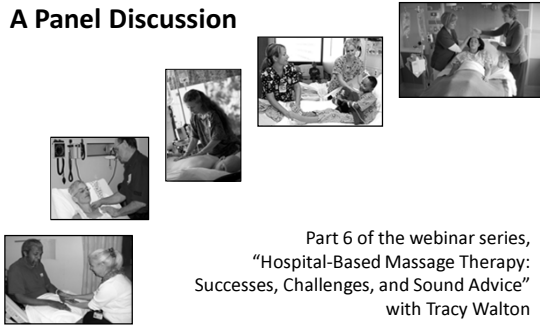


What Makes Hospital-Based Massage Therapy Work? A Panel Discussion



Part 6 of the webinar series,
"Hospital-Based Massage Therapy:
Successes, Challenges, and Sound Advice"
with Tracy Walton

1

Hospital-Based Massage Therapy: Successes, Challenges, and Sound Advice



Tracy Walton
MS, LMT

Researcher
Writer
Educator
Oncology massage specialist



2

Hospital-Based Massage Therapy: Successes, Challenges, and Sound Advice



Speakers will:

- Answer questions and provide guidance in hospital-based massage therapy
- Share hard data that have helped move massage therapy toward the standard of care
- Tell inspiring patient stories from in-hospital massage services
- Describe strategies for communicating and collaborating with medical staff

3

Featured Hospitals

A map of the United States with callouts to featured hospitals and speakers. The callouts are:

- Carolyn Tague**
California Pacific Medical Center
San Francisco, CA
- Karen Armstrong**
Beaumont Health Systems
Royal Oak, MI
- Briane Pinkson**
Dartmouth-Hitchcock Medical Center
Lebanon, NH
- Sat Siri Sumler**
MD Anderson Cancer Center
Houston, TX
- Paula Gardiner**
Boston Medical Center
Boston, MA

4

Roadmap for Webinar

- General Resources in Hospital-Based Massage
- Compare & Contrast
- Themes
- Questions for the Panel
 - Previous questions
 - New questions
- Research Resources

5

Resources in Hospital-Based Massage Therapy

- Associations/Organizations
- Publications
- Research

6

Resources in Hospital-Based Massage Therapy

- **ACCAHC—Academic Consortium for Complementary and Alternative Health Care**



- Clinical Care Working Group (CWG)
- Hospital-Based Massage Therapy (HBMT) Subgroup
- Contact MK Brennan, MS, RN, LMBT, with info on your program to share brennanmk@aol.com
- ACCAHC Info, Conferences at www.accahc.org

7

Resources in Hospital-Based Massage Therapy

- **Society for Oncology Massage**

- Sets standards for oncology massage education
- Lists hospitals providing oncology massage
- Oncology Massage Healing Summit April 19-21, 2013 Northwestern Health Sciences University Minneapolis, MN



www.s4om.org

8

Resources in Hospital-Based Massage Therapy

- **Massage Therapy Foundation**

- Funds research
- Funds community service
- Education
- Research literacy (online and face to face courses)



www.massagetherapyfoundation.org

www.educationtrainingsolutions.com



9

AMTA Career Success Series

- “Working in a Health Care Environment”

A guide from the AMTA

Free download



Available at:

http://www.amtamassage.org/uploads/cms/documents/amta_health_care_guide.pdf

www.amtamassage.org

10

Hospital-Based Massage Network



Association of hospitals/individuals sharing information about programs

Directed by Laura Koch

Extensive resources

Data collected

Sample HBMT proposals in *Exploring Hospital-Based Massage*

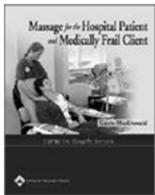
Available at Natural Touch Marketing:

<http://www.naturaltouchmarketing.com/HBMN-hospital-massage/HBMNHome.php>

www.hbmn.com

11

Resources in Hospital-Based Massage Therapy Books



MacDonald, G.

