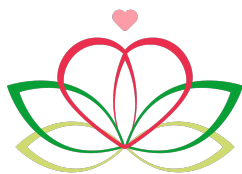


Oncology Massage Alliance
April/May/June 2018

Infusion Room and Radiation Room Report Oncology Massage Program



oncologymassage
A L L I A N C E

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Summary

The general highlights of the Program are as follows:

- We continue coverage in:
 - Austin at Texas Oncology - Midtown, Central, North, Round Rock, South.
 - Dallas at Texas Oncology Sammons Center;
 - New Braunfels at Texas Oncology - New Braunfels;
 - Houston at North Cypress Cancer Center;
 - Medford, Oregon at Asante Rogue Medical Center;
 - Austin Cancer Center North, Georgetown, and Round Rock. We stopped going to the Lakeway location in May.
- The OMA Board met April 9th;
- The OMA Operations Committee met June 27th;
- OMA gave out a full quarterly stipend to 1 therapist in our Houston location.

Infusion and Radiation 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.

A male patient in his 40's asked for a foot massage today after passing on one last week. He said, "If I had known I would feel this good from a massage, I wouldn't have declined a massage last week. I won't turn down massage again!" I used holding and level 1 for the massage.

I gave a hand massage to a lady in her 70's. She said she has arthritis in her hands and perhaps a gentle massage would help them feel better. During the massage she closed her eyes. After the massage she said that it did help her hands feel better and it helped her relax. She said it felt wonderful and thanked me.

A male patient in his 40's said he would try hand massage. He said his hands really hurt, especially at night. After the massage, he said his hands felt so much better. He couldn't believe such a gentle technique would help so much!

A male patient who had been here previous weeks, had always turned me down. Today he agreed to a foot massage, but told me he was under deadline and had to finish a report on his laptop. After a few minutes, he closed his eyes and relaxed while I finished the massage. He thanked me and said he was a "convert".

I gave a massage to a regular patient. She really enjoys her foot massage. Said said her nausea and anxiety are MUCH BETTER after her regular massages!

A male patient in his 50-60's said he would never turn down a hand massage. When the massage was finished, he said, "Thank you. That was wonderful. I can feel my hands again." He had numbness in his hand so I used holding and level 1 to massage his hands.

I gave a foot massage to a gentleman in his 70's. It was his first day of chemo and he was feeling nauseated and anxious, and his feet were swollen. He was super excited about the foot massage as he has been dealing with foot pain and weakness. He was able to relax and said his feet didn't hurt after the massage.

The infusion room nurse's back and shoulders were in spasm after her patient experienced a severe reaction from medications. She leaned over him working with him for almost an hour before they admitted him into the hospital, and she was wore out. I massaged her upper back, shoulders and neck, which related some tension and stress and helped her continue her day.

A female patient stated that her tremors are better, but she gets cramps in her hands often. She wanted a massage today because her hands were cold. There were cold to the touch, but warmed up by the end of the massage. She stated they felt a lot better, also.

I massaged a very nice young woman. She said she always looks forward to her "spa sessions!"

I gave a male patient a foot massage. He gets one every week, and loves them. He can't believe how good his feet feel after massage. "My feet feel good for 2 days after the massage. I can't believe it. I would've done this years ago had I known."

A male patient in his 30's has left sided neuropathy. His hand was very "floppy" and cold. He said the massage helped him warm up his limbs and he could feel the blood flow increase. He was quiet and sat with his eyes closed. Thanked me at the end.

A caregiver who drives a long distance to get her husband to radiation treatments said, "I just want to put your hands in my purse and take them home with me. I haven't felt so good in weeks."

A female patient in her 70's received some difficult news from her doctor today and was needing to talk to begin processing it. Massaging her hands provided the space and time to have someone with her to listen. The therapist was very grateful for this opportunity that giving massage in the infusion room provided.

The infusion nurse was glad to see me with this female patient in her 40's. The nurse was going to need my 'assistance' distracting her patient while she inserted a needle. It was a delicate time for both the patient and the nurse. The massage helped distract the patient and provide her with some comfort with a foot massage. Both the nurse and the patient thanked me!

A female patient in her 50's wanted massage for her neuropathy in her feet. She was able to relax during the massage and said that her pain level went down as a result of the massage. "Thank you for your service. I feel so much better now after the massage."

I gave a female patient in her 60's a foot massage. She talked about her side effects from treatment. She enjoyed her foot massage and said she really appreciates the attention.

A male patient in his 60's requested a foot massage. Last week, I gave a foot massage to his wife who has previously been a patient here. She recommended that he get a massage. He declined last week, but said that he wanted to try a massage to see if it would help him relax during his infusion therapy. We talked about grandchildren and our families during his massage. "Thanks very much. That really did help me to relax during my therapy. I will be sure to ask for a massage from now on."

I massaged a female patient in her 70's. She has arthritis and back pain. After the massage, she said because we were talking, it took her mind off her pain for awhile.

A female patient in her 60's had stiff hands and fingers from her neuropathic pain. She was able to relax during her hand massage and her breathing became slower while her body relaxed overall. She said her hands felt better and she was able to flex her hands and fingers more after her massage. "Thank you so much for what you do. It really helps!"

