

Oncology Massage Alliance
October/November/December 2017

Infusion Room and Radiation Room Report Oncology Massage Program



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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 Providence Cancer Center;
 - Austin Cancer Center North, Central, Georgetown, Round Rock and Lakeway.
- We added coverage at Asante Rogue Regional Medical Center, Radiation Oncology in Medford, OR. They are paying the therapists there \$25 an hour, similar to what Austin Cancer Center is doing in Texas.
- The OMA Board held their Board Retreat November 5th.
- The OMA Operations Committee met December 7th.
- OMA held their Annual Massage Therapist Retreat at Sol Healing and Wellness Center Sunday, October 8th. Speakers included Penny DeCou, MSW, Texas Oncology Central; Sandee Convoy, the Singing Bowl Lady; Stacey Schultz, LMT.
- OMA held a Holiday chair massage event at Texas Oncology Central on December 6. Two therapists worked that event.
- OMA gave out full quarterly stipends to 6 therapists, and 50% stipends to 3 therapists 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.

I massaged a male patient in his 40's. He had seen OMA therapists giving others massages before, but this was the first time for him. He said, "I really enjoyed it, it's a lot better than being poked by another needle today." He enjoyed his foot massage.

The oncology nurse was having a difficult day today - feeling tired, distressed and in some pain. I gave her a shoulder massage, and was so thankful for anything I could do to make her day a little easier.

A female patient in her 70's always asks the oncology nurse about us. She said after the last time I massaged her feet, her neuropathy symptoms subsided for two weeks.

A female patient had fallen a couple of days ago, and she was shaking and cold. She stated her blood pressure has been elevated, and suffers from PTSD. Shortly after I started to massage her feet, she stopped shaking and became more relaxed as the massage progressed. The nurse retook her blood pressure while I was massaging her, and she stated it had gone down.

A female patient in her 30's asked for a hand massage even though she had already finished with her chemotherapy for the day. "I stayed to get this hand massage because it feels so good and it relaxes me so much. Thank you for the massage. It was very much worth the time."

A male patient in his 60's asked his wife to wake him up if the OMA therapist arrived in the infusion room asking if patients would like a massage. "Every time I get a foot massage from you, my legs and feet feel so much better. I never want an opportunity to get a foot massage to pass by without getting a massage! Thank you for what you do."

I approached a lady in her 50's, offering her a hand massage. She quickly said "yes" and told me that she had some joint pain in her hands and fingers, so she would enjoy a hand massage. We talked during the session and at the end she said that her fingers felt more flexible and she felt less stiffness and pain in her wrists, hands and fingers. She thanked me for the healing hand massage.

I gave a female patient in her 60's a hand massage. She told me it was her first chemotherapy treatment, and that she could relax with a hand massage and not feel anxious about the chemotherapy infusion. She was glad to know about OMA and our services.

I gave a new patient a foot massage. She was surprised to be offered a massage, and sat with her eyes closed. She said at the end of the session, "I'm so glad I came here for chemotherapy. My other option didn't offer this." She was very appreciative.

I gave a foot massage to a male patient in his 60's. He said, "What a treat!" It allowed him to think only about massage and relaxation, and not about his treatment.

I asked a caregiver if she would like a massage, and she thought I was joking! I convinced her I was not, and she smiled throughout her hand massage, and said, "What a treat!" She thanked me several times and also thanked me for thinking of caregivers.

I gave a hand massage to a 74 year old man. He was not used to massage and said how surprised he was at how good it made his hands and joints feel. He said he loved having someone to talk with. After the massage, he fell asleep.

An elderly female patient did not want a massage at first because she states her feet were swollen. After I explained the benefits of the massage, she was so happy and asked if I would massage her feet now. I explained that was what I was there for! After, she said she couldn't believe how much better her feet felt.

I massaged a very "chatty" regular patient in her 60s. She talked about the side effects she has been experiencing since beginning chemo. She teared up a little when talking about her hair falling out and said she knows it's ridiculous to be upset about this, and she knows it will grow back. After the hand massage, I continued to hold her hand for a few minutes and listened to her concerns. She thanked me for listening.

A male patient in his 70's asked for a foot massage, since the massage he had received from me the previous week had helped him so much. He had a stroke several months prior and has much spasticity before. Today his movement was much reduced and he attributed this to his having received massage. He thanked me for the massage.

I massaged a female patient in her 50's. She was reluctant at first, but was grateful for the company and someone to talk to. She said her hands haven't felt this light in years!

A male patient in his 20's has had the hiccups on and off for days. He agreed to a foot massage, and after working on one foot, he came out of a doze and said, "You got rid of the hiccups!" He said he'll look forward to getting a massage the next time he gets his infusion.

