

ONCOLOGY MASSAGE FOR PATIENTS DURING COVID-19



Peter Mac
Peter MacCallum Cancer Centre
Victoria Australia

Oncology massage is available for Peter Mac patients in the Wellbeing Centre. In response to COVID-19, appointment times, session lengths and hygiene steps have been modified.

What is oncology massage?

Oncology massage is a form of massage that meets the need of people who are either:

- newly diagnosed
- undergoing treatment
- in survivorship.

The primary goal is to foster comfort, relaxation and a sense of wellbeing. This may include relief from:

- pain
- nausea
- sleeplessness
- anxiety

It may also mean a time for your body and mind to rest and recharge. It is known to be a safe and effective treatment.

Which days are oncology massage available?

Every Wednesday and Friday

When can I have an appointment?

Four appointments are available on each day:

- 9:45am
- 10:45am
- 11:45am
- 12:45pm

Each session will run for approximately 40 minutes.

Is there a cost?

The first session is free of charge. After that, sessions are offered at the subsidised rate of \$35.00 each.

Patients with financial difficulties are welcome to speak with a Wellbeing Centre staff member about further subsidies.

What can I expect at each session?

- A brief 'catch up' with the therapist about your medical history or any symptoms or side effects you might be experiencing.
- Together with the therapist, your massage is planned to take into account your needs, preferences and how you're feeling on the day.
- Your massage may have a particular focus e.g. neck and shoulders, or include more areas of the body.
- The massage is given through clothing or directly onto the skin using suitable massage lotion/s.
- Takes place in a private and quiet space within the Wellbeing Centre on a comfortable massage table or chair

Please note: Oncology massage is not deep tissue massage.

Will the therapist have access to my medical information?

Yes, the therapist will be able to access your medical information.

When you book an appointment, we will ask for your patient UR number. This will enable the therapist to access relevant information to guide a massage treatment best suited to your needs.

Who will be providing this service?

Ronna Moore is a qualified massage therapist with specialist training through Oncology Massage Training Australia.

She is trained to understand the common impacts of cancer, the side effects of its treatments and to identify when massage may not be suitable.

Ronna will carefully modify each massage treatment to ensure both your safety and the best outcome from your session.

Do I need a referral?

No, you will not require a referral.

However, we encourage you to discuss your intention to access this service with your treating doctor or nurse consultant to ensure there are no medical reasons for not having a massage.

Who do I contact regarding a compliment or concern?

Please contact the Consumer Liaison Team by phone 03 8559 7517 or email consumerliaison@petermac.org.



Important information



For more information or to book an appointment, please contact us on:

Phone: (03) 8559 6260

E-mail: wellbeingcentre@petermac.org

In the event of an emergency, please dial **000** for an ambulance or go to your nearest hospital emergency department.