Hospital-Based Massage Therapy at MD Anderson Cancer Center

Part 2 of the webinar series, “Hospital-Based Massage Therapy: Successes, Challenges, and Sound Advice” with Tracy Walton

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

Tracy Walton
MS, LMT

Researcher
Writer
Educator
Oncology massage specialist
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

Featured Hospitals

California Pacific Medical Center
San Francisco, CA

Beaumont Health Systems
Royal Oak, MI

Dartmouth-Hitchcock Medical Center
Lebanon, NH

MD Anderson Cancer Center
Houston, TX

Boston Medical Center
Boston, MA
Featured Hospitals

- Briane Pinkson
  Dartmouth-Hitchcock Medical Center
  Lebanon, NH

- Karen Armstrong
  Beaumont Health Systems
  Royal Oak, MI

- Paula Gardiner
  Boston Medical Center
  Boston, MA

- Carolyn Tague
  California Pacific Medical Center
  San Francisco, CA

- Sat Siri Sumler
  MD Anderson Cancer Center
  Houston, TX

In this Webinar

- Sat Siri Sumler
  MD Anderson Cancer Center
  Houston, TX
Roadmap for Webinar

- Featured Presenter/Program: Sat Siri Sumler, MD Anderson Cancer Center
  - Sat Siri’s background
  - MDACC and Integrative Medicine
  - Massage Therapy Program

- Questions from Participants

Sat Siri Sumler, LMT

- Trained in Bodywork with Yogi Bhajan 1970s
- Trained in Swedish Massage at Tomball Academy of Professional Massage 1989
- Yoga Instructor Massage Therapist at MDACC, since 1999
- Mom of two daughters
Integrative Medicine at MD Anderson Cancer Center

Music Therapy
Acupuncture
Massage Therapy

From www.mdanderson.org
Massage Therapy

History

- Laura Fletcher, Director of The Place... of wellness
- Partnered w/ Dr. Ki Shin, from Physical Medicine
- Started with 1 massage therapist, Cynthia Ramon
Integrative Medicine Staff

Champions

From www.mdanderson.org
Where Massage Therapy is Offered:  

**Inpatient Rooms**

- Bedside massage, 20’
- **Free service**
- Palliative Care  
  (dedicated unit 2x/wk)
- Intensive & Critical Care
- Post Op & Rehabilitation Units
- Texas Children’s Cancer Hospital
- Stem Cell Transplant Unit

Where Massage Therapy is Offered:  

**Outpatient, Wait Areas**

- Outpatient clinic  
  (30’ or 60’ Oncology massage)  
  (fee for service)
- Outpatient clinic & Wait areas  
  (patients and caregivers)  
  (10’ chair massage - free)
- Chemo infusion rooms  
  (20’ Foot/back massage - free)
Where Massage Therapy is Offered: Training Caregivers

To charge, or not to charge? How much to charge?
How are MTs Credentialed?

- Texas State License
- NCTM or NCTMB
- Drug Testing for New Hires
- Minimum 1 year in practice
- Immunizations
- TB Screening
Space

Equipment
Massage Protocols

Pediatric Massage Protocols
Charting Massage Pressure

1. Light Lathering
2. Heavy Lathering
3. Medium Pressure
4. Strong Pressure
5. Deep Pressure

Communication
A Typical Day

Funding

• Hospital revenue
• Fee for service
• Grants (Such as Angie’s Spa)
Research & Publications on Massage


Visit CIMER site (Complementary and Integrative Medicine Education and Research)

Training at MD Anderson
Training at MD Anderson for Acupuncturists, Massage Therapists, and Yoga Teachers

Listed at
www.mdanderson.org/conferences

What worked?

- Dedicated times in inpatient units!
- Hydraulic tables in outpatient clinic
- Staff nurse in outpatient clinic
- 30 minutes between appts. in outpatient clinic
- MT “rooms” patient in outpatient clinic
Do Differently?

• Get credentialed to read/write in chart earlier. Hard to rely on 3rd party to transmit info.

• Not try scheduling inpatient appointments. (Too many interruptions and schedule changes, walking all over the hospital.)

Lesson Learned?

• Do not always focus on data, or improving outcomes.
• Focus on the moment
THANK YOU!
Questions?

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Contest

How to enter:

• Write a review of a “Hospital-Based Massage” webinar on Dr. Benjamin’s Facebook Wall at Facebook.com/BenjaminInstitute.

• You’re eligible for one entry per webinar

What you can win:

• A free copy of Massage for the Hospital Patient and Medically Frail Client by Gayle MacDonald

• A complete set of the “Hospital-Based Massage Therapy” webinar series to give to a friend or colleague
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

Webinars Available On Demand

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• Cervical Pain
• Shoulder Pain
• Knee Pain
• Ankle Pain
• Hip & Thigh Pain

Whitney Lowe
• Orthopedic Approaches to Upper Body Disorders
• Orthopedic Approaches to Lumbo-Pelvic Pain

Tom Myers
• Anatomy Trains: Clinical Applications of Myofascial Meridians
• Beyond Good Posture

Carole Osborne
• Pregnancy Massage 101

Tracy Walton
• Massage in Cancer Care
• Cardiovascular Conditions & Massage
• Hospital-Based Massage

And Many More...

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