The therapist recognized a male patient as a friend of her husband's. He was about to receive his first chemotherapy for a rare, aggressive bone cancer. The therapist is massaging his hands when his caretaker comes back. The therapist is introduced and the man says, "I know you - about a year ago I was a patient here and you gave me a foot massage. That was the point where everything changed for me. I no longer felt like a number here and I changed the way I viewed my care and the people that were here to help me. I have never forgotten that foot rub and what it meant to me."

Monthly Statistics

Since the program began in February, 2011, we have been able to touch many people in so many ways. The monthly tables below represent the actual hours OMA massage therapists worked in each of the facilities. Because OMA does not have the funding to achieve our goal of \$25 per hour for our oncology massage therapists, we provide a quarterly stipend based on current funding.

The three columns for patients, caregivers, and staff touched represent individuals that received massage from our therapists. The "Massage Therapists worked" column represents the number of individual therapists that worked in that facility. The "Total days in infusion room" and "Total days in Radiation Area" columns show how many days (Monday through Friday) that the therapists were in the facility. The "OMA Paid hours" column represents a quarterly minimum of 12 hours (4 hours per month) that a therapist worked with the exception of Texas Oncology Midtown which is sponsored by Betty Kuhl in honor of her son, Rob Hill. Therapists receive a financial stipend for these hours. The next column shows the hours therapists worked beyond the 12 hour minimum and for which they did not receive compensation but demonstrates their compassion and dedication to this valued work. The last column shows donations that were given in the infusion rooms. OMA is very honored to have such a wonderful team of oncology massage therapists and all of the generous donors without which our work would not be possible. Thank you!

April Statistics

	Patients Touched	Caregivers Touched	Staff Touched	Massage Therapists Worked	Total days in Infusion Room	Total days in Radiation Area	OMA paid hours	Volunteer Hours	Donations
Central TX									
Texas Oncology Midtown	65	0	0	3	15	0	30.75		
Texas Oncology Central	22	1	0	3	4	0	9.75		\$10.00
Texas Oncology North	31	0	0	3	6	0	12		\$20.00
Texas Oncology Round Rock	28	0	0	3	6	0	14.5		
Texas Oncology South	15	0	0	2	6	0	12		
Austin Cancer Center - North	5	1	0	1	3	0	4		\$10.00
Austin Cancer Center - Georgetown	3	0	0	1	1	0	2		
Austin Cancer Center - Round Rock	8	2	3	1	3	0	7.5		
Austin Cancer Center - Lakeway	4	0	0	1	1	0	2.5		
New Braunfels									
Texas Oncology New Braunfels	2	1	0	1	1	0	1.75		
Dallas									
Texas Oncology Sammons Cancer Center	30	0	1	1	5	0	10		
Houston									
North Cypress Cancer Center	9	2	0	1	4	4	8		\$10.00
Oregon									
Asante Rogue Medical Center	14	4	2	3	0	4	6.75	0	
Total	236	11	6	24	55	8	121.5	0	\$50.00

May Statistics

	Patients Touched	Caregivers Touched	Staff Touched	Massage Therapists Worked	Total days in Infusion Room	Total days in Radiation Area	OMA paid hours	Volunteer Hours	Donations
Central TX									
Texas Oncology Midtown	38	0	0	3	10	0	14.75		
Texas Oncology Central	28	1	0	2	6	0	14.25		\$23.00
Texas Oncology North	31	0	0	2	6	0	12.25		
Texas Oncology Round Rock	37	3	1	4	11	0	19.5		\$71.00
Texas Oncology South	22	0	0	1	4	0	8		\$12.00
Austin Cancer Center - North	11	1	0	1	4	0	6.25		
Austin Cancer Center - Georgetown	7	0	0	1	3	0	4.5		\$11.00
Austin Cancer Center - Round Rock	7	1	0	1	3	0	6.5		
New Braunfels									
Texas Oncology New Braunfels	0	0	0	0	0	0	0		
Dallas									
Texas Oncology Sammons Cancer Center	37	2	0	2	7	0	14		
Houston									
North Cypress Cancer Center	7	1	0	1	3	3	6		
Oregon									
Asante Rogue Medical Center	11	1	2	3	0	9	16		
Total	236	10	3	21	57	12	122	0	\$117.00

June Statistics

	Patients Touched	Caregivers Touched	Staff Touched	Massage Therapists Worked	Total days in Infusion Room	Total days in Radiation Area	OMA paid hours	Volunteer Hours	Donations
Central TX									
Texas Oncology Midtown	26	5	0	2	6	0	9.5		
Texas Oncology Central	34	1	0	2	7	0	15		\$12.00
Texas Oncology North	23	4	0	2	5	0	11.5		
Texas Oncology Round Rock	45	0	0	4	12	0	25.25		\$10.00
Texas Oncology South									
Austin Cancer Center - North	3	1	0	1	3	0	3.5		
Austin Cancer Center - Georgetown	11	0	0	1	2	0	6		\$10.00
Austin Cancer Center - Round Rock	14	0	0	1	4	0	8		
New Braunfels									
Texas Oncology New Braunfels	0	0	0	0	0	0	0		
Dallas									
Texas Oncology Sammons Cancer Center	57	0	0	4	13	0	26		
Houston									
North Cypress Cancer Center	10	1	0	1	4	4	8	0.5	
Oregon									
Asante Rogue Medical Center	9	0	2	2	0	9	17.5		
Total	232	12	2	20	56	13	130.25	0.5	\$32.00