I saw a regular patient today. She seemed very ill today. She nodded that she would like a foot massage. I gave her a very gentle massage and she sat with her eyes closed. She thanked me at the end.

A repeat OMA client asked the nurses about us. She said after the last time I massaged her feet, her neuropathy symptoms subsided for two weeks. We had a very pleasant conversation throughout her foot massage. She was very thankful.

The therapist noticed that a female patient was wringing her hands together. She said she was trying to get some relief from her osteoporosis and neuropathy. She gladly accepted a light hand massage, and was amazed at how improved they were after just a few minutes.

I massaged a female patient in her 30's. This was her second time to receive a foot massage in the infusion room. She was not feeling well today and was dreading the long afternoon ahead. She relaxed during her foot massage.

A female patient said that I was her 'miracle of the day'. She was grateful for the massage, and was already looking forward to receiving another one in the future.

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!

October 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	52	6	0	4	10	0	23.50		\$587.50
Texas Oncology Central	20	2	0	2	4	0	8.50		\$217.50
Texas Oncology North	52	0	0	3	10	0	20.25		\$506.25
Texas Oncology Round Rock	42	1	0	4	10	0	18.50		\$482.50
Texas Oncology South	30	0	0	3	8	0	15.50		\$387.50
Austin Cancer Center - North	13	0	0	1	4	0	7.25		\$201.25
Austin Cancer Center - Georgetown	9	0	0	1	4	0	7.10		\$177.50
Austin Cancer Center - Round Rock	12	1	0	1	4	0	8		\$210.00
Austin Cancer Center - Central Austin	15	2	0	2	5	0	9.50		\$237.50
Austin Cancer Center - Lakeway	9	0	0	1	3	0	6.50		\$262.50
New Braunfels									
Texas Oncology New Braunfels	2	0	0	1	1	0	1		
Dallas									
Texas Oncology Sammons Cancer Center	24	1	1	3	5	0	10		
Houston									
North Cypress Cancer Center	4	4	0	1	3	3	4	2	
Oregon									
Total	284	17	1	27	71	3	139.60	2	\$3,270.00

November 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	57	6	1	4	12	0	25.75		\$643.75
Texas Oncology Central	62	1	0	4	11	0	\$23.50		\$654.50
Texas Oncology North	59	1	0	3	11	0	\$23.50		\$607.50
Texas Oncology Round Rock	51	2	0	5	15	0	26.25		\$656.25
Texas Oncology South	38	0	0	3	8	0	15.5		\$387.50
Austin Cancer Center - North	13	0	0	1	5	0	8		\$202.00
Austin Cancer Center - Georgetown	7	0	0	1	3	0	5.75		\$153.75
Austin Cancer Center - Round Rock	5	3	2	1	4	0	8		\$220.00
Austin Cancer Center - Central Austin	6	1	0	1	3	0	4		\$100.00
Austin Cancer Center - Lakeway	13	0	0	1	4	0	7.5		\$187.50
New Braunfels									
Texas Oncology New Braunfels	1	2	0	1	1	0	1		
Dallas									
Texas Oncology Sammons Cancer Center	24	1	0	2	6	0	12		
Houston									
North Cypress Cancer Center	10	3	0	1	4	4	4	2	
Oregon									
Asante Rogue Medical Center	5	0	5	2	0	5	7		\$175.00
Total	351	20	8	30	87	9	171.75	2	\$3,987.75

December 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	50	1	0	4	9	0	18.5		\$482.50
Texas Oncology Central	46	3	0	3	9	0	18.25		\$481.25
Texas Oncology North	41	0	0	3	8	0	16		\$400.00
Texas Oncology Round Rock	51	2	0	5	15	0	26.25		\$656.25
Texas Oncology South	31	0	0	3	8	0	15.5		\$387.50
Austin Cancer Center - North	18	0	0	1	5	0	8		\$220.00
Austin Cancer Center - Georgetown	7	0	0	1	3	0	5		\$125.00
Austin Cancer Center - Round Rock	11	2	0	1	3	0	6.5		\$172.50
Austin Cancer Center - Central Austin	9	2	0	1	4	0	7		\$185.00
Austin Cancer Center - Lakeway	11	0	0	1	3	0	6.5		\$162.50
New Braunfels									
Texas Oncology New Braunfels	6	11	0	1	3	0	4	4	\$8.00
Dallas									
Texas Oncology Sammons Cancer Center	26	0	0	2	5	0	10		
Houston									
North Cypress Cancer Center	3	0	0	1	1	1	1.5		
Oregon									
Asante Rogue Medical Center	8	0	1	3	0	6	8.5		\$212.50
Total	318	21	1	30	76	7	151.5	4	\$3,493.00