to join OMA. To encourage awareness and network exchange with therapists, we had our first Christmas party in December. All our therapists but one was able to make the meeting. This was an opportunity for the therapists to get to meet each other, and share stories about their experiences of being at Texas Oncology. We also talked about some upcoming education opportunities for hands on training.

OMA also had it's first official Operations Committee meeting with Geri Ruane as Chair. We discussed many important topics about the program's progress, refinement, evaluation, and future plan of action. The committee will present its activities to the next Board meeting in February.

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 4 of 5 days per week of additional volunteer work.
- We touched 43 patients, 3 staff, and 11 caregivers in 14 days at Texas Oncology Midtown location.
- We touched 38 patients, 6 staff, and 8 caregivers in 11 days at Texas Oncology Central location.
- A bookmark project was implemented at Texas Oncology Central. The Limited Edition Bookmarks are designed and created by Delia Duffey and Geri Ruane are being passed out to patients and caregivers at Texas Oncology Central. They are very well received.

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 massaged the hands of a young woman who has three very young children. She was diagnosed with stage 4 cancer that is an extremely rare form of pregnancy related cancer – slow growing – but she is experiencing nausea, fatigue and loss of appetite. She is being treated with IV medication; pills don't seem to work for her. I used level 1 pressure (Walton scale) on her hands; she has slight neuropathy in hands (tingling) due to chemotherapy. She really needed to talk so I listened during our time together. She enjoyed the massage and a chance to share her feelings. She also loved the keepsake bookmark!
- A woman in her 40s asked for a foot massage. She told me that she had some neuropathy in her feet (tingling sensation). I used pressure level 2-3 (Walton scale) on her feet. After the massage was over, she said that the tingling feeling in her feet was gone! She told me that I had angel hands.
- A male patient asked if I would give his wife (his main caregiver) a foot massage today. I said that I would be happy to do that. The patient explained that his wife was going through a lot, by taking care of him, and she needed some relief. As I massaged the wife's feet, I could see her relax and just calm down a bit. As I looked over to the husband, he had a big smile on his face. They were both very appreciative of the time that I spent with them. Each one received a keepsake bookmark; they wanted to know more about OMA.
- A male patient asked if I would give his wife (his main caregiver) a foot massage today. I said that I would be happy to do that. The patient explained that his wife was going through a lot, by taking care of him, and she needed some relief. As I massaged the wife's feet, I could see her relax and just calm down a bit. As I looked over to the husband, he had a big smile on his face. They were both very appreciative of the time that I spent with them. Each one received a keepsake bookmark; they wanted to know more about OMA.

- A woman in her 70's with lung cancer received a foot massage. She has minor neuropathy in her toes (numbness). I used pressure 2-3. She was very friendly, talking about her family, health and travels. She enjoyed the massage, and said her toes didn't feel numb anymore!
- A Patient asked me to give a hand massage to his wife. We had a nice conversation, and at the end of the massage, the husband said that he was very appreciative of the massage for his wife. It relaxed him, too!
- The mother of a patient received a shoulder massage. She was in a car accident 10 years ago, and still suffers with back pain. After the massage, she felt much better, and said the pain had diminished.
- A woman in her 60's received a hand massage. She looked a bit down when I walked up to her. She has neuropathy, and loves to do crafts. The neuropathy is preventing her from doing them. After the massage, she remarked how much better her hands felt.

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 December, 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 December Statistics

	Actual	Goal
Patients touched	43	90
Caregivers touched	11	10
Staff Touched	2	10
Massage Therapists worked	3	5
Total days in Infusion Room	14	20
Volunteer hours	2.5	20
RHJB paid hours	25	40
Donations Received for this month	\$0	\$200.00

Central location December Statistics

	Actual	Goal
Patients touched	38	90
Caregivers touched	8	10
Massage therapists worked	4	5
Staff Touched	6	10
Total days in Infusion Room	11	20
Volunteer hours	15.75	20
OMA paid hours	8	40
Donations Received for this month	\$1,254.36	\$200.00