Massage for the Hospital Patient and Medically Frail Client

12

Resources in Hospital-Based Massage Therapy Books



MacDonald, G. *Medicine Hands: Massage Therapy for People with Cancer*

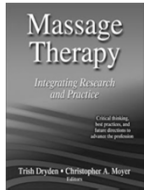
Wible, J. *Drug Handbook for Massage Therapists*



Walton, T. *Medical Conditions and Massage Therapy*

13

Resources in Hospital-Based Massage Therapy Books

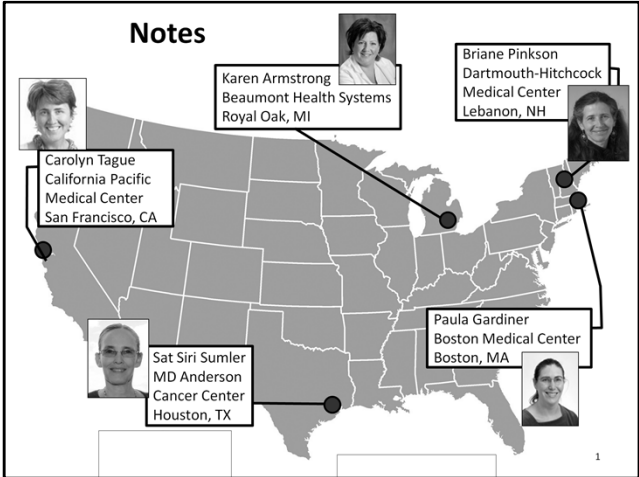


Dryden, G. and Moyer, C. *Massage Therapy: Integrating Research and Practice*

Menard, MB. *Making Sense of Research: A Guide to Research Literacy for Complementary Practitioners (2e)*



14



**Hospital-Based
Massage Therapy
at Boston Medical Center**



with
Paula Gardiner,
MD, MPH



Notes about the program at Boston Medical Center

**Hospital-Based
Massage Therapy
at MD Anderson Cancer Center**



with
Sat Siri Sumler,
LMT



3

Notes about the program at MD Anderson Cancer Center

**Hospital-Based
Massage Therapy
at Dartmouth-Hitchcock Medical Center**



with
Briane Pinkson,
LPN, LMT



4

Notes about the program at Dartmouth-Hitchcock Medical Center

Hospital-Based Massage Therapy at Beaumont Health Systems



with
Karen
Armstrong, LMT



5

Notes about the program at Beaumont Health Systems

**Hospital-Based
Massage Therapy
at California Pacific Medical Center**



with
Carolyn Tague,
MA, CMT



6

Notes about the program at California Pacific Medical Center

Comparing Programs



15

Distribution and Volume

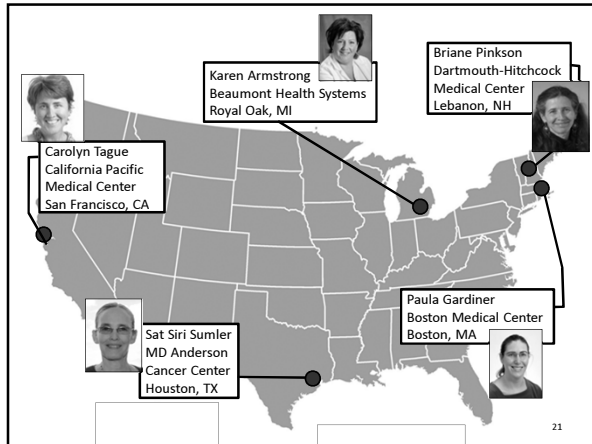
Dr. Paula Gardiner	Sat Siri Sumler	Briane Pinkson	Karen Armstrong	Carolyn Tague
BMC Boston, MA	MDACC Houston, TX	DHMC Lebanon, NH	BHS Royal Oak, MI	CPMC San Fran, CA
Rad Onc & Chemo variable during internship Pall care 4 hrs/wk Amb Care 4 hrs/wk Table massage for staff 2 hrs/wk Chair massage for staff 8 hrs/wk Infant massage instruction 10 families/wk	Inpatient & Outpatient: 2 FT MTs 1 PT MT Additional contractors Infusion room Chair massage Outpatient clinic Staff wellness	Heme/Onc Medical-Surgical Orthopedics Psychiatric Birthing Pavilion Pediatrics/ICU Adult ICU Cardiac Floor Neurology Neuroscience Outpatient chair M	Oncology Orthopedics Mother-baby Med-Surgical Neuroscience Cardiac Care Rehab Emergency Hospice Pain unit	Oncology Acute rehab (stroke, TBI, SCI) Cardiac Transplant Pediatrics PICU Orthopedics ICU Palliative Care (Everywhere but Psych & ER)
~900 sessions/yr paid ~700-800 sessions/yr internship in rad/onc & chemo	2,700+ sessions/yr from F1/PT staff Plus hrs done by contractors	~1,076 inpatient sessions/yr; ~2,500 chair massage sessions/yr	10,800-13,200 1-hr outpatient sessions/yr; 360-450 short (15-30 min) inpatient sessions/yr	Outpatient: ~thousands Inpatient: 2,500/yr

