

Simple hand and foot massage

General information

A guide for patients and carers

How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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Notes



At The Clatterbridge Cancer Centre, our team of volunteers are available to offer free hand or foot massages to inpatients or outpatients. This leaflet will explain:

- The role of the volunteers in the Trust
- What you can expect from the massage
- What you should tell the volunteer
- How the service works

About the volunteer team

All our volunteers are screened before employment and complete an initial induction course about the Trust. They also complete specific training for the jobs they will be involved in. The volunteers who perform a simple hand or foot massage are not qualified masseurs, but they have completed a training course approved by the Trust. The course includes simple hand and foot massage procedures, and also covers hand-washing techniques, infection control, obtaining your consent, communication and how to assess the area for massage. You will recognise the hand and foot massage volunteers by their distinctive uniform and kit bag. They will also have a hospital security ID badge.

About you

Benefits

A hand or foot massage is very relaxing and will often improve your feelings of well-being.

About the service

You don't need an appointment to have a hand or foot massage. The volunteers will be around the Trust, and all you have to do is ask.

What you should tell the volunteer

It is important that you let the volunteers know if you have any of the following problems:

- A skin rash/infection or swelling in the area you wish to have massaged.
- Blood clots, or you are taking medication for blood clots.
- If you have any allergies to Grape Seed Oil.
- If you have recently had radiotherapy or chemotherapy in the area for massage.
- If you have any medical devices in the area for massage, for example a drip.
- If you have had any lymph nodes removed.
- If you suffer from lymphoedema.

The service is free

If you would like to have a massage, the volunteer will need to ask you a few details. Very occasionally, the volunteer may not be able to offer you a massage in the area of your choice. If this is the case, they will explain why and offer an alternative area, if possible.

The massage will take between 5 -15 minutes. You will need to remove any jewellery and the volunteer will protect your clothing from the oil. The volunteers use Grape Seed Oil to massage the area. They do not use aromatherapy oils.

The volunteer will very gently massage the area using small circular motions. If you feel any discomfort, please let them know and they will stop. You may want a friend or relative to watch so that they can repeat the massage for you at home. After the massage, you should feel relaxed, so try to rest for a few minutes. If your fluid intake is not restricted, the volunteer will offer you a drink of water.

The volunteer may offer you an evaluation form to complete. Please feel free to say whatever you wish - your views will help us to evaluate the service and make any necessary changes. You can return it directly to the volunteer, ask a member of staff to return it in the internal post for you or return it to the Trust's main reception.

We hope you enjoy your massage.

