Medical Clearance Form

Client: _____ DOB: _____

Massage Therapist: _____

Address: _____

Phone Number: _____ Fax: _____

Type of Massage Therapy: _____

☐ Cleared

☐ Cleared after completing evaluation/rehabilitation for: _____
_____
_____
_____
_____

☐ Not Cleared for: _____ Reason: _____
_____
_____
_____
_____

Recommendations/Restrictions: _____
_____
_____
_____
_____

Name of Physician (print/type): _____ Date: _____

Address: _____

Phone Number: _____ Fax: _____

Signature of Physician: _____

Signature of Client: _____ Date: _____

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Massage and Cancer

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CANCER

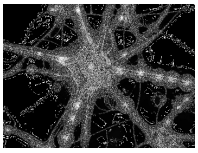
Why Learn This?

- You will have clients who have cancer
- Need to make safe practice decisions
- Many cancers involve invasive treatment and must be taken into consideration during treatment planning and administration

Cancer

- A primer

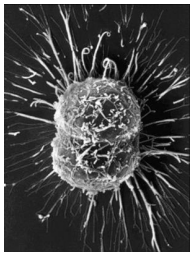
Normal Cells



- Normal body cells are uniform in size & shape, & they possess functions that benefit the organism
- In its life, certain events are noted:
  - Grows & divides
  - Performs specialized functions
  - Ages & dies

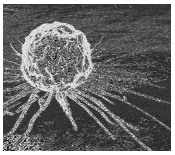
Change on the Horizon

- When normal cells or cellular processes are disrupted by genetics or disease, or bombarded by ultraviolet radiation in sunlight or food additives, cells can mutate
- Some of these mutated cells become malignant or cancerous cells



Cancerous Cells

- Mutated cells look & behave differently
- They become undifferentiated, possessing abnormal shapes & sizes
- Some mutated cells become malignant or cancerous cells
- In fact, the more undifferentiated the cell, the more malignant



Cancer Defined

- **Cancer** is characterized by abnormal cells that possess uncontrollable cell division & lack programmed cell death
- Do not follow the same laws governing other cells & serve no useful purpose
- Can accumulate into masses called *tumors*
- Can spread & invade other tissues at the expense of the affected person's health

The Word "Cancer"

- In fact, the ability of cancer cells to spread is how cancer got its name
- Hippocrates used the Latin *karkinoma*, or crab, to describe appendage-like projections extending from cancerous tumors

Incidence and Prevalence

- Cancer is a leading cause of death in the US & incidence increases markedly with advancing age

- American Cancer Society estimates that 1.4 million people in the US are diagnosed with cancer & over 560,000 people die of cancer each year

Leading Sites of New Cancer Cases and Deaths

New Cases	
Men	**Women**
Prostate 218,890 (29%)	Breast 178,480 (26%)
Lung and bronchus 114,760 (15%)	Lung and bronchus 98,620 (15%)
Colon and rectum 79,130 (10%)	Colon and rectum 74,630 (11%)
Urinary bladder 50,040 (7%)	Uterus 39,080 (6%)
Non-Hodgkin lymphoma 34,200 (4%)	Non-Hodgkin lymphoma 28,990 (4%)
Melanoma—skin 33,910 (4%)	Melanoma—skin 26,030 (4%)
Kidney 31,590 (4%)	Thyroid 25,480 (4%)
Leukemia 24,800 (3%)	Ovary 22,430 (3%)
Oral cavity and pharynx 24,180 (3%)	Pancreas 18,340 (3%)
Pancreas 18,830 (2%)	Urinary bladder 17,120 (3%)
All sites 766,860	**All sites 678,060**

(2008)

Leading Sites of New Cancer Cases and Deaths

Deaths	
Men	**Women**
Lung and bronchus 89,510 (31%)	Lung and bronchus 70,880 (26%)
Prostate 27,050 (9%)	Breast 40,460 (15%)
Colon and rectum 26,000 (9%)	Colon and rectum 26,180 (10%)
Pancreas 16,840 (6%)	Pancreas 16,530 (6%)
Leukemia 12,320 (4%)	Ovary 15,280 (6%)
Liver 11,280 (4%)	Leukemia 9470 (4%)
Esophagus 10,900 (4%)	Non-Hodgkin lymphoma 9060 (3%)
Non-Hodgkin lymphoma 9600 (3%)	Uterus 7400 (3%)
Urinary bladder 9630 (3%)	Brain 5590 (2%)
Kidney 8080 (3%)	Multiple myeloma 5240 (2%)
All sites 289,550	**All sites 270,100**

(2008)

Tumors

- Masses formed by abnormal cell growth
- Tumors = neoplasms
- Types are:
  - **Benign**: noncancerous tumors
  - **Malignant**: cancerous tumors
- Cancer is referred to as a *malignancy*

More on Malignant Tumors

- Infiltrate normal tissue like roots of a tree penetrating soil
- Cells break away from a primary tumor & migrate, leading to secondary tumors
- Their entire existence is centered on continual growth & replication
- Difficult to eradicate from the body

Dysplasia

- Abnormal cell development
- Presence of precancerous lesions
- When dysplastic cells change to neoplastic (cancer) cells, it is then *cancer is situ*

Cancer In Situ

- Cancer is present only cell layers it began
- There is no tissue invasion
- These cancers can remain in situ for months or years
- Most are found in the oral cavity, esophagus, cervix, & skin

Cancer Metastasis

- Spreading of cancer to distant sites
- Cells within a primary tumor become detached
- Tumor emboli are carried by body fluids where they form secondary tumors
- Not all cancer cells survive, but only a few are needed to start metastatic tumors

What? Breast Cancer in the Liver Is Not Called Liver Cancer?

