

Oncology Massage Alliance
January/February/March 2019

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;
 - Houston at North Cypress Cancer Center; and
 - Austin Cancer Center North, and Round Rock.
- OMA gave out a half stipend to one therapist in our New Braunfels location.
- OMA therapists are fully funded in the Austin, Dallas, Houston and Oregon locations thanks to funding from the facilities and local donors.
- We discontinued going to New Braunfels at Texas Oncology and Austin Cancer Center Georgetown.
- Asante Rogue Medical Center has taken over the task of managing and paying therapists directly.
- The OMA Board met on Monday, February 4th.
- The OMA Operations Committee met on Tuesday, January 15th.
- OMA teamed up with RE:Cancer on Saturday, February 9th to help benefit their cause: 20 Colors/20 Hours, an indoor cycling event. OMA therapists gave free chair massages to the participants. RE:Cancer provides support services to those impacted by cancer, as well as to their family, friends and caregivers.
- Geri Ruane, LMT, Board Member and Director of Operations, attended the Texas Oncology Survive and Thrive Symposium in Austin, TX on March 2nd.

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 female patient who was in for her second treatment said she immediately regretted saying "no" the last time I asked her. She sat with her eyes closed and a smile on her face. She thanked me and said she would definitely be a repeat customer!

A patient's wife with early rheumatoid arthritis agreed to a hand massage. She talked in a whisper about her husband's cancer treatment and his worsening dementia. She seemed to need to talk about this, and thanked me for the massage and conversation at the end.

A female patient in her 50's asked for a foot massage. "I saw you giving foot massages to someone else and it looked so good I told myself that I was ready to get one, too. Thank you for doing this for us. We appreciate it very much and it gives me something lot look forward to each week."

A male patient in his 70's was happy to see me again for another hand massage. At the end of the massage he said that his hands felt stronger and that his fingers could move more freely.

I gave a hand massage to a male patient between 50-60 years old. He mentioned that he had some numbness and tingling in his hands. He hesitated to get a massage, but agreed to let me massage one hand as a trial. We talked about the power of human touch. Afterwards, he said that the massage was amazing, it felt good, and he could move his fingers better!

A male patient had never had a massage before. He couldn't believe how good his hands felt and how relaxing it was.

I gave a patient a hand massage. She said, "I am telling my pain management doctor and the higher ups at the hospital about what you do. My hands and feet feel so much better after you massaged them."

A female patient in her 70's asked for a hand massage. She fell a couple weeks ago and bruised her right wrist. She said the x-rays showed that she did not break any bone, but she still had some swelling and discoloration evident, so I was very light with my pressure in the area around the injury. She said the light touch felt good and her hands felt much better after the massage.

A male patient in her 50's asked for a foot massage for pain in his feet and cramping in his calves. He said he was nervous because this was his first day of chemotherapy. "I can tell you know what you are doing. The cramping in my calves is going away and I am much calmer now than when I came into the infusion room Thank you for what you do. I really appreciate it."

A female patient in her 60's was happy to see me. She explained that she would enjoy a foot massage, but she can only use baby oil. We both decided that no lotion should be applied. She closed her eyes during the session. At the end, she thanked me and said, "That was such a wonderful massage. Your hands were so warm and comforting. It felt like my mama was massaging my feet!"

I massaged a female patient in her 70's. She wanted a foot massage because she had peripheral neuropathy. After the massage, she thanked me and said it doesn't feel like she has sand between her toes anymore.

A female patient that I've seen before asked for a foot massage. She has very mild edema in both of her ankles. She was complaining a lot at the beginning of the session I gave her extra long, slow strokes and she seemed to relax and enjoy the session. She was calmer after the massage, and thanked me.

I massaged a male patient in her 50's. He has chronic pain in his hands from arthritis. Today is the first day to receive this round of chemotherapy treatment. He had already done chemotherapy, radiation, and surgery within the last year. He has a good positive attitude, but he said the massage made him feel even better, and appreciative to be able to be here. He thanked me many times.

I gave a hand massage to a gentleman in his 60's. He said he has tingling and pain in his fingertips, especially his thumb and index finger of his right hand. After the hand massage, he commented that he could really feel a difference in the flexibility of his fingers.

