

Oncology Massage Alliance
April/May/June 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 therapists are fully funded in the Austin, Dallas, Houston and Oregon locations thanks to funding from the facilities and local donors.
- Asante Rogue Medical Center, Medford OR, has taken over the task of managing and paying therapists directly.
- The OMA Board met on Monday, April 15th.
- The OMA Operations Committee met on Tuesday, April 30th.
- Several Austin OMA massage therapists and OMA's chairperson got together for an informal gathering at a local restaurant in north Austin on Tuesday, April 23rd. This is another fun way for our massage therapists and board to stay connected and learn from one another.

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 gave a foot massage today to a female patient who is experiencing peripheral neuropathy in her feet and lower legs. During the massage, she said that it felt so good and the pain in her heels was lessening. She thanked me at the end of the session saying, "What you're doing is wonderful. Thank you!"

A gentleman in his 80's loved his hand massage so much, he stated, "You made me feel young again!"

A female patient in her 50's arrived at the infusion room with some nausea, and her blood pressure over 200. She received a hand and foot massage and her blood pressure and nausea reduced.

I gave a female patient in her 60's a foot massage as she was receiving an iron infusion. She said she had been experiencing some anxiety earlier in the day, but after the massage she said that she felt much calmer. She said, "I am so glad you were here today, perfect timing! Thank you for your services, it's very kind of you all at OMA!"

I gave a female patient in her 50's a foot massage. She said she is very happy to receive a foot massage because her bones are very sore from spending many days on her feet. I gave her feet some light holding and compression with her socks on per her request. When I finished the massage, she said, "Thank you, this is a Godsend!"

A female patient in her 50's asked her nurse to find a massage therapist because she was experiencing soreness and swelling in her feet. She chose to keep her socks on because she felt her feet to be "ugly." She constantly said, "Oh, this feels so good; this is better than pain meds!"

A lady in her 60's received her 'first ever foot massage'. She stated that she 'felt like I was in heaven,' and that the massage helped with her bad neuropathy.

A female patient was looking for me when she arrived and asked me to come by after she got hooked up. She thanked me and said her feet felt much better.

A male patient in his 70's asked for a foot massage during his chemotherapy. He had bunion surgery and likes to get a foot massage to relieve his foot pain. "I feel better overall after my massage. Thanks!"

I worked on a repeat patient, who happily asked for a foot massage as I walked past. His wife said his neuropathy in his feet is much improved since he has been receiving weekly foot massages.

I gave a male patient in his 60's a hand massage. He's a regular patient, but he's always refused before. He said he was surprised at how relaxing it was and thanked me.

A female patient with neuropathy since 2008 when she started her first cancer treatment reported that her fingertips feel very cold, sensitive to cold and hot. I gently held her hadn't and massaged very slowly on each finger. She said, "It feels really good. My fingers always feel like they are frozen so the warmth of your hand feels really nice." She thanked me many times.

A nurse directed me to a male patient in his 60's who was here for the first time. His feet were very cold, and told me he has neuropathy. I used pressure level 1. He liked it when I massaged his toes. He said that he hadn't been touched like this and he loved it.

A male patient in his 50's asked for a foot massage during his chemotherapy. He had skin grafts on both legs with pain and neuropathy. "I feel like I am in heaven getting this massage. It really helps with the pain. Thank you for the massage."

I gave a female patient in her 70's a foot massage. She said, "You know, I live alone and the only time I get touched is when I get my hair done, or my nails done. I am very much enjoying your foot massage. Thank you for offering your services here."

I gave a hand massage to a female patient in her 50's. She said she loves hand massage and every time she is here she looks for one of us. She likes to chat about things she is thinking about when she is getting a hand massage. She reported feeling very relaxed and she said she was grateful for the hand massage.

I gave a female patient in her 50's a hand massage. Her nails are turning black and hurting from chemo. After the massage, she said she couldn't believe how much better they felt after the massage. She said she'd tell her son how to do it. She fell asleep during the massage.