16

Compensation

Dr. Paula Gardiner	Sat Siri Sumler	Briane Pinkson	Karen Armstrong	Carolyn Tague
BMC Boston, MA	MDACC Houston, TX	DHMC Lebanon, NH	BHS Royal Oak, MI	CPMC San Fran, CA
Interns: No \$ compensation	Contractors: \$55/hr	Contractors: \$35/hr	Interns: No \$ Compensation	Interns: No \$ Compensation
Contractors: \$40/hr	Salaried FT: Base pay range 41K-68K; Benefits for mid-range (52.5K) = additional \$15K	Salaried PT Healing Arts Practitioner: \$25/hr plus benefits	Contingent (non-benefited) Employees: \$26-36/massage FT & PT Benefited Employees: \$16-21/hr plus benefits	Per Diem Employees (Associates): \$30-65/hr Salaried Employees: \$30-65/hr (Bay area-wide level of compensation for HBMT)

17




**Research Resources:
Tips for Using Research
to Promote HBMT**

www.pubmed.gov (published research)
www.clinicaltrials.gov (research in progress)

When searching at these sites:
Avoid “massage therapy” “hospital-based”
Instead, search by condition or treatment

- Massage therapy cancer
- Massage therapy stroke
- Massage therapy migraine
- Massage therapy back pain

**Research
(some favorites)**



Mitchinson AR, Hyungjin MK, Rosenberg JM, Geisser M, Kirsch M, Cikrit D, Hinshaw DB. **Acute postoperative pain management using massage as an adjuvant therapy: a randomized trial.** Arch Surg 2007;142(12):1158-1167

Grealish L, Lomasney A, Whiteman B. Foot massage. **A nursing intervention to modify the distressing symptoms of pain and nausea in patients hospitalized with cancer.** Cancer Nurs. 2000 Jun;23(3):237-43.

Post-White J, Kinney ME, Wavik K, Gau JB, Wilcox C, Lerner I. **Therapeutic massage and healing touch improve symptoms in cancer.** Integrative Cancer Therapies 2003;2(4):332-44.

Jane SW, Chen SL, Wilkie DJ, Lin YC, Foreman SW, Beaton RD, Fan JY, Lu MY, Want YY, Lin YH, Liao MN. **Effects of massage on pain, mood status, relaxation, and sleep in Taiwanese patients with metastatic bone pain: a randomized clinical trial.** Pain 152(2011) 2432-2442.

Cassileth BR, Vickers AJ. **Massage therapy for symptom control: outcome study at a major cancer center.** Journal of Pain and Symptom Management Sep 2004;28(3):244-9₃

Mitchinson et al. (2007)

Sample size: 605 veterans
Undergoing major surgery
Procedure: up to five 20-min back massages
Controls: Individual attention, routine care



Findings. Compared to controls, massage associated with:

- ↓ Pain
- ↓ Short-term anxiety

24

Grealish L et al. (2000)



Sample size: 87 inpatients
Procedure: 10-min foot massage
Control: Quiet time

Findings. Compared to control, massage associated with:

- ↓ Pain
- ↓ Nausea
- ↑ Relaxation

25

Post-White et al., 2003

Sample size: 164 outpatients in chemotherapy
Control/Comparisons: Standard care, Healing Touch, Caring presence

Findings. Compared to control, massage associated with:

- ↓ Anxiety
- ↓ Pain
- ↓ Analgesic use
- ↑ Mood
- ↑ Relaxation
- No change in nausea (!)



26

Cassileth and Vickers, 2004

Sample size: 1290 in- and outpatients

Control: None

Procedure: 20-60 min. massage

Findings. Compared to pre-massage values, post-massage values suggested:

Pain ↓ 40%

Nausea ↓ 21.2%

Fatigue ↓ 40.7%

Anxiety ↓ 52.2%

Depression ↓ 30.6%

27

Jane et al, 2011

Sample size: 84 inpatients

Control: attention

Procedure: 45 min. massage (3 sessions)

Findings. Compared to control, massage associated with:

Pain ↓

Mood status improved

Muscle relaxation ↑



28

Research References

Cassileth BR, Vickers AJ. Massage therapy for symptom control: outcome study at a major cancer center. *Journal of Pain and Symptom Management* Sep 2004;28(3):244-9.

Corbin L. Safety and efficacy of massage therapy for patients with cancer. *Cancer Control* Jul 2005;12(3):158-164.

Ernst E. Massage therapy for cancer palliation and supportive care: a systematic review of randomised clinical trials. *Support Care Cancer*. 2009 Jan 13.