- Metastatic tumors consist of cells from a primary tumor
- If breast cancer spreads to the liver, the secondary tumor in the liver consists of breast cancer cells (not liver cancer cells)

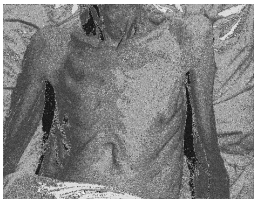
In this scenario, the cancer in the liver is metastatic breast cancer (not liver cancer)

Signs and Symptoms

- Cancer lacks early signs & symptoms
- Many S/S related to tumor growth
- Most cancers are diagnosed when they are well-advanced

Signs and Symptoms

- S/S common to far-advanced cancers include pain, fatigue, & cachexia
  - Fatigue is also frequent in cancer treatments



Massage and Cancer

- Help From Loving Hands & Hearts

A Life Affected By Cancer

- The thought of cancer brings fear, anxiety, & stress, including:
  - Fear of death
  - Fear of the treatment & disfigurement
  - Anxiety related to long-term disability
  - Financial stress

How Massage Can Help

- Massage can:
  - Reduce muscle tension
  - Decrease pain
  - Promote relaxation
  - Improve sleep
  - Bolster immune function
  - Reduce or prevents edema
  - Decrease nausea
  - Reduce fatigue that affects many cancer patients

Teach Massage to Caregivers

Sometimes, receiving massage from a caregiver is more advantageous for the client with cancer

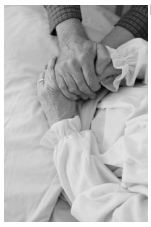
Caregivers often feel helpless…

…and giving this loving tool allows them to offer something to their loved one

Teaching Self Massage

- Help clients with cancer manage symptoms
- This may include simple instruction in:
  - Neck massage
  - Shoulder massage
  - Foot massage
  - Abdominal massage

The Terminally Ill Client



- If hospice is called in:
  - Use only light gliding strokes or gentle compression
  - Limit the session to 30 minutes or less
  - Teach self massage & loved ones/caregivers to perform gentle massage strokes

General Guidelines

- For Cancer

Obtain Physician Clearance

- Because your client will be under medical supervision, obtain clearance
- Be willing to collaborate with other health care professionals or be a member of a treatment team

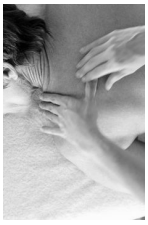
The Intake Process

- Ask about:
  - Session goals
  - Any surgical procedures
  - Cancer treatments
  - Medications
  - Current symptoms

Educate Yourself

- Find out about the type of cancer & types of treatments
- Field of cancer is constantly changing
- Keep up-to-date with new developments

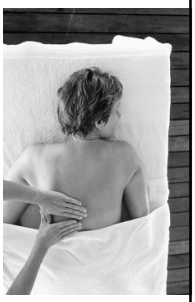
Note Discomfort



- Notice:
  - Grimacing
  - Holding the breath
  - Breathing rapidly
  - Flinching
  - Tightening muscles
- If observed, discuss & adjust pressure
- Can use techniques that utilize touch rather than massage

Areas To Avoid

- Avoid:
  - Known tumor sites
  - Cancerous lesions (e.g., skin cancers)
  - Enlarged lymph nodes
  - Areas subjected to radiation (both entrance & exit sites) up to two weeks after treatment is complete
  - Ports used to administer chemotherapy



Note Signs of Fatigue

- Note:
  - Short attention span
  - Labored or uneven breathing
  - Breathing with lots of sighs
  - Eyes glazed over during the intake process

If observed, discuss & make adjustments such as a slower, shorter massage and lighter-than-normal pressure

Your Client May Feel Emotional

- Cancer diagnosis often occurs when well advanced
- Your client may experience a range of emotions such as anxiety, anger, & depression
- Recognize & honor when your client does not want to talk or needs to talk
- Listen & offer emotional support

Document

- Client S/S
- Your observations
- Areas worked
- Areas avoided
- Techniques used
- Length of session
- How your client tolerated prior sessions
- Anything else you think is important

Specific Guidelines

For Cancer Treatments

Types of Cancer Treatments

- Goal of treatment is to eradicate cancer from the body
- Most common treatments are:
  - Surgery
  - Radiation
  - Chemotherapy

Cancer Treatments Take Their Toll

- These are enormously taxing on the body & have undesirable side effects:
  - Hair loss
  - Loss of organs or limbs
  - Fatigue
  - Anemia
  - Skin changes (redness, burning)

