

Oncology Massage Alliance  
July/August/September 2019

# Infusion Room and Radiation Room Report Oncology Massage Program



**oncology**massage  
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.
- Geri Ruane, Lead Massage Therapist at ACCNorth, will be taking a hiatus July and August. She will return in September.
- Glo Umphress, Lead Massage Therapist at TO Sammons, Dallas, will be stepping down as Lead. Laura Canfield, MT, will be taking her place.
- The OMA Board met on Monday, September 30.
- The OMA Operations Committee met on Tuesday, August 13th.
- Geri Ruane volunteered at the Neuropathy Alliance of Texas (NATX) National Patient Conference on Saturday, September 14th that took place at Austin Community College, Eastview Campus, Austin, Texas.

# 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 50 year old female patient asked for a massage. Today is her first day of chemotherapy, but she said that she knows what to expect because she did this 15 years ago. "But no one offered me a massage back then!" She was delighted with her massage and so glad that this 'extra touch' is provided.

I gave a hand massage to a lady in her 70's who was receiving immunotherapy treatment. She was glad to be able to receive skilled, gentle massage for her hands because her fingers are experiencing peripheral neuropathy. After the massage, she said that her fingers felt less numb and she felt more relaxed.

A female caregiver in her 40's asked for a foot massage. She had callouses on the bottom of her feet that bothered her and said that massage helped her to feel where she walked better. "I am glad you come here each week to give massages. Thank you."

A male patient in his 70's has pain from arthritis. His hands and forearms are bruised from his medication. I massaged only his left hand, since his IV was on his right. I used only holding most of the time, and Level 1 on fingers. I also applied lotion on his forearms which was very dry. He said it feels good. He was very appreciative.

An 85 year old female patient was having difficulty taking oral meds because her throat was sore from treatment. She said the massage took her mind off her uncomfortable situation and made her feel better. She was very thankful for the massage and the relaxing touch.

An 80 year old male patient was having restless leg from benadryl and was very agitated. The nurse asked me to see if he would like a massage. He agreed reluctantly. His wife said his right side was always jittery. He was a little out of it from the meds, but started singing during the massage. He responded afterwards, "Thank you, it felt so good!"

I gave a foot massage to a lady in her 40's. This day is her last chemo treatment and she said she has been so appreciative of OMA services, which allowed her an opportunity to relax and relieve her stress and anxiety during her sessions.

A lady in her 70's received a foot massage for the first time. She reported that it felt great and that it relieved some of the discomfort from her chemotherapy induced peripheral neuropathy.

A female caregiver in her 50's felt numbness in her hands and asked for a hand massage. She said that her last hand massage during her chemotherapy had helped a lot and she wanted another massage to relieve her neuropathy. "Thank you so much for what you do. I really appreciate the service you provide."

A female patient in her 70's stated that she was anxious to get a massage when she found out that massage was available during her chemotherapy. "That feels so much better. I am glad you were here to give massages. I look forward to my next treatment in a couple weeks to get another massage. Thank you."

A female patient said she has 'severe' neuropathy with little sensation in her left foot and lower leg. I used holding and Level 1 for massage. She said, "That feels a lot better now. I can feel more in my leg, and the tingling and numbness is less in the foot."

A nurse in her 40's was having a lot of pain in her back and shoulders. She said besides work, she is having a tremendous amount of stress at home. I worked on her shoulders and back as much as possible from the chair. She reported feeling relief from the pain and said it felt like she was in another place for several minutes. She was very thankful for the moment of rest.

A 70 year old patient in a private room was having a lot of suffering from restless leg and peripheral neuropathy all the way up his leg. His nurse asked me to give him a massage. His wife said she had been giving him massages at home to help him feel better. I talked with her about pressure, showing her how light the touch should be, and the importance of wearing gloves to protect herself from the chemo. They were both extremely appreciative.

A woman in her 50's gratefully received a foot massage, stating that it reduced her peripheral neuropathy discomfort considerably.

I gave a gentleman in his 60's a foot massage. Initially his feet were ticklish but he quickly fell into deep relaxation with the foot massage. He said he is very grateful for OMA services and requested that he have another session during his next treatment.

A male patient in his 60's looked very weak and frail. He reached out his hand to me without a word when I offered a massage. I gave him a hand massage with holding and Level 1 pressure. He said quietly, "What a great way you have to connect in this way." He was very grateful and thankful. He closed his eyes and said "feel good" repeatedly. He also said he wants to come back when OMA massage therapists are here.

A male patient in his 60's with fragile skin was glad to receive a foot massage from me. He closed his eyes as I gently massaged his feet, making note of his delicate skin. At the end of the session, he said, "Thank you. I feel like I went to a spa today!"

I massaged a female patient in her 70's. She was a first time client, and she requested a foot massage. She said the massage helped her so much - her feet "came back to life!"

A female patient in her 40's received a hand massage. She expressed much gratitude throughout her hand massage - she thought it was so nice of OMA to offer these services.

A male patient in his 60's said his feet always hurt, and will try a foot massage. He said it really made his feet feel good, and thanked me.

A female patient in her 70's was here for her first infusion. She voiced a lot of worry and concern. I tried to reassure her as much as possible, and gave her a massage with long, soothing strokes, which she seemed to find relaxing. She thanks me and seemed calm at the end of the session.

I massaged a regular patient, who was in for her last treatment. She was very excited and hopeful about her future. She thanked me for the massages and said they were the best part of coming here.

# 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!

## July 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
<b>Central TX</b>									
<b>Texas Oncology Midtown</b>	42	3	1	3	9	0	17		\$425.00
<b>Texas Oncology Central</b>	50	1	0	3	11	0	23.75		\$437.50
<b>Texas Oncology North</b>	37	0	0	3	8	0	18.5		\$333.00
<b>Texas Oncology Round Rock</b>	22	0	0	3	6	0	12.5		\$245.00
<b>Texas Oncology South</b>	16	0	0	3	4	0	8		\$169.00
<b>Austin Cancer Center - North</b>	0	0	0	0	0	0	0		
<b>Austin Cancer Center - Round Rock</b>	5	3	0	1	2	0	4		\$105.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center</b>	71	2	0	2	16	0	32		\$825.00
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	10	4	0	1	4	4	8		\$200.00
<b>Total</b>	<b>253</b>	<b>13</b>	<b>1</b>	<b>19</b>	<b>60</b>	<b>4</b>	<b>123.75</b>	<b>0</b>	<b>\$2739.50</b>

## August Statistics

	<b>Patients Touched</b>	<b>Caregivers Touched</b>	<b>Staff Touched</b>	<b>Massage Therapists Worked</b>	<b>Total days in Infusion Room</b>	<b>Total days in Radiation Area</b>	<b>OMA paid hours</b>	<b>Volunteer Hours</b>	<b>Donations</b>
<b>Central TX</b>									
<b>Texas Oncology Midtown</b>	36	2	0	3	9	0	19		\$475.00
<b>Texas Oncology Central</b>	45	2	0	3	11	0	23.25		\$418.50
<b>Texas Oncology North</b>	38	0	0	3	8	0	18		\$359.00
<b>Texas Oncology Round Rock</b>	16	0	0	1	5	0	9.5		\$171.00
<b>Texas Oncology South</b>	15	0	0	3	4	0	7		\$156.00
<b>Austin Cancer Center - North</b>	0	0	0	0	0	0	0		
<b>Austin Cancer Center - Round Rock</b>	9	0	0	1	4	0	8		\$200.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center</b>	64	1	0	2	14	0	28		\$720.00
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	10	2	0	1	4	4	8		\$200.00
<b>Total</b>	<b>233</b>	<b>7</b>	<b>0</b>	<b>17</b>	<b>59</b>	<b>4</b>	<b>120.75</b>	<b>0</b>	<b>\$2699.50</b>



## September 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
<b>Central TX</b>									
<b>Texas Oncology Midtown</b>	38	2	0	2	7	0	16.5		\$423.50
<b>Texas Oncology Central</b>	39	1	0	3	9	0	20		\$375.00
<b>Texas Oncology North</b>	24	0	0	2	6	0	12.75		\$229.50
<b>Texas Oncology Round Rock</b>	36	0	0	3	9	0	18.5		\$353.00
<b>Texas Oncology South</b>	16	1	0	2	5	0	8		\$164.00
<b>Austin Cancer Center - North</b>	4	0	0	1	3	0	4		\$100.00
<b>Austin Cancer Center - Round Rock</b>	9	0	0	1	4	0	8		\$200.00
<b>Dallas</b>									
<b>Texas Oncology Sammons Cancer Center</b>	87	3	3	2	18	0	36		\$940.00
<b>Houston</b>									
<b>North Cypress Cancer Center</b>	6	2	0	1	4	4	8		\$200.00
<b>Total</b>	<b>259</b>	<b>9</b>	<b>3</b>	<b>17</b>	<b>65</b>	<b>4</b>	<b>131.75</b>	<b>0</b>	<b>\$2985.00</b>