

# Cystic Fibrosis Massage Service

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## BACKGROUND

As many as **89% of people with Cystic Fibrosis (CF) experience musculoskeletal pain** which is associated with reduced quality of life and impaired ability to perform their required airway clearance treatments effectively<sup>1</sup>.

- Funding was obtained from CF Community Care Victoria to provide a twice weekly massage service to CF patients
- Screened patients are delegated to the AHA credentialed to provide massage.
- Twice weekly, the AHA transforms the respiratory treatment room into a massage room with essential oils, relaxing music, and electric candles to create a relaxing space.

## AIMS

- Implement a CF massage program at Monash Health
- Provision of massage to reduce muscle tightness, pain and stress.
- Improve thoracic mobility, ease of breathing, stress and quality of life.

## RESULTS

**100% of patients agreed that the massage service was beneficial to their overall health and wellbeing.**

**96% of patients agreed that their pain was improved following massage**

**100% of patients agreed that they would utilise the service again**

I felt comfortable because I was with someone who understood CF. [The AHA] always checked if I felt okay and pain-free. She had excellent knowledge and kindness. I felt content and relaxed physically and mentally for the first time in ages.

"[The massager] made me feel like a person and not a patient. She is extremely caring and