

# Metta Oncology Massage

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_ (v1.5)

**Dear Physician** - This patient (authorization for disclosure on reverse) has requested your approval for comfort oriented massage therapy to improve the quality of life at one of life's most stressful times. Massage has been shown to induce the relaxation response, enhance immune function, improve quality of sleep, improve bowel function, reduce pain, and reduce treatment-related fatigue, nausea, diarrhea and loss of appetite. It also reconnects mind and body, help reestablish a positive body self-image and empowers patient participation in the healing process.

### Please Check Applicable Medical Precautions

Massage Treatment Plan: Slow, rhythmic mix of manual massage techniques at pressures from 0 to 8, to patient comfort. (See reverse for pressure staging) Local or general restrictions on site, pressure and position are indicated.

- |   |  |
|---|--|
| <input type="checkbox"/> IV or central line - distal to site only, 0-5    | <input type="checkbox"/> Port - avoid site; caution in prone position            |
| <input type="checkbox"/> Foley - abdomen, 0; caution in prone position    | <input type="checkbox"/> Col / Iliostomy -abdomen, 0; caution in prone position  |
| <input type="checkbox"/> PEG Tube - abdomen, 0; caution in prone position | <input type="checkbox"/> Breast expander - chest, 0-5; caution in prone position |
| <input type="checkbox"/> Constipation - abdomen, 0-6; clockwise           | <input type="checkbox"/> Ascites - abdomen, 0-1                                  |
| <input type="checkbox"/> Thrombocytopenia - below 100 - general, 0-5      | <input type="checkbox"/> Leukopenia - general, 0-5; infection precautions        |
| <input type="checkbox"/> " below 50 - general, 0-3                        | <input type="checkbox"/> Anticoagulant therapy - general, 0-4                    |
| <input type="checkbox"/> " below 20 - general, 0-1                        | <input type="checkbox"/> DVT - lower limbs, 0-1                                  |

Immunosuppression - Precautions: \_\_\_\_\_

Tumor - local, 0-1; Site(s): \_\_\_\_\_

Incision - local, 0; for \_\_\_\_\_ weeks after surgery. Thereafter, light work to reorient collagen.

Bone metastasis - local 0-4 to patient tolerance; Site(s): \_\_\_\_\_ Activity Restrictions \_\_\_\_\_

Skin rash, burn, wheal, disrupted integrity, hypersensitivity, severe itching, lesion - local, 0

Radiation skin reaction - local, 0-3 depending on skin condition, aloe vera gel only.

Upcoming radiation - Avoid skin products containing metals, alcohol, \_\_\_\_\_

Nodal enlargement, local, 0-4; # \_\_\_\_\_; Site(s): \_\_\_\_\_

Nodal excision, local and distally, 0-4; # \_\_\_\_\_; Site(s) \_\_\_\_\_; lymphedema precautions

Nodal irradiation, local and distally, 0-4; # \_\_\_\_\_; Site(s): \_\_\_\_\_; lymphedema precautions

Edema - local, 0-4; elevate, treat areas from proximal to distal, within areas from distal to proximal, passive ROM

Lymphedema - local, 0-1; refer for specialized treatment

Hazard to Massage Therapist. Avoid massage for \_\_\_\_\_ days after:

cyclophosphamide / thiotepa / etoposide  radioactive implant (site) \_\_\_\_\_

radioactive iodine  other \_\_\_\_\_

Other Restrictions, Instructions or Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician or RN \_\_\_\_\_ Date \_\_\_\_\_

**Please return to: Metta Massage Therapy, 500 Route One - Suite 10, Yarmouth, ME 04096.  
Questions: call Bruce A. Hopkins, LMT at 207-831-8067. Thank You.**

*May you be at peace. May your heart remain open. May you awaken to the light of your own true nature.  
May you be healed. May you be a source of healing to all beings ..... The metta of the Buddha*

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Patient Name

Date of birth

Today's date

Physician Name/Address

## **AUTHORIZATION FOR USE OR DISCLOSURE OF MEDICAL INFORMATION**

### **EXPLANATION -**

This authorization for use or disclosure of medical information is being requested to comply with the terms of the federal HIPAA privacy regulations, 45 C.F.R. § 164.508.

### **AUTHORIZATION**

I hereby authorize communication by and between \_\_\_\_\_ M.D. and Bruce A. Hopkins, LMT of my medical records and information.

### **LIMITATION**

This authorization is limited to records and information relevant to my receipt of massage therapy.

### **DURATION**

This authorization shall become effective immediately and shall remain in effect for one year.

### **NOTICE**

Information used or disclosed pursuant to an authorization may be subject to redisclosure by the recipient and no longer protected by the federal health information privacy regulations.

### **MY RIGHTS**

I may revoke this authorization at any time by written notice to the parties, delivered by certified mail..

I have a right to receive a copy of this authorization.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

## **Staging of Oncology Massage Techniques**

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### No Contact, No Pressure

- 0 S.E.T. - subtle energy techniques without skin contact

### Superficial Pressure - to the skin, without ischemia.

- 1 Holding - gently placing hands on various parts of the body.  
2 Rocking - gently placing hands and rocking slowly.  
3 Oiling - applying oil and stroking lightly, minimizing depression or wrinkling of skin.

### Light Pressure - to the skin and soft tissue - transient ischemia without hyperemia.

- 4 Light effleurage - light gliding strokes following the underlying muscle, fascial plane or dermatome.  
5 Light petrissage - gentle kneading, rhythmic rolling, lifting, and squeezing of soft tissue.

### Moderate Pressure - to skin and soft tissues but not to the bone - transient ischemia and moderate hyperemia.

- 6 Effleurage - firm gliding strokes following the underlying muscle, fascial plane or dermatome.  
7 Vibration - fine or coarse tremulous movement to create reflexive responses.  
8 Petrissage - firm kneading, rhythmic rolling, lifting, squeezing and wringing of soft tissue.

### (Not Used) Heavy Pressure - to skin, soft tissues and the bone beneath.

- 9 Percussion / tapotment - Springy blows at a fast rate creating rhythmic compression of the tissue.  
10 Deep work - deep tissue massage, deep transverse friction, myofascial release, etc.

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May you be healed. May you be a source of healing to all beings ..... The metta of the Buddha*