Hospital-Based Massage Therapy at Boston Medical Center

with Paula Gardiner, MD, MPH

Part 1 of the webinar series, “Hospital-Based Massage Therapy: Successes, Challenges, and Sound Advice” with Tracy Walton
Resources in Hospital-Based Massage Therapy

• Associations/Organizations
• Publications
• Research
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
Resources in Hospital-Based Massage Therapy

• Society for Oncology Massage
  – Sets standards for oncology massage education
  – Lists hospitals providing oncology massage

www.s4om.org
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
AMTA Career Success Series

• “Working in a Health Care Environment”

A guide from the AMTA

Free download

Available at:

www.amtamassage.org
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:


www.hbmn.com
Resources in Hospital-Based Massage Therapy
Books

MacDonald, G.

*Massage for the Hospital Patient and Medically Frail Client*
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*
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 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
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
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 (!)
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%
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 ↑
Research References


