

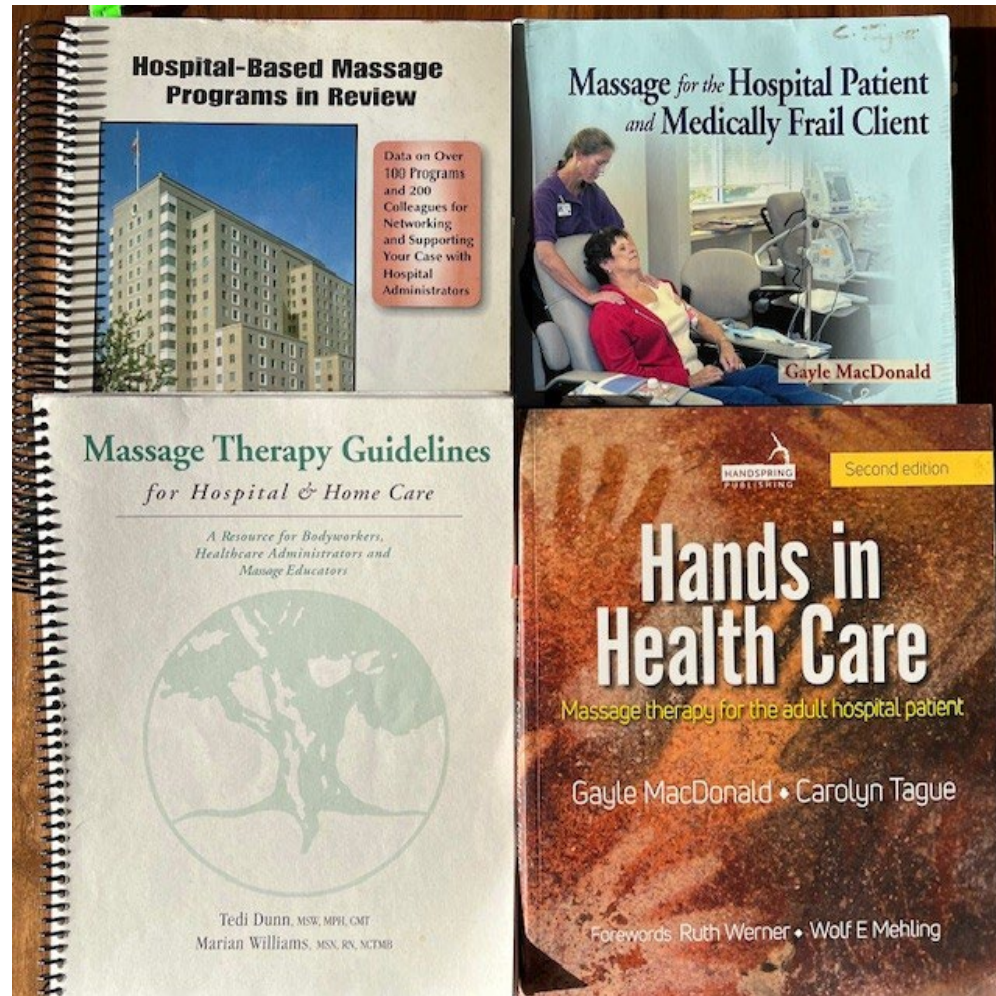


What's different about Massage Therapy in a Healthcare setting?

Carolyn Tague, MA CMT



Our History





Massage Therapy for the In-Patient

What's makes it different?

Environment

- Equipment, Sounds, workflow
- Policies & Procedures
 - Electronic health records (E/MHR)
 - Orders and Authorizing Providers
 - Scope of practice
- Working on a Team

Medical Conditions

- Assessing risks and contraindications
- Treatment plans and Pt outcomes
 - Pain, anxiety, fatigue, nausea, insomnia
 - Parasympathetic NS activation



