

Oncology Massage Alliance
October/November/December 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; and
 - Austin Cancer Center North, Georgetown, as well as Round Rock.
- OMA gave out a full quarterly stipend to one therapist in our Houston location; and a half stipend to one therapist in our New Braunfels location.
- We added two new therapists in Austin: Laura Srygley and M'Liss Moore.
- The OMA Board had their annual retreat on Saturday, November 3
- The OMA Operations Committee met on Tuesday, October 9.
- OMA held their Annual Massage Therapist Retreat on Sunday, November 4. Eighteen OMA therapists from Austin, Dallas, New Braunfels, and Round Rock attended the retreat. OMA's Oregon team of massage therapists even joined in via Zoom. Pamela Ferguson, LMT and international author, presented a three-hour CE workshop on Post Mastectomy Qi Exercises and Acupressure techniques to the therapists.

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 woman in her 40's on oxygen therapy requested a hand massage, but had to leave for radiation. I promised to see her if she came back before my shift ended, and she did. She reported that she was having a really difficult time on chemotherapy, and the massage of her hands felt wonderful and made her feel calmer. She also had rheumatoid arthritis and commented that the massage felt so good, but that when doctors touched her, she hurt. She enjoyed the massage and support.

A woman in her 60's received her second foot massage from me. She was dealing with a lot of anxiety about her illness and what is to come. She spoke during the massage about her worries, and about the sadness that she feels when coming in for treatment. She shed tears and said that the massage was a great comfort to her, and that she was happy to not be alone during her infusion session. She has seen people having treatment with no support and experiencing great pain and emotional distress. She reported that the support of the OMA therapist is healing, both physically and emotionally, and very beneficial.

This infusion room patient was so surprised and grateful for having this service in the infusion room. "I thought you were kidding when you offered me a free massage! This is great!"

A female patient stated that she had chronic swelling even before her cancer diagnosis and treatment. She has her left leg amputated and desired relief from the swelling in her right ankle. While providing massage, she became very emotional. She started to express her and her families grief over the loss of her sixteen year old granddaughter to brain cancer. As I sat listening and consoling her, she stated that her ankle was starting to move better.

A female patient, in her 60's, liked the lotion that I was using on her feet. After the massage, she said that her skin felt nourished and less dry. She thanked me and said, "Your foot massage is like a mini-vacation!"

A male patient in his 80's came in with his daughter. His daughter seems very concerned about him being very weak and quiet. She told his nurse that he hasn't been talking or smiling anymore. She asked me if I could give him a hand massage. As I started to give him his massage, he smiled at me and said, "very good" in a very soft voice. His daughter looked surprised and happy. He was watching me work on his hand, but fell asleep after awhile. I told him I will look for him next time, and he said, "Yes."

A young woman in her 20's enjoyed her foot massage. "Thank you. That made my day! Just what I needed after a rotten week in the hospital." Throughout the massage, she kept her eyes closed, and was peaceful, and relaxed.

A female patient in her 60's is receiving her first OMA massage. She has widely metastasized neuroendocrine cancer. She's receiving fluids for dehydration and is about to go into hospice. She said her foot massage was "Orgasmic!"

A female patient in her 50's asked for a foot massage. She said, "It's a real treat to get a massage when I come in for infusion therapy. I appreciate the service you provide for the patients here. Thank you!"

A 58 year old male patient received a hand massage. He was having a very difficult day after radiation, then chemo treatment. He uses his hands to work in spite of severe neuropathy. He said that the massage took his mind off his pain, and put his fingers back on his hands.

I've given this male patient in his 70's a massage before, and he said the last hand massage greatly improved his range of motion in his fingers, which lasted several days. He enjoyed his massage and thanked me.

A lady in her 70's called me over to ask me if I could put her in line to get a hand massage after she saw her doctor. When she returned to the infusion room, I went over to her chair to give her a massage. She said that she has arthritis which seems worse after treatments, and massage helped her the last time she came in. She was hoping she'd see me this week for another hand massage.

A male patient in his 60's had a stroke and was paralyzed in his left arm. He had some sensation, but not the ability to move that arm much. He said the the hand and forearm massage felt good, and he was able to feel his left arm better after his massage. "Thank you for your service."

I gave a female patient in her 70's a hand massage. When I walked over, she said she was glad to receive another hand massage from me. As I was massaging her hands today, she said, "This is just what I needed today. I can tell my blood pressure is going down. Thank you."