A lady in her 50's reported that she had back, buttock and leg pain, and had sent her husband to get some ibuprofen. On his return, (and after her hand and foot massage), she reported all her pain had gone! She also said that the hand massage had reduced the hand/wrist pain she had after her ICU stay, where her wrist had been in an awkward position.

I massaged the feet of a caregiver today. She is the wife of a patient who declined my offer. She was hesitant at first, asking me, "You would also give me a foot massage today?" When I explained that I would, she was really happy to hear that! She said, "You know, I am so busy taking care of others - my husband, my family, my job - that it feels wonderful to be taken care of myself!" She also told me that she had some numbness in her feet (toes especially) due to her diabetes. We talked for a bit while her husband slept in the next chair. Afterwards, she said she felt relaxed and her feet felt less numb. She said that she and her husband usually go to another infusion facility for his chemotherapy, but today they came here. She said that she was glad that I was here today while they were in the infusion room! When they left, she thanked me again, with a big smile on her face.

A male patient in his 60's received a hand massage for numbness that he says he gets at night. "I can feel the difference in my hands from the massage. I have more sensation and my fingers are more flexible. Thank you so much for the massage you provided for us in the infusion room. I will look forward to them from now on."

A 15 year old female patient was having her first day of chemotherapy and said she was nervous about her therapy. Her mother encouraged her to get a massage to help her relax during her treatment. She was able to relax and at the end of the massage she said that she was not getting nervous about it and felt good to get a massage. "Thank you!"

I gave a female patient in her 60's a foot massage. She was hesitant at first, and we agreed to work through her socks. She relaxed, and said this is "heavenly."

A female patient said her feet always hurt, and would love a massage. She said after the massage that her feet are so much happier now, and they don't hurt!

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	34	0	0	3	9	0	18.25		\$456.25
Texas Oncology Central	46	2	0	3	10	0	20.75		\$393.50
Texas Oncology North	43	0	0	3	8	0	10.25		\$184.50
Texas Oncology Round Rock	22	0	0	2	4	0	9		\$182.00
Texas Oncology South	14	0	0	1	4	0	8.5		\$153.00
Austin Cancer Center - North	3	1	0	1	4	0	4		\$100.00
Austin Cancer Center - Round Rock	11	0	0	1	3	0	6		\$150.00
Dallas									
Texas Oncology Sammons Cancer Center	49	1	0	2	9	0	18		\$450.00
Houston									
North Cypress Cancer Center	14	2	0	1	5	2	10		\$250.00
Total	236	6	0	17	56	2	104.75	0	\$2319.25

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	42	3	0	3	10	0	19.75		\$493.75
Texas Oncology Central	40	8	0	4	11	0	23		\$422.00
Texas Oncology North	36	0	0	2	8	0	16		\$288.00
Texas Oncology Round Rock	10	0	0	2	5	0	8		\$164.00
Texas Oncology South	18	2	0	3	5	0	9.5		\$171.00
Austin Cancer Center - North	7	2	0	1	5	0	6.25		\$156.25
Austin Cancer Center - Round Rock	8	0	0	1	3	0	6		\$150.00
Dallas									
Texas Oncology Sammons Cancer Center	42	3	0	2	9	0	18		\$324.00
Houston									
North Cypress Cancer Center	8	0	0	1	3	3	6		\$150.00
Total	211	18	0	19	59	3	112.5	0	\$2319.00

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	32	4	0	2	6	0	11		\$300.00
Texas Oncology Central	51	0	0	4	10	0	24		\$432.00
Texas Oncology North	32	0	0	2	6	0	15.5		\$279.00
Texas Oncology Round Rock	19	0	0	3	6	0	11.5		\$207.00
Texas Oncology South	21	0	0	3	5	0	10		\$199.00
Austin Cancer Center - North	3	1	0	1	2	0	3.25		\$81.25
Austin Cancer Center - Round Rock	5	1	0	1	2	0	4		\$100.00
Dallas									
Texas Oncology Sammons Cancer Center	62	4	0	3	14	0	28		\$700.00
Houston									
North Cypress Cancer Center	11	2	0	1	6	6	10		\$250.00
Total	236	12	0	20	57	6	117.25	0	\$2548.25