A gentleman agreed to a foot massage after some gentle prodding from his wife. He said the massage "awakened all kinds of sensations" and he said he thoroughly enjoyed it. He thanked me several times and said he would be back.

A female patient, 70 years old has severe edema in her legs and feet and was wanting some relief from the discomfort. The nurse came to put in her IV and had a difficult time. The massage therapist stopped the massage and just sat with her, and finished the massage afterwards. The patient was very thankful the massage therapist stayed with her, "It gave me something to focus on besides the pain; I'm very glad you are here today."

A female patient says her neuropathy had come back from her prior chemo treatment when she started treatment again. She has numbness and tingling in the ball of her feet. I used holding and level 1 for her massage. She said, "That feels so good. It is just the kind of pleasure that allows me to relax. Thank you."

A gentleman in his 80's was thankful for his 2nd infusion room massage. He reported that it helped his sense of well-being, and it made his 6-hour long chemotherapy session more tolerable.

A young man in his 20's accepted the offer of a hand massage. He reported that he was very anxious regarding upcoming brain surgery and more chemotherapy. He had received a foot massage the day prior by another OMA therapist, and his mother was thankful for all our support. Throughout the massage he kept his eyes closed and appeared to be calmer.

A female patient in her 70's is experiencing neuropathy on both hands and feet. She is having a hard time to sit still with the muscle twitch and discomfort on her legs. They are also from her medications. She asked for a foot massage over her socks. I used holding only. She said the tingling is going away, and was able to stand comfortably to walk to the restroom after the massage.

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	42	1	1	3	9	0	14.25		\$356.25
Texas Oncology Central	60	3	0	3	11	0	27.5		\$500.00
Texas Oncology North	36	0	0	2	7	0	15.5		\$279.00
Texas Oncology Round Rock	25	0	0	3	6	0	10		\$180.00
Texas Oncology South	29	2	0	3	8	0	17		\$342.00
Austin Cancer Center - North	5	0	0	1	4	0	4.5		\$112.50
Austin Cancer Center - Round Rock	5	0	0	1	3	0	6		\$150.00
Dallas									
Texas Oncology Sammons Cancer Center	108	2	0	3	20	0	40		\$1030.00
Houston									
North Cypress Cancer Center	10	2	0	1	4	4	8		\$200.00
Total	320	10	1	20	72	4	142.75	0	\$3149.75

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	26	2	2	3	9	0	18		\$450.00
Texas Oncology Central	58	6	0	3	13	0	31.75		\$571.50
Texas Oncology North	33	0	0	2	7	0	16.25		\$292.50
Texas Oncology Round Rock	15	0	0	2	4	0	7.5		\$140.00
Texas Oncology South	19	0	0	3	5	0	9.5		\$201.00
Austin Cancer Center - North	3	0	0	1	4	0	4		\$100.00
Austin Cancer Center - Round Rock	2	1	0	1	4	0	4		\$100.00
Dallas									
Texas Oncology Sammons Cancer Center	103	1	0	3	20	0	39		\$1042.00
Houston									
North Cypress Cancer Center	7	4	0	1	3	3	6		\$150.00
Total	266	14	2	19	69	3	136	0	\$3047.00

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	49	1	0	3	12	0	22		\$550.00
Texas Oncology Central	48	5	0	3	10	0	24.25		\$436.50
Texas Oncology North	41	1	1	3	9	0	19.5		\$351.00
Texas Oncology Round Rock	24	0	0	3	6	0	12		\$221.00
Texas Oncology South	21	1	0	3	5	0	10		\$180.00
Austin Cancer Center - North	0	0	0	1	2	0	1		\$25.00
Austin Cancer Center - Round Rock	7	2	0	1	2	0	4		\$100.00
Dallas									
Texas Oncology Sammons Cancer Center	77	1	1	3	17	0	34		\$898.00
Houston									
North Cypress Cancer Center	11	4	0	1	5	5	10		\$250.00
Total	278	15	2	21	68	5	136.75	0	\$3011.50