A female patient in her 60's received a foot massage for numbness in her feet. Today was the last day of chemotherapy for her and she was excited about completing her round of therapy. Her family had surprised her today by driving down from Dallas to celebrate the day with her. She has received several foot massages from me and she said it always felt good to have her feet massaged and lessen her pain level. "Thank you so much for all the massages you provided for me. I really appreciate it."

I massaged a male patient in his 70's. I've massaged him before, and he told me his last massage lasted for at least two weeks in relief of his neuropathy symptoms. He happily accepted another massage and thanked me.

A female patient in her 40's happily accepted my offer for a foot massage. She said, "It almost made it worth undergoing chemo!" She smiled and sat with her eyes closed throughout.

I gave a male patient in her 60's a foot massage. He has numbness in his toes and the balls of his feet. He closed his eyes during the massage. After, he said it felt 'awesome' and that he felt a lot of healing around the nerves.

A female patient in for her first session said she was so happy that a massage was offered, and that she would look forward to it from now on. She had a warm blanket, coffee, a snack and foot massage. She said this was proceeding much better than she had anticipated!

I massaged a female patient, who preferred to keep her socks on during the foot massage. She said she could not remember how long it has been since she had her feet massaged. She appeared to become more relaxed as I massaged her feet. She stated how great it felt and was so appreciative after I finished.

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	37	3	0	2	9	0	14		\$355.00
Texas Oncology Central	30	2	0	2	7	0	15.5		\$283.00
Texas Oncology North	44	3	0	3	9	0	19.25		\$346.50
Texas Oncology Round Rock	32	1	0	4	8	0	18.5		\$345.00
Texas Oncology South	19	0	0	1	4	0	8		\$149.00
Austin Cancer Center - North	8	0	0	1	4	0	4.75		\$118.75
Austin Cancer Center - Georgetown	6	0	0	1	3	0	6		\$165.00
Austin Cancer Center - Round Rock	5	0	0	1	2	0	4		\$110.00
New Braunfels									
Texas Oncology New Braunfels	4	2	0	1	0	2.5			\$50.00
Dallas									
Texas Oncology Sammons Cancer Center	47	2	0	3	11	0	21.5		\$537.50
Houston									
North Cypress Cancer Center	8	4	0	1	4	4	6		\$100.00
Oregon									
Asante Rogue Medical Center	12	0	5	3	1	9	16		\$400.00
Total	252	17	5	23	62	15.5	133.5	0	\$2959.75

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	47	2	1	3	13	0	26.75		\$682.75
Texas Oncology Central	38	0	0	2	8	0	19		\$382.00
Texas Oncology North	40	0	0	3	9	0	18.75		\$347.50
Texas Oncology Round Rock	24	0	0	3	6	0	14		\$282.00
Texas Oncology South	18	0	0	1	4	0	8		\$149.00
Austin Cancer Center - North	6	0	0	1	5	0	5.5		\$137.50
Austin Cancer Center - Georgetown	8	0	0	1	2	0	5.5		\$137.50
Austin Cancer Center - Round Rock	14	0	0	1	4	0	8		\$200.00
New Braunfels									
Texas Oncology New Braunfels	6	2	0	1	1	0	4		\$50.00
Dallas									
Texas Oncology Sammons Cancer Center	52	0	0	2	11	0	22		\$550.00
Houston									
North Cypress Cancer Center	9	0	0	1	4	0	5		\$100.00
Oregon									
Asante Rogue Medical Center	29	0	3	3	5	6	21		\$525.00
Total	291	4	4	22	72	6	157.5	0	\$3543.25

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	44	0	0	3	11	0	18		\$470.00
Texas Oncology Central	35	0	0	2	8	0	16.75		\$306.50
Texas Oncology North	31	2	0	3	7	0	14.5		\$266.00
Texas Oncology Round Rock	11	0	0	2	5	0	8		\$164.00
Texas Oncology South	12	0	0	2	4	0	9		\$182.00
Austin Cancer Center - North	12	0	0	1	4	0	8		\$200.00
Austin Cancer Center - Georgetown	6	0	0	1	1	0	2.25		\$56.25
Austin Cancer Center - Round Rock	9	0	0	1	4	0	8		\$200.00
New Braunfels									
Texas Oncology New Braunfels	1	0	0	1	1	0	0.5		\$50.00
Texas Oncology Sammons Cancer Center	34	0	0	1	7	0	14		\$350.00
Houston									
North Cypress Cancer Center	8	0	0	1	4	0	4		\$100.00
Oregon									
Asante Rogue Medical Center	42	0	8	3	8	4	24.25		\$606.25
Total	245	2	8	21	64	4	127.25	0	\$2951.00