

ONCOLOGY MASSAGE AND SKIN CARE INTAKE ASSESSMENT

CLIENT PROGRAM DATE AND LOCATION: _____
CLINIC _____
DETAILS RETURN COMPLETED FORM TO: _____

CLIENT'S FIRST NAME ONLY: _____ AGE: _____ DATE FORM COMPLETED: _____

Type of cancer and location:

Date of diagnosis: _____

Are you being treated now? ☐ Yes ☐ No

When did you start treatment? _____

If applicable when did you finish treatment?

Have you ever had a massage or facial?

☐ Yes ☐ No

Have you had a massage or facial since your diagnosis? ☐ Yes ☐ No

Which of the following cancer treatments have you received?

☐ Chemotherapy ☐ Other drug treatments
☐ Radiation ☐ Surgery ☐ Reconstruction

Are you pregnant? ☐ Yes ☐ No

Do you experience hot flashes? ☐ Yes ☐ No

Do you feel nauseated? ☐ Yes ☐ No

Do you feel fatigued? ☐ Yes ☐ No

Do any of the following apply to you?

Pressure-related side effects

☐ Easy bruising / low platelets

☐ Areas of fragile / sensitive skin _____

☐ Fatigue

☐ Low white count (neutropenia)

☐ Recent history of blood clots

☐ Lymph node removal _____

☐ Radiation to neck, axillary area or pelvis

☐ Edema _____

☐ Lymphedema _____

☐ Bone fragility _____

☐ Metastases _____

☐ Neuropathy

Any additional notes you want to share:

Site-related or positioning considerations

☐ Pain or discomfort _____

☐ Medical devices _____

☐ Skin concerns _____

☐ Radiation burn _____

☐ Recent history of blood clots

☐ Calf tenderness _____

☐ Bone metastasis or history of fractures

☐ Bone or joint pain

☐ Nausea / anxiety / SOB (shortness of breath)

☐ Tumor _____

☐ Incisions _____

☐ Other _____

All Greet The Day programs are provided by professionally licensed, oncology-trained therapists; massage, skin care (esthetician) and nail technicians.

While in cancer treatment it is important to let your medical team know about any integrative care programs you participate in and we encourage you to speak with them about receiving massage, facials and nail care. Please call your Greet The Day representative if you have any questions about this.

Massage is in essence the provision of touch and includes a wide variety of touch applications. A **Facial** is a skin care treatment to soothe and hydrate the skin on the face, neck and shoulders. A facial includes a face, neck and shoulder massage and will sometimes include a hand, arm and/or foot massage too.

An oncology-trained therapist is able to customize their massage, skin care or nail care treatment to provide a safe service for the person in or with a cancer treatment history.

For information about how to benefit most from your spa-service experience visit www.greettheday.org/SPA

Being oncology-trained means that the therapist is able to identify and work within a framework of clinical considerations in order to make any modifications that may be required as a result of positioning, pressure or site considerations, i.e. medical devices, treatment related side effects from medication, chemotherapy, radiation or surgery, and the required massage pressure and stroke direction modifications if lymph nodes were compromised during treatment.

For each guest, these positioning, pressure or site considerations are different, and during treatment can change from day to day. Your oncology-trained massage therapist or esthetician will customize your massage or facial to address your individual needs, and will regularly check in with you to assess your level of comfort and make any requested bodywork adjustments.

Even in the years after recovery, there may be special considerations that need to be taken into account during your bodywork service. Always request an oncology-trained therapist, massage or aesthetician.

During your oncology massage or facial your therapist will ask you questions to determine what site, positioning, and pressure adjustments you require, and clarify which areas you would specifically like attention paid to, and which not. Many

of our guests are most comfortable positioned lying on their back and a massage can be provided while remaining in this position.

Most bodywork services are enjoyed while modestly draped and without clothing; however, fully clothed bodywork is easily accommodated. Your personal preferences and level of comfort are of primary importance.

Your Program Time Line

- Arrive at your scheduled time and check-in with Greet The Day
- Client/therapist intake review
- Massage or facial

Please plan on spending a few minutes after your session to provide feedback regarding your experience.

Special Requests

- Submit your completed paperwork in advance.
- Wear comfortable clothing and dress in layers for warmth.
- If you like to wear make-up bring some along for re-application.
- Please, no perfume.
- Please arrive on time, or let us know if you will be late or need to cancel.