Grealish L, Lomasney A, Whiteman B. Foot massage. A nursing intervention to modify the distressing symptoms of pain and nausea in patients hospitalized with cancer. *Cancer Nurs*. 2000 Jun;23(3):237-43.

Jane SW, Chen SL, Wilkie DJ, Lin YC, Foreman SW, Beaton RD, Fan JY, Lu MY, Want YY, Lin YH, Liao MN. Effects of massage on pain, mood status, relaxation, and sleep in Taiwanese patients with metastatic bone pain: a randomized clinical trial. *Pain* 152(2011) 2432-2442.

Jane SW, Wilkie DJ, Gallucci BB, Beaton RD. Systematic review of massage intervention for adult patients with cancer: a methodological perspective. *Cancer Nurs*. 2008 Nov-Dec;31(6):E24-35. Review.

Kutner J, et al. Methodological challenges in conducting a multi-site randomized clinical trial of massage therapy in hospice. *Journal of Palliative Medicine* 2010; 13(6):739-744. [Click here for an abstract.](#)

Kutner J, et al. Massage therapy versus simple touch to improve pain and mood in patients with advanced cancer. *Annals of Internal Medicine*: September 16, 2008; 149(6):369-380.

Lu W, Ott MJ, Kennedy S, Mathay MB, Doherty-Gilman AM, Dean-Clower E, Hayes CM, Rosenthal DS. Integrative Tumor Board: a case report and discussion from Dana-Farber Cancer Institute. *Integr Cancer Ther*. 2009 Sep;8(3):235-41.

29

Research References, continued

- Menard MB. Making Sense of Research (2nd ed). Toronto: Curties-Overzet Publications, 2010.
- Moyer, C, et al. Does massage therapy reduce cortisol? A comprehensive quantitative review. *Journal of Bodywork & Movement Therapies* (2011)15:3-14.
- Moyer C, et al. A meta-analysis of massage therapy research. American Psychological Association, Inc. 2004;130(1):1,3-18.
- Myers C, Walton T, Small B. The value of massage therapy in cancer care. *Hematology/Oncology Clinics of North America* 2008;22:649-660.
- Phipps S, Barrera M, Vannatta K, Xiong X et al. Complementary therapies for children undergoing stem cell transplantation: report of a multisite trial. *Cancer* 2010 Jul 12. (Epub ahead of print)
- Phipps S, Dunavant M, Gray E, Rai SN. Massage therapy in children undergoing hematopoietic stem cell transplantation: results of a pilot trial. *Journal of Cancer Integrative Medicine* 2005;3(2):62-70.
- Phipps, S. Reduction of distress associated with paediatric bone marrow transplant: complementary health promotion interventions. *Pediatric Rehabilitation* 2002;5(4):223-34.
- Post-White J, Kinney ME, Wavik K, Gau JB, Wilcox C, Lerner I. Therapeutic massage and healing touch improve symptoms in cancer. *Integrative Cancer Therapies* 2003;2(4):332-44.
- Walton T. "Massage Research in Massage Practice," in *Medical Conditions and Massage Therapy: A Decision Tree Approach*. Philadelphia: Lippincott Williams & Wilkins, 2011.

30

THANK YOU,

Paula, Sat Siri, Briane, Karen, Carolyn!

--from ALL OF US



Webinars Available On Demand



Other Webinars with Tracy Walton

- Massage in Cancer Care
- More About Cancer & Massage
- Cardiovascular Conditions & Massage

All Webinars Available at www.BenBenjamin.com

32

Webinars Available On Demand

 <p>Dr. Ben Benjamin Unraveling the Mystery Series:</p> <ul style="list-style-type: none"> • Low Back Pain • Cervical Pain • Shoulder Pain • Knee Pain • Ankle Pain • Hip & Thigh Pain 	 <p>Whitney Lowe</p> <ul style="list-style-type: none"> • Orthopedic Approaches to Upper Body Disorders • Orthopedic Approaches to Lumbo-Pelvic Pain
 <p>Tom Myers</p> <ul style="list-style-type: none"> • Anatomy Trains: Clinical Applications of Myofascial Meridians • Beyond Good Posture 	 <p>Carole Osborne</p> <ul style="list-style-type: none"> • Pregnancy Massage 101
<p>And Many More...</p>	
<p>All Webinars Available at www.BenBenjamin.com</p>	

SPECIAL OFFER

JOIN
The Benjamin Institute
E-Mailing List
&
Receive a **FREE Ebook**
on the Low Back



**Go to: www.BenBenjamin.com
And click "Join Our Mailing List"**

Keep Learning

www.BenBenjamin.com/Webinars.php