Oncology & Beyond: Medical Conditions of our clients/patients

Assessing Risks & Contraindications AND Planning for best outcomes

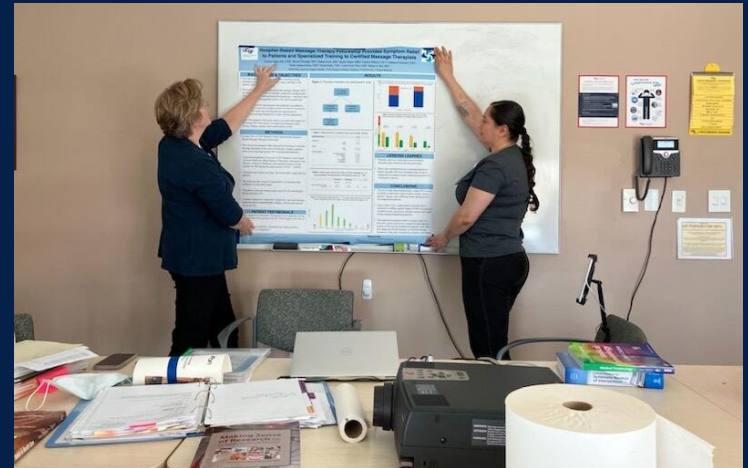
Risks & Contraindications

- Oncology, Neuro, Cardio, et al:
 - DVT, Thrombocytopenia, HOB, Fall risks, Vital sign changes, pressure wounds, lymphedema, neuropathy
 - Side effects
 - Medical devices (IV, NG tubes, O2, ports, trachs, catheters, et al)
- Positioning restrictions, pressure adjustments, sites to avoid

Indications and Outcomes

- Rest, Repair, Restore
 - Parasympathetic nervous system
 - Anti-inflammatory?
 - Stress and Anxiety reduction
 - Improved sleep
 - Symptom management (Pain, nausea, etc)
- Comfort and Care
 - Companionship
 - Therapeutic relationship
 - “Attention” may induce the innate healing process

Day in the Life





Out- Pt Clinics and Ambulatory Care

Healthcare settings where Massage Therapy services may be appropriate

**Infusion
Centers**

**Integrative
Health Clinics**

**Hospice
Centers and
Agencies**

Cancer Centers

**Skilled Nursing
Memory Care**

**Physical Therapy
Chiropractic
Rehabilitation**

Pictures do tell the story best



Education for Healthcare-based MTs

Carolyn's recommendations

- S4OM Foundational course
- Advanced Oncology courses
- Hospital-based training
- Specialty population or medical condition training
- REPEAT! (every 3-4 years)



Jobs!

What are the employment opportunities?

Types of employment:

- Contractor, Per diem, Part time, benefited, Full time, benefited

Locations:

- Integrative Medicine/Health clinics
- Infusion Centers
- Hospice
- Hospitals – IM, Peds, Cancer depts

Starting a new program:

Big Topic!

Recommendations:

- Appropriately trained MT(s)
- Internal Champion, preferably with an MD
- Start small
- Identify funding sources
- Identify “comps”



Core Competencies include critical thinking skills, excellence in providing appropriately adjusted hands-on massage therapy which delivers safe and effective sessions, familiarity with healthcare environments and culture, and therapeutic relationship skills for being present with medically complex patients, their families and healthcare teams.

Carolyn Tague

Program manager & Lead Instructor

Stad Center | UCSF

Resources

Books

- MacDonald, Tague “Hands in Healthcare: Massage Therapy for the Adult Patient” (2021)
- Spence, Cynthia “Palliative Touch: Massage for people at the end of life” (2022)
- Search Tracy Walton, Ruth Werner

Associations

- S4OM – www.s40m.org
- AMTiHC – Association of Massage Therapists in Healthcare
 - www.amtihc.org

HBMt education programs:

- Healwell – (DC area) Call Cates - www.healwell.org
- Corewell – (Michigan) Karen Armstrong, karen.Armstrong@corewellhealth.org
- UKY – Jill Cole (Kentucky) – jill.cole1@uky.edu
- Heart Touch Project (LA, CA) – www.hearttouch.org
- UCSF – Carolyn Tague – (San Francisco) Carolyn.tague@ucsf.edu

Up and coming?

- City of Hope, So. Cal
- Huntsman Cancer Center, Utah