

SECTION I: THE DISEASE – OVERVIEW OF CANCER AND ITS IMPACT ON THE BODY

I. Pathophysiology of Cancer

- a. How cancer manifests in the body
- b. Cell Biology—normal/abnormal
- c. Malignant/benign
- d. Epigenetics and genetic mutations
- e. Metastatic process

II. Signs & Symptoms

- a. 12 General signs and symptoms according to the American Cancer Society
- b. Specific signs and symptoms for:
 - i. Breast cancer
 - ii. Prostate cancer
 - iii. Colorectal
 - iv. Lung
 - v. Skin

III. 4 Stages of Cancer

IV. Types of Cancers

- a. Carcinomas
- b. Hematological
- c. Sarcomas
- d. Brain and spinal cord

SECTION II: PRINCIPLE TREATMENTS FOR CANCER AND THEIR SIDE EFFECTS

I. Surgery — side effects related to:

- a. Lymph node removal
- b. Incisions (new and old)
- c. Procedures (e.g. port placement, nerve blocks)

- d. Pain
- e. Scar tissue issues
- f. Reconstruction related to:
 - i. Breast cancers
 - ii. Head neck cancers
 - iii. Colorectal cancers
 - iv. Gynecological cancers

II. Chemotherapy and adjunct medications — side effects related to:

- a. Types of drugs and their side effects
 - i. Anticoagulants
 - ii. Bone building drugs
 - iii. Steroids
 - iv. Diuretics
 - v. Antiemetics
 - vi. Narcotics
 - vii. Antimicrobials
 - viii. Antineoplastics
- b. Common long-term side effects of chemotherapy. Long-term side effects begin during treatment and can continue on for an indeterminate amount of time.
 - i. Fatigue
 - ii. Alopecia
 - iii. Peripheral neuropathy
 - iv. Thrombocytopenia
 - v. Neutropenia
 - vi. Anemia
 - vii. Edema
 - viii. Dehydration
 - ix. Mucositis
 - x. Nausea
 - xi. Constipation
 - xii. Diarrhea
 - xiii. Petichiae
 - xiv. Insomnia
 - xv. Fever
 - xvi. Skin conditions

- xvii. Pain
- xviii. DVT
- c. Common late effects of chemotherapy. Late effects begin months to years after treatment ends.
 - i. Osteoporosis and joint health
 - ii. Vital organ complications (e.g. congestive heart failure, kidney damage)
 - iii. Cancers caused by treatment
 - iv. Emotional difficulties

III. Radiotherapy and its side effects

- a. Types of radiation therapy
 - i. External beam
 - ii. Tomotherapy
 - iii. Brachytherapy
 - iv. Cyberknife
 - v. Gamma knife
- b. Long-term side effects and late effects from radiotherapy. These consequences are localized. Common effects of radiation can be conditions such as fibrosis, loss of range of motion, lymph node effects, effects to the lymphatic channels and vascular system, and loss of integrity to boney structures. Study the following cancers and identify possible side effects from radiation for each category.
 - i. Head and neck cancers
 - ii. Lung cancer
 - iii. Breast cancer
 - iv. Prostate cancer
 - v. Gynecological cancers
 - vi. Colorectal cancers
 - vii. Kidney cancer
 - viii. Liver cancer
 - ix. Brain cancer

SECTION III: CONTRAINDICATIONS AND PRECAUTIONS — ADAPTATION OF MASSAGE TECHNIQUES FOR THE SIDE EFFECTS POSED BY THE DISEASE AND ITS TREATMENTS

I. Adjustments related to the client's emotional state

- a. Power of listening
- b. Sensitivity when communicating about physical changes such as hair loss, weight loss,
- c. fatigue, and end of life
- d. Being present and allowing clients to release emotions while on the table

II. Knowledge of disease-related massage adjustments

- a. Tumor site
- b. Fatigue
- c. Bone metastasis
- d. Venous thromboembolism (VTE)
- e. Ascites
- f. Fever
- g. Pain
- h. Edema
- i. Cachexia

III. Knowledge of treatment-related adjustments

- a. Surgical side effects
 - i. VTE risk
 - ii. Incisional issues
 - iii. Lymphedema risk and management of active lymphedema
 - iv. Reconstruction

- b. Medical Devices, e.g. central IV catheters, colostomy bags, drains, etc.
- c. Chemotherapy side effects
 - i. Fatigue
 - ii. Alopecia
 - iii. Peripheral neuropathy
 - iv. Thrombocytopenia
 - v. Neutropenia
 - vi. Anemia
 - vii. Edema
 - viii. Dehydration
 - ix. Mucositis
 - x. Nausea
 - xi. Constipation
 - xii. Diarrhea
 - xiii. Petichiae
 - xiv. Insomnia
 - xv. Fever
 - xvi. Skin conditions
 - xvii. Pain
 - xviii. DVT
- d. Radiotherapy side effects from
 - i. External beam delivery—effects to radiated areas, including
 - a) skin
 - b) joints
 - c) musculature
 - d) vital organs
 - e) boney structures
 - f) lymphatic system
 - ii. Internal delivery methods
 - a) tissue changes
 - b) fatigue
 - c) vital organ involvement

IV. Standard precautions for immunosuppressed clients

- a. Utilizing standard precautions, (e.g., keeping a clean environment for the oncology client, handling of linen, handwashing)

- b. Importance of rescheduling appointments when client/therapist is sick
- c. Elimination of chemotherapy drugs through the skin and protection for the therapist if client is receiving any of these drugs

V. General Session Adjustments

- a. Client positioning needs
- b. Quality of strokes
- c. Speed of strokes
- d. Acceptable levels of pressure for oncology massage
- e. Duration of massage session
- f. Frequency of sessions

SECTION IV: STANDARDS OF PRACTICE AND ADMINISTRATIVE CONCERNS

I. Define

- a. Informed consent
- b. Active listening
- c. SOAP noting
- d. HIPAA

II. Gathering health history information including

- a. Date of cancer diagnosis
- b. Disease and treatment history
- c. Other medical information, present and past
- d. Medications
- e. Side effects from the disease and treatment
- f. How is the client feeling on the day of the massage session



III. Record Keeping

- a. Information that should be kept in each client file
- b. Information should be noted on each page in a client's chart
- c. Confidentiality in client records
- d. Sharing of client records
- e. Security around information transmission

IV. Scope of Practice

- a. Client advisement parameters (e.g., referrals and recommendations for medical treatments)
- b. Implementing only those massage techniques for which a therapist has received adequate training