

Oncology Massage Alliance
December 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.
- Texas Oncology, one of our biggest supporters, has been asking us to send a therapist to their north location for two years now. Because of the addition of a new therapist at Texas Oncology Central, and the return of a previous therapist that had taken a leave because of health problems, that location is back up to three therapists, so the Operations Committee has decided to add the north location. Starting in December, Wendy Kamasaki has been going to that location once a week.
- OMA Co-Founder Geri Ruane and OMA Therapist Daniel Zellman presented What is Oncology Massage and How Can It Help Prostate Cancer Survivors? at the US TOO Austin Prostate Cancer Support Group (local chapter of US TOO International).

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.

The infusion room wasn't particularly busy today, so I gave all the infusion nurses staff and the volunteer a shoulder massage. One of the nurses said to me, "You changed our lives today! Thank you!"

I massaged a woman today in her 70's. She wanted a hand massage because her arthritis was acting up. She closed her eyes and kept saying how good the massage felt.

I gave a foot massage to a woman in her 50's. She has slight neuropathy in her feet, and said it felt so good to get the massage. Midway through the massage, she said even the tops of her legs were feeling better. She was very relaxed after the massage.

I massaged the hands and feet of a middle-aged woman receiving her first chemo infusion. She had been very nervous and her blood pressure was high. During the massage, she fell asleep and was so relaxed that the nurse commented on it. I gave her an OMA rack card/brochure. She was happy to receive it.

I gave a foot massage to a woman in her late 40s. No pain reported – she dozed off during the massage except that her son was talking with her. I used Walton pressure level 3. She said that she had decreased nausea due to her son massaging her hands. She asked for an OMA card so that she could make a donation. She was happy to receive a foot massage.

I gave a hand and foot massage to a woman in her mid 30s. She was receiving chemo – her first infusion. She was not in any pain but she said that the massage helped her relax. She was very appreciative.

I gave a hand massage who was thinking about her upcoming fibroid surgery. The gentle-pressured hand massage helped her relax.

I gave a middle-aged woman I usually see two to three times a month a Level 1-2 hand massage. She has liver cancer with metastasis to the abdomen. This week she was tearful with "just a lot going on". Her husband accompanied her to the Center and while she was receiving treatment her husband's boss was also there receiving treatment for his brain cancer. When he completed his infusion he came over and

gave her husband a Christmas cash bonus and spoke wonderful words of encouragement to them. He had everyone in tears. I gave them all a big hug.

A retired private investigator greets me weekly with "There's God's angel!" She continues to tolerate her chemo with few side effects. Her spirits are high as the holidays approach and she plans her family reunion. When I finished her Level 1-2 hand and foot massage she said "I hope you know how much we love you and appreciate you being here. When I finish my treatment, and if I'm doing ok, I think I might like to do what you're doing." Her 80+ y/o mother, who accompanies her weekly, tells me "You just don't know how many people I tell about you and this place. We are just so blessed."

I worked on a woman in her 70's. She received a foot massage. This is her second bout with cancer. She was very surprised to be able to receive a foot massage while getting her chemo. She said, "They didn't have this the last time I was getting chemo!" She enjoyed the massage very much.

I gave a gentleman in his 70's a foot massage. He was very glad to see me! Kept saying how good the massage felt. After the massage he said that made his Christmas!

One of the medical staff was complaining about pain near her scapula area. I gave her a massage. She was relieved to feel less pain after the massage was over.

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 December, 2012.

December Statistics

	Texas Oncology Midtown	Texas Oncology Central	New Braunfels Cancer Care Center	Texas Oncology North
Patients touched	25	18	30	14
Caregivers touched	0	0	5	1
Staff touched	1	0	0	5
Massage Therapists worked	2	7	1	1
Total days in Infusion Room	6	5	4	4
Volunteer hours	0	7	4	8.5
OMA paid hours	14.25	17	4	0

Donations

Donations	Dues		TOTAL
\$1,791.42			\$1,791.42