

Massage and Touch Interventions: Resources			
RESOURCE NAME	SLIDE #	RESOURCE TYPE	RESOURCE URL
The effects of effleurage hand massage on anxiety and pain in patients undergoing chemotherapy	8	Citation	https://pubmed.ncbi.nlm.nih.gov/28098671/
Touch, Caring and Cancer: Simple Instruction for Family and Friends	9	Youtube	https://www.youtube.com/watch?v=n76wi9v74Pg&ab_channel=WilliamCollinge
Massage techniques for caregivers - Hand & Lower Arm Massage	10	Youtube	https://www.youtube.com/watch?v=u9pi-O_0TVM&ab_channel=UKHealthCare
The Role of Massage Therapy in Cancer Treatment	18	Youtube	https://www.youtube.com/watch?v=jqHVAObdc5s&ab_channel=LiveSonima
Massage Therapy and Advanced Cancer Patients	19	Youtube	https://www.youtube.com/watch?v=l6eh81DohMg&ab_channel=AmericanCollegeofPhysicians
Touch, Caring and Cancer: Simple Instruction for Family and Friends	26	Youtube	https://www.youtube.com/watch?v=n76wi9v74Pg&t=66s&ab_channel=WilliamCollinge
Touch, Caring, and Cancer: randomized controlled trial of a multimedia caregiver education program	26	Citation	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3612588/
Therapeutic massage to enhance family caregivers' well-being in a rehabilitation hospital	32	Citation	https://pubmed.ncbi.nlm.nih.gov/31003683/
Massage therapy for symptom control: outcome study at a major cancer center	33	Citation	https://pubmed.ncbi.nlm.nih.gov/15336336/
Touch, Caring, and Cancer: randomized controlled trial of a multimedia caregiver education program	37	Citation	https://pubmed.ncbi.nlm.nih.gov/23262808/

A feasibility study of caregiver-provided massage as supportive care for Veterans with cancer	37	Citation	https://pubmed.ncbi.nlm.nih.gov/24400393/
Use of multimedia in patient and caregiver education for cancer pain management: a literature review	37	Citation	https://pubmed.ncbi.nlm.nih.gov/28061536/
Providing Massage Therapy for People with Advanced Cancer: What to Expect	42	Citation	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3189000/
Effect of Back Massage Intervention on Anxiety, Comfort, and Physiologic Responses in Patients with Congestive Heart Failure	42	Citation	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3651680/
Clinical Practice Guidelines on the Use of Integrative Therapies as Supportive Care in Patients Treated for Breast Cancer	53	Full Text Article	https://academic.oup.com/jncimono/article/2014/50/346/913277?login=false
The Impact of Massage Therapy on Function in Pain Populations—A Systematic Review and Meta-Analysis of Randomized Controlled Trials: Part II, Cancer Pain Populations	53	Full Text Article	https://academic.oup.com/painmedicine/article/17/8/1553/2223186
Massage therapy for symptom control: outcome study at a major cancer center	53	Full Text Article	https://www.jpsmj.com/article/S0885-3924(04)00262-3/fulltext

The ToT study: helping with Touch or Talk (ToT): a pilot randomised controlled trial to examine the clinical effectiveness of aromatherapy massage versus cognitive behaviour therapy for emotional distress in patients in cancer/palliative care	54	Citation	https://pubmed.ncbi.nlm.nih.gov/21370309/
Health-related quality-of-life outcomes: a reflexology trial with patients with advanced-stage breast cancer	54	Citation	https://pubmed.ncbi.nlm.nih.gov/23107851/
Integrating massage therapy within the palliative care of veterans with advanced illnesses: an outcome study	54	Citation	https://pubmed.ncbi.nlm.nih.gov/23423774/
A randomized controlled trial of aromatherapy massage in a hospice setting	54	Citation	https://pubmed.ncbi.nlm.nih.gov/15046404/
Using massage to ease constipation	55	Citation	https://pubmed.ncbi.nlm.nih.gov/21366030/
Massage Evidence Table		PDF	https://www.integrativepalliativecare.org/wp-content/uploads/2023/09/Massage-Evidence-Table.pdf
Grading Confidence of Recommendations		PDF	https://www.integrativepalliativecare.org/wp-content/uploads/2023/12/Grading-Confidence-of-Recommendations.pdf