Surgery

- Removes tumors, cancerous organs, & neighboring lymph nodes
- Can be so extensive that it involves amputation of a limb or one or both breasts
- Indicated for premalignant tumors because they might progress into invasive cancers
- Used in diagnosis (biopsy) & evaluation (staging)

Biopsy

- Removal of living tissue for examination
- Removed tissue is examined to determine the presence or extent of cancer
- It is the definitive test for all cancers

Surgical Risk: Blood Clots

- Blood clots form as part of the healing process
- Clots form due to inactivity & bed rest, both common after surgery
- Avoid massage to the lower extremities and over incision site for 10 days after the client is ambulatory
- Inquire about any restrictions from physician

Surgical Risk: Edema

- Common after surgery, especially if nodes were removed
- Elevate affected limb to promote dependent drainage
- Use gentle superficial gliding strokes applied centripetally
- Massage proximal to affected area if it is located on the extremities
- Heat is contraindicated

Radiation

- Radiation kills or inactivates cancer by preventing mitosis or by causing cell death
- Radiation affects all rapidly dividing cells, so some normal cells are affected such as
  - Gut epithelium
  - Hair follicles
  - Bone marrow
  - Gonads
- This is true for chemotherapy as well

Radiation Side Effect: The Skin

- Skin changes can occur & include:
  - Redness
  - Dryness
  - Irritation (rash-like in appearance)
  - Itchy or hypersensitive
- Avoid the area for 2 weeks after final treatment
  - Lubricants may interfere with radiation

Radiation Side Effect: Fatigue

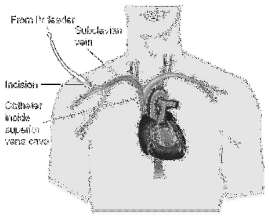
- Reduce treatment time to 30 minutes
- Use slower strokes & lighter-than-normal pressure

Chemotherapy

- More than one half of cancer patients receive chemotherapy
- Treatment targets fast-growing cells, which accounts for many classic side effects
  - Infection
  - Anemia
  - GI distress
  - Hair loss

Chemotherapy Ports

- Avoid:
  - The area around the port
  - Deep massage to the arm adjacent to the port
  - Shoulder mobs near the port until the area has completely healed



A Day Of Rest

- Chemotherapy agents may cause your client to feel tired and fatigued after treatment
- Postpone massage until the day after chemotherapy

Chemotherapy Side Effect: Infection

- All blood cells are affected (WBCs, RBCs, platelets)
- Postpone massage if:
  - Your client has systemic infection (indicated by fever) until fever-free for 48 hrs
  - You or a household member is sick (you might be a carrier of infection)

Chemotherapy Side Effect: Anemia

- Anemia can cause:
  - Fatigue
  - Orthostatic hypotension
  - Shortness of breath
  - Dizziness
  - Cold intolerance
- *What do you think should happen?*

Chemotherapy Side Effect: GI

- Abdominal pain
- Nausea
- Diarrhea
- Mouth sores
- *What do you think should happen?*

Chemotherapy Side Effects: Hair Loss

- Respect your client's wishes about having the head exposed or touched

Give the Gift of Touch

- Your manner and presence are as important as the touch you offer
- Some clients need to cry, some need to express anger, and others need to convey fears
- Provide space for clients to express their feelings
- Give respectful, attentive touch
- *Cancer is a word, not a sentence*. ~ J. Diamond

Questions???

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Resources

- American Cancer Society
  www.cancer.org
- American Institute for Cancer Research
  www.aicr.org
- Canadian Cancer Society
  www.cancer.ca
- National Cancer Institute
  www.cancer.gov

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Massage and Cancer

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Intake Form for People Living with Cancer

Name: _____

Address: _____

Telephone (am) _____ Telephone (pm) _____

Email _____

Are you a cancer survivor? ☐ Yes ☐ No

If yes, type of cancer and location: _____

When was it diagnosed? _____

Any known metastases? _____ If so, where? _____

Are you currently in treatment? ☐ Yes ☐ No ☐ Not applicable

If yes, type of treatment currently ongoing: _____

If no, when did you finish treatment? _____

What types of treatment did you receive and to what areas of your body? _____

_____

Please circle any of the following that may apply to you:

Fragile or sensitive skin Scar or incision Location _____

Decreased immunity Easy bruising Blood clots Neuropathy Location _____

Lymph node treatment or removal Location _____

Lymphedema Location _____

Fatigue Nausea Osteoporosis Medical device Location _____

High blood pressure Varicose veins Diabetes Constipation Hearing loss

Allergy or sensitivity to oils/lotion: ☐ Yes ☐ No

Have you ever had a therapeutic massage? ☐ Yes ☐ No

Please indicate your goals for massage therapy session today:

☐ Relaxation ☐ Pain management ☐ Other: _____

Your primary physician's information:

Name: _____ Telephone: _____ Fax: _____

Please do not hesitate to communicate your needs with your therapist at any time during treatment, and enjoy your session.

Client signature: _____ Today's date: _____