

Oncology Massage Alliance
January/February/March 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:
 - Dallas at Texas Oncology Sammons Center;
 - Austin at Texas Oncology - Midtown, Central, North, Round Rock, South.
 - New Braunfels at Texas Oncology - New Braunfels;
 - Houston at North Cypress Cancer Center;
 - Austin Cancer Center North, Georgetown, Round Rock and Lakeway'
 - Asante Rogue Regional Medical Center, Radiation Oncology, Medford Oregon.
- The OMA Board held their meeting January 29th.
- The OMA Operations Committee met March 29th.
- OMA participated in 20 Colors / 20 Bikes, an indoor cycling annual fundraiser, for Re:Cancer on Saturday, Feb 10, 2018. OMA's massage therapists gave complimentary chair massages to participants in this fun event. 100% of the proceeds went to help Austin area cancer patients and their support network.
- OMA therapist Mary Liebermann volunteered with Casting for Recovery (CfR) giving free chair massages during the April 20-22, 2018 retreat held at Camp Capers, Waring, TX. CfR provides free 2 ½ day retreats that offer breast cancer education and peer support for women diagnosed with breast cancer through the therapeutic sport of fly fishing.
- OMA gave out a full quarterly stipend to one therapist, and a 50% stipend to one therapist in our other locations outside of Austin

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 patient I gave a massage to said, "This is a very nice service, and it's free! I would decline if I had to pay."

I massaged a female patient in her 60's. After her foot massage, she said, "I could feel energy moving through."

A patient found out she could not get her treatment today, but she could get a foot massage. She was so thankful for the massage.

A patient said his hands were very stiff from arthritis. After his hand massage, he began flexing his fingers and said, "Look how well they move now!"

A female patient in her 40's said that getting her hands massaged during her chemotherapy is a special treat. She said, "That feels so good. Thank you. I have only one more treatment and I'm going to miss these massages."

A female patient in her 60's who had asked for a hand massage said, "Oooh, that feels so good. Keep doing that. I am so much more relaxed after having you massage my hands. I can go to sleep now while I receive my treatment. Thank you."

I massaged a female patient in her 50's. She had a breathing tube, so she was unable to speak, but wrote me after her foot massage, "Thank you so much. Just the touch of your hands was so comforting to me."

A male patient in his 70's has a deep vein thrombosis in his upper right leg. He asked for a foot massage. I only held his right foot and knee to lessen his pain level. I want you to know that it helps me a lot when I get a foot massage during my treatment. I feel much better afterwards, even though you only held my leg. Thank you very much."

A female patient was receiving an iron infusion today. She wasn't sure if she could (or should) receive a foot massage since she wasn't a cancer patient. I explained that we offer our services to all patients in the infusion room. She was happy to hear that. She enjoyed her foot massage and was able to relax as we talked. After I left her, I noticed that she had fallen asleep.

A male patient in his 70's was getting his first chemo treatment. His wife was very kind, appreciative and excited that patients are getting massages in the infusion room. She took a picture of him getting a foot massage to send to the family so that they will know that he is well taken care of. He really liked his first foot massage, and said he wants to schedule his chemo on the day he can get a massage.

A male patient in his 60's was very happy to be offered a foot massage. This was his first foot massage. He closed his eyes and relaxed during the massage. "I feel like I'm in the lap of luxury. This is the best thing about chemo."

I gave a foot massage to a female patient receiving her first chemo treatment. She was very anxious. During her massage, he was quiet and tried to relax. She said the service helped to distract her mind, and was very thankful.

A female patient almost done with her cancer treatment was very fatigued, and asked her nurse to find the massage therapist for her final OMA foot massage. She and her parents are very appreciative of the massages she has received during her treatment.

I massaged an 86 year old female patient. She was by herself and very happy to have someone to listen to her while she received both hand and foot massage. She told some very interesting stories and the therapist found her delightful. The staff was thankful that she had company and was occupied.

A female caregiver in her 60's, and a three-time cancer survivor, was happy to receive a foot massage today. Her husband, the patient, declined my offer, but she gladly accepted! We talked during the foot massage about her peripheral neuropathy that she was experiencing on the bottom of her feet (numbness). I was mindful of the amount of pressure and also noted her skin integrity (fragile, bruising). She was glad to know the difference between an oncology massage and a regular, traditional massage session. Her husband slept as we talked. She thanked me at the end of the session, saying that the bottom of her feet felt less numb.

The patient's hands I worked on were very dry and fragile. There was some bruising. After I massaged her hands, she stated how good it felt, but she wanted deeper massage. I explained why it wasn't best to do that. I did some holding with light compression, and it seemed to help her more. She stated it felt really good.

A male patient in his 70's received a foot massage. He said, "I can feel the warmth of the massage spread through my feet and legs. It feels good to get my massage during treatment. You are a blessing. Thank you."

I massaged a female patient in her 50's. She's a new patient, and said she had been treated at MD Anderson for the past year, and had just switched to Texas Oncology. She kept exclaiming, "They don't have massages at MD Anderson. This is so nice." She enjoyed her "spa" day with me.

A new patient was back for treatment for cancer recurrence. He was very upbeat and positive about his prognosis. He said he really appreciated the massage and didn't even feel it when his port was accessed.

I massaged a male patient, who is also diabetic. He has chemo induced peripheral neuropathy. I gave him a foot massage with holding and level 1. After the massage, he said, "That feels 100% better. I have no pain and I'm also very relaxed. Thank you."

I gave a hand massage to a lady in her 60's that experiences neuropathy. She said she has numbness, tingling, and pain in both her fingers and toes. She said she'd like to receive a hand massage today. She said she loves that OMA is here and she was able to relax into the massage.

A male patient in his 70's received a foot massage. "I can feel the warmth of the massage spread through my feet and legs. It feels good to get my massage during treatment. You are a blessing. Thank you."

Patient's hands were very dry and fragile. There was some bruising. After I massaged her hands she stated how good it felt, but she wanted deeper pressure. I explained why it wasn't best to do that. I did some holding with light compression, and it seems to help her more. She stated it felt really good.

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!

January 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	42	2	0	3	11	0	21		\$525.00
Texas Oncology Central	48	1	0	3	8	0	18.75		\$488.75
Texas Oncology North	44	2	1	3	7	0	15.8		\$395.00
Texas Oncology Round Rock	50	0	0	3	10	0	21.5		\$584.50
Texas Oncology South	30	0	0	2	6	0	12		\$300.00
Austin Cancer Center - North	4	2	0	1	4	0	4		\$100.00
Austin Cancer Center - Georgetown	10	0	0	1	4	0	6.08		\$152.00
Austin Cancer Center - Round Rock	9	1	1	1	3	0	6		\$170.00
Austin Cancer Center - Central Austin	9	4	0	1	4	0	6		\$150.00
Austin Cancer Center - Lakeway	9	0	0	1	3	0	6.5		\$162.50
New Braunfels									
Texas Oncology New Braunfels	1	0	0	1	1	0	0.5		
Dallas									
Texas Oncology Sammons Cancer Center	39	0	0	2	8	0	16		\$400.00
Houston									
North Cypress Cancer Center	6	0	0	1	3	3	4		
Oregon									
Asante Rogue Medical Center	14	8	1	4	0	13	21.25		\$531.25
Total	315	20	3	27	72	16	159.38	0	\$3959.00

February 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	48	3	0	3	12	0	27		\$675.00
Texas Oncology Central	40	1	0	3	7	0	16.75		\$443.75
Texas Oncology North	41	1	1	3	8	0	18		\$450.00
Texas Oncology Round Rock	46	1	0	4	9	0	17.5		\$442.50
Texas Oncology South	30	0	0	2	6	0	11.5		\$352.50
Austin Cancer Center - North	14	0	0	1	4	0	8		\$200.00
Austin Cancer Center - Georgetown	2	0	0	1	3	0	4		\$100.00
Austin Cancer Center - Round Rock	5	0	2	1	2	0	4		\$110.00
Austin Cancer Center - Central Austin	2	2	0	1	4	0	5		\$125.00
Austin Cancer Center - Lakeway	9	0	0	1	2	0	4		\$100.00
New Braunfels									
Texas Oncology New Braunfels	3	1	0	1	1	0	1.5		
Dallas									
Texas Oncology Sammons Cancer Center	32	0	0	2	6	0	12		\$400.00
Houston									
North Cypress Cancer Center	8	0	0	1	3	3	4	1	
Oregon									
Asante Rogue Medical Center	7	1	2	4	0	10	16		\$400.00
Total	287	10	5	28	67	13	149.25	1	\$3798.75

March 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	33	2	0	2	6	0	12.5		\$312.50
Texas Oncology Central	41	1	0	3	9	0	15.75		\$393.75
Texas Oncology North	32	1	0	2	6	0	11.25		\$281.25
Texas Oncology Round Rock	47	0	0	4	12	0	22.5		\$597.50
Texas Oncology South	31	0	0	2	7	0	14		\$350.00
Austin Cancer Center - North	6	2	0	1	5	0	5.5		\$137.50
Austin Cancer Center - Georgetown	2	0	0	1	2	0	2.5		\$62.50
Austin Cancer Center - Round Rock	11	1	1	2	3	0	7		\$175.00
Austin Cancer Center - Central Austin	5	0	0	1	4	0	5.5		\$137.50
Austin Cancer Center - Lakeway	11	0	0	1	3	0	6		\$170.00
New Braunfels									
Texas Oncology New Braunfels	10	5	0	1	3	0	4	3.25	
Dallas									
Texas Oncology Sammons Cancer Center	19	2	0	1	4	0	8		\$235.00
Houston									
North Cypress Cancer Center	8	3	0	1	4	4	4	2.5	
Oregon									
Asante Rogue Medical Center	5	0	4	2	0	8	12		\$300.00
Total	261	17	5	24	68	12	130.5	5.75	\$3152.50