

Oncology Massage Alliance
January/February/March 2020

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;
 - 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.
- OMA participated in the indoor cycling event, 20 Colors/20 Hours, on February 8. This is a community outreach event sponsored by Re:Cancer. Vashti Torres represented OMA, providing two hours of chair massage.
- The OMA Board met on Monday, January 27.
- The OMA Operations Committee met on Tuesday, January 14th.
- COVID-19 Update: As you are all aware, we are in the midst of a global pandemic that requires masking, hand-washing and social distancing to prevent its spread. As a result, the facilities we serve have taken CDC recommended precautions and have temporarily suspended oncology massage services, started March 13. As our country slowly and safely reopens, our massage therapists also have to weigh in on how to best practice in their massage businesses. OMA is committed to providing a safe experience for our oncology patients and until there is a vaccine and our facilities invite us back to practice, we will be suspending our services and quarterly reports. We are concerned for our therapists' livelihood and were able to provide a one-time monetary stipend from our Non-restricted Funds to help support them through this pandemic situation. Once we are able to start back in the Infusion rooms, OMA will begin regular monthly payments from Restricted Funds through the end of the 2020 year.

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 male patient in his 60's requested a foot massage for pain. He has recovered from swelling of his liver and spleen due to his medical condition and has benefits from chemotherapy. He only has one more treatment and is grateful for his restored strength. "Thank you for the massage. Massage is the high point of my getting therapy. My feet feel better every time after getting the massage. You are a real blessing and I appreciate the service you provide."

A female patient in her 50's, received a foot massage from me today. This is her first time to receive a massage from OMA. She was able to relax and at the end, she said that she loved the foot massage. She was very glad (and pleasantly surprised), that hand and foot massages were offered at this facility.

This is the patient's first chemotherapy treatment. She seemed a little bit anxious. She asked for a hand massage and found that it helped relax her. She said that she normally doesn't like massages, but the hand massage felt really good. I noticed that her skin was a bit dry, so the lotion helped moisturize her skin. When I left, she said that she will probably fall asleep now!

I massaged a female patient in her 30's. She is a massage therapist, and asked about OMA, and oncology massage. "My little nervous system has relaxed for the first time. It feels so good!"

A female patient was excited to see me here. She wanted her feet worked on as she has neuropathy - tingling and shaking. It wasn't too bad, but at the end she was so relieved, and said her feet felt better now.

I massaged a female patient's hands today. She was exhibiting some anxiety, and the nurse asked me to see her. I worked longer on her to help with anxiety and fatigue. She said, "You have magic hands!"

A female patient in her 60's requested her hands and feet to be massaged. She feels that massage is keeping her neuropathy pain at bay. She stated that with new chemotherapy, massage might be the reason her discomfort with neuropathy has not come back as it did before.

A caregiver appreciated the hand massage that I gave her today. It gave her an opportunity to rest and recharge.

Today was a female patient's last chemotherapy treatment and she was glad that I was there to offer another foot massage for her. She is in her 60's and has received several of OMA's foot massages! She closed her eyes as I rubbed her feet. Her husband looked over and smiled. At the end of the session, she opened her eyes and said that she felt more relaxed. Later on, her family members came, with flowers to celebrate her last day in the infusion room. She waved to me as she left, thanking me again.

A male patient in her 60's requested a foot massage for pain. He also has swelling of his liver and spleen due to his medical condition. "Thank you for the massage. My feet feel better after getting the massage. You are a real blessing and I appreciate the service you provide."

I gave a foot massage to a female patient in her 50's. She has neuropathy, and today she also had a headache. After the massage she said her headache was gone, and her feet felt much better.

Today was the first day for a female patient in her 50's. I gave her a foot massage. She exclaimed several times what a nice treat this was. She thanked me and said she thought she'd be able to handle this after all.

A female patient in her 50's agreed to a foot massage. She closed her eyes, during the massage, and thanked me at the end. She said she had never felt that relaxed while receiving chemotherapy.

A first time client was so grateful to get a massage. She said having massages here was such a gift for her sore feet and ankles. She also confided that her family is not able to comfort her, so this massage was just what she needed.

I saw a repeat client today. She always asks about me and is the kindest woman. She said she got some bad news about her cancer, so she needed this massage. I made sure to spend some extra time with her.

A male patient in his 40's received a foot massage. I've seen him before, and he said he was surprised at how much he could feel his feet and toes after the massage. He was very appreciative.

A female patient in her 70's received another hand massage from me. She said that the previous hand massages that OMA therapists have given her has greatly reduced her peripheral neuropathy in her hands. She was so pleased and grateful.

A female patient was receiving her first chemotherapy infusion today and was a bit anxious. She was glad to receive a foot massage from me today that helped her relax. She was smiling as she expressed her thanks to me.

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	35	3	0	3	8	0	15		\$375.00
Texas Oncology Central	23	0	0	3	8	0	17		\$221.00
Texas Oncology North	25	0	0	3	7	0	11		\$143.00
Texas Oncology Round Rock	37	0	0	3	13	0	19		\$287.00
Texas Oncology South	5	0	0	1	1	0	2.5		\$32.50
Austin Cancer Center - North	10	0	0	1	4	0	8		\$300.00
Austin Cancer Center - Round Rock	5	0	0	1	4	0	7.5		\$197.50
Dallas									
Texas Oncology Sammons Cancer Center	67	1	5	2	15	0	30		\$770.00
Houston									
North Cypress Cancer Center	0	0	0	0	0	0	0		\$0.00
Total	207	4	5	17	60	0	110	0	\$2326.00

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	49	1	1	3	10	0	19		\$475.00
Texas Oncology Central	23	2	0	3	7	0	11.75		\$157.75
Texas Oncology North	15	0	0	2	4	0	8		\$104.00
Texas Oncology Round Rock	19	0	0	3	5	0	9.5		\$163.50
Texas Oncology South	0	0	0	0	0	0	0		\$0.00
Austin Cancer Center - North	4	0	0	1	3	0	4		\$100.00
Austin Cancer Center - Round Rock	5	0	0	1	4	0	7.5		\$187.50
Dallas									
Texas Oncology Sammons Cancer Center	81	2	7	2	14	0	28		\$700.00
Houston									
North Cypress Cancer Center	0	0	0	0	0	0	0		\$0.00
Total	196	5	8	15	52	0	99.75	0	\$1887.75

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	22	0	0	3	6	0	9.5		\$237.50
Texas Oncology Central	19	0	0	3	4	0	8.5		\$140.50
Texas Oncology North	13	0	0	2	3	0	6		\$78.00
Texas Oncology Round Rock	*	*	*	3	4	0	7		\$221.00
Texas Oncology South	10	0	0	2	2	0	4.5		\$73.50
Austin Cancer Center - North	2	0	0	1	1	0	2		\$50.00
Austin Cancer Center - Round Rock	2	0	0	1	1	0	2		\$50.00
Dallas									
Texas Oncology Sammons Cancer Center	*	*	*	2	8	0	16		\$400.00
Houston									
North Cypress Cancer Center	2	1	0	1	1	0	2		\$50.00
Total	70	1	0	18	30	0	57.5	0	\$1300.50

*Because of COVID-19, OMA therapists stopped going to the infusion rooms mid March. Two locations were not able to return to the infusion room to collect the data on number of patients, caregivers and staff touched.