

Objectives

- Introduce framework of parent randomized trial
- Present findings of qualitative study of participant subset
- Postulate future directions for massage therapy research in advanced illness



PARENT STUDY



Parent Study

- Background:
 - Massage therapy (MT) effective for mgmt pain, anxiety, fatigue, etc.
 - In advanced illness, most MT studies focused on setting of oncology or hospice care; many involve non-massage therapists as providers (nurses, social workers, etc.)



Parent Study

- **Guiding questions:**
 1. *Are multiple massages delivered in sequence better than single massage?*
 2. *Is 20-minute massage better than 10-minute massage?*
- **Study design:** Randomized controlled trial



Parent Study

- **Setting/Subjects:**
 - **Inclusion:** age \geq 18 yo, hospitalized, eligible for palliative care consultation
 - **Exclusion:** unable to consent and/or complete surveys in English, negative-pressure isolation, unstable spine, platelets $<$ 10k, received massage in last 30 days



Parent Study

- **Study intervention:**
 - MTs trained to work w/ patients with serious progressive illness (cancer, HF, etc.)
 - – min training 40h (oncology), 60h (hospital-based)
 - Rotating schedule (reduce “therapist effect”)
 - Each session: individual treatment plan; no verbal or technique-based script



Parent Study



Primary outcome: McGill QOL single item

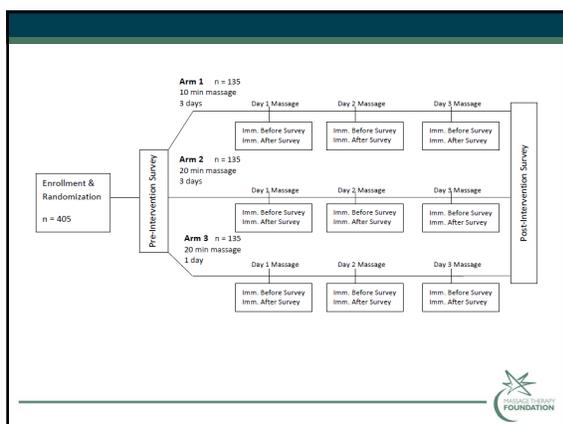
"considering all parts of my life—physical, emotional, social, spiritual, and financial—over the past 2 days, the quality of my life has been..."



Secondary outcomes:

Edmonton Symptom Assessment Scale
NCCN Distress Thermometer
Peace Question
Participant satisfaction





QUALITATIVE STUDY



Qualitative Study

- Participant subset drawn from parent study
- Purposely recruited (“to participate in an interview about massage in the hospital”)
- MTs involved in qualitative design, not in execution
- Data collection May – August 2018
- 20 participated (1 recruit declined)



Demographics.

| Characteristic | N |
|------------------------------|----------------------|
| Demographics (N = 20) | |
| Age, years M(SD) | 50.8 (13.5) |
| Range | 23 – 67yrs |
| Gender | |
| Male | 10 |
| Female | 10 |
| Race/Ethnicity | |
| African American | 13 |
| Caucasian | 6 |
| Other Race/Ethnicity | 1 |
| Principal Diagnosis | |
| Cancer | 4 |
| Heart Failure | 9 |
| Sepsis/Infection | 2 |
| Sickle Cell | 1 |
| Pulmonary HTN | 1 |
| Trauma/Other | 3 |
| Hospital Length of Stay (SD) | 40.25 days – 36.2 |

Kelemen et al, 2020



Qualitative Study

| Respondent reflections on being hospitalized | Exemplary Quotations |
|--|--|
| Invasive nature of routine care | “Usually everything with healthcare is uncomfortable: needles, pills, talking about sad things you don’t want to do – like scans and x-rays. [Massage] was different and I think healthcare could use something like that.” |
| Treatment outside the norm | “All you do is eat and watch television and that gets boring after a while, so massage was a nice change. ” |
| Isolation, loneliness | “A lot of people do not have that support system and they don’t have somebody come to every admission.” |

Kelemen et al., 2020

Qualitative Study

- Limitations:
 - Small sample, one study site – maybe not generalizable
 - Purposive sampling – what about those who did not want to interview or who did not like massage (or declined parent study enrollment)?



Qualitative Study

- (Some of) what we think about now...
 - Measuring what matters (even the intangible)
 - Un-scripting the intervention
 - The value is in the provider, not only the “intervention”



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“I Didn’t Know Massages Could Do That:” A qualitative analysis of the perception of hospitalized patients receiving massage therapy from specially trained massage therapists

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Thanks to...

Study team Healwell MTs MedStar Health Research Institute Palmer Foundation Our study participants









Caring Hands Volunteer Massage Program

- Training procedure
 - Non-therapeutic Techniques
 - Site Restrictions
 - Infection Prevention
 - Shadowing



*Images provided by Mayo Clinic





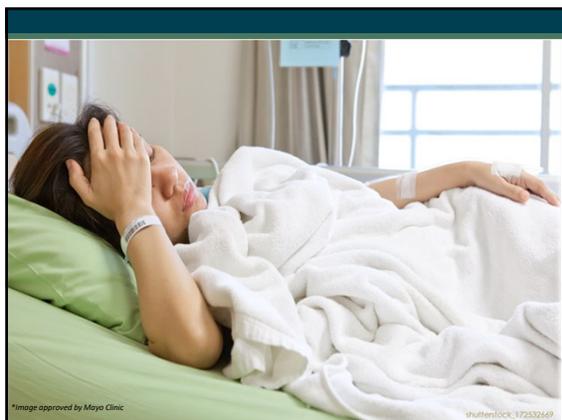
*Images provided by Mayo Clinic



Study: Mid-March 2019 - Mid-May 2019



*Image provided by Mayo Clinic



Journal of Cataract & Refractive Surgery
Volume 27, Issue 6, June 2001, Pages 884-890

ELSEVIER

Article
Effects of hand massage on anxiety in cataract surgery using local anesthesia
Man Soo Kim MD^{a,1}, Kyung Sook Cho (DMS)^{a,1} & R, Heung-Myong Woo PhD^{a,1}, Jae Ho Kim MD^{a,1}

JCS *Journal of Caring Sciences*, 2012, 1(3), 129-134
doi:10.5681/jcs.2012.019
<http://journals.tbmed.ac.ir/JCS>

TUMS PG

Effects of hand massage on anxiety in patients undergoing ophthalmology surgery using local anesthesia
Roghieh Nazari^{1*}, Roghieh Ahmadzadeh², Saied Mohammadi², Jafar Rafiei Kiasari²

RESEARCH FOUNDATION

Research Objectives

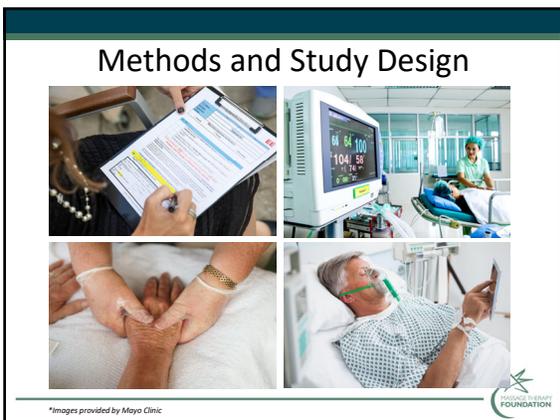
- Could a 15-minute non-therapeutic hand massage *reduce anxiety levels, increase satisfaction, and decrease physiological parameters* among preoperative surgical patients?
 - Blood Pressure
 - Heart Rate
 - Respiratory Rate

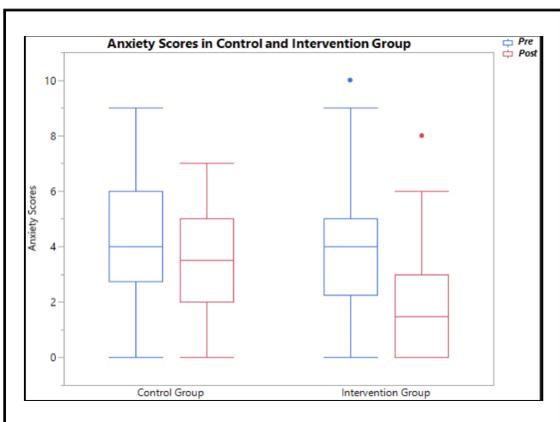


Feasible to add a 15-minute hand massage session to the routine of a same day surgical station?

*Image provided by Mayo Clinic

RESEARCH FOUNDATION





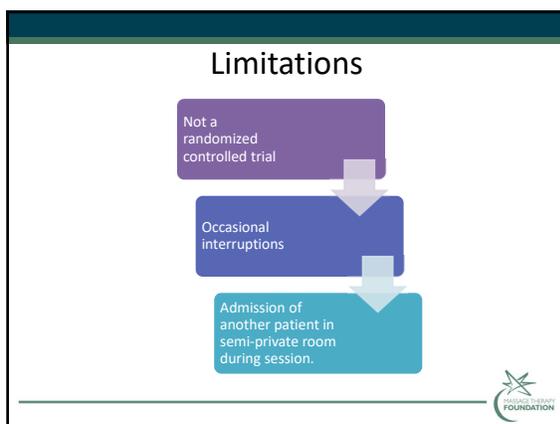
Anxiety scores & physiological parameters

| Treatment Groups | Control group n = 31 | | Intervention group n = 107 | | Unadjusted p-value* | Age-Adjusted p-value** |
|------------------|----------------------|------|----------------------------|--------------|---------------------|------------------------|
| | n(%) | n(%) | Mean ± SD | Mean ± SD | | |
| Anxiety | | | | | | |
| Pre | | | 4.2 ± 2.3 | 4.1 ± 2.3 | | |
| Post | | | 2.5 ± 1.9 | 2.9 ± 1.8 | | |
| Difference | | | -1.8 ± 1.4 | -2.1 ± 1.3 | <0.001 | <0.001 |
| p-value* | | | | | 0.006 | <0.001 |
| SBP | | | | | | |
| Pre | | | 126.1 ± 18.3 | 129.4 ± 15.1 | | |
| Post | | | 121.8 ± 17.2 | 125.1 ± 14.3 | | |
| Difference | | | -4.2 ± 8.7 | -4.3 ± 9.4 | 0.965 | 0.831 |
| p-value* | | | 0.024 | <0.001 | | |
| DBP | | | | | | |
| Pre | | | 73.1 ± 10.6 | 73.7 ± 10.0 | | |
| Post | | | 71.1 ± 10.9 | 71.6 ± 10.6 | | |
| Difference | | | -2.0 ± 7.4 | -2.0 ± 7.1 | 0.722 | 0.665 |
| p-value* | | | 0.138 | <0.001 | | |
| MAP | | | | | | |
| Pre | | | 84.6 ± 10.6 | 85.5 ± 10.2 | | |
| Post | | | 81.4 ± 10.8 | 82.3 ± 10.3 | | |
| Difference | | | -3.2 ± 5.4 | -3.2 ± 6.0 | 0.209 | 0.364 |
| p-value* | | | 0.027 | <0.001 | | |
| HR | | | | | | |
| Pre | | | 76.5 ± 15.0 | 76.3 ± 11.8 | | |
| Post | | | 72.8 ± 15.9 | 67.3 ± 11.4 | | |
| Difference | | | -3.7 ± 5.9 | -9.0 ± 7.9 | 0.748 | 0.791 |
| p-value* | | | 0.002 | 0.001 | | |
| HRV | | | | | | |
| Pre | | | 16.7 ± 2.7 | 15.8 ± 2.9 | | |
| Post | | | 16.3 ± 3.4 | 14.1 ± 2.7 | | |
| Difference | | | -0.3 ± 4.2 | -1.9 ± 3.4 | 0.064 | 0.025 |
| p-value* | | | 0.864 | <0.001 | | |

* Two-tailed p-values < 0.05 is considered statistically significant.
 ** Age-Adjusted p-value was calculated due to the significant age difference between the control and intervention groups.

Satisfaction survey.

| | n = 92 n (%) |
|--|-----------------|
| Question 1 - How would you rate your satisfaction with the Caring Hands massage? | |
| Excellent | 69 (74.2) |
| Very Good | 24 (25.8) |
| Good | 0 (0) |
| Fair | 0 (0) |
| Poor | 0 (0) |
| Question 2 - What kind of benefits did you receive from the Caring Hands massage? (choose all that apply) | |
| Relaxation | 78 (83.9) |
| Calmness | 71 (76.3) |
| Energized | 4 (4.3) |
| Happy | 23 (24.7) |
| Reduced Pain | 9 (9.7) |
| Sleepy | 13 (14) |
| Question 3 - Did the Caring Hands massage help enhance your overall clinical experience? | |
| Yes | 92 (100) |
| No | 0 (0) |
| Question 4 - Would you recommend a Caring Hand massage to another patient? | |
| Yes | 92 (100) |
| No | 0 (0) |



- ### Patient Comments
- *"I'd like to recommend this to every human being."*
 - *"Made my waiting time more meaningful."*
 - *"I feel cared for."*
 - *"It helped take my mind off things."*
 - *"The therapist was very calming."*
 - *"Very positive, it shows love and care, promotes the goal of healing"*
 - *"Anxiety diversion, thoroughness of the institution."*
 - *"It should be made mandatory to have a hand massage before surgical procedures."*
-

Conclusion

Patient Satisfaction

Nurse manager requested Caring Hands continue

Feasible to add to patient's routine

Same day surgical stations added to Caring Hands weekly schedule.



Volunteer Services



- Caring Hands Massage
- Aromatherapy
- Animal Assisted Therapy
- Reiki/Healing Touch
- Hospitality Cart

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Director Volunteer Services

*Images provided by Mayo Clinic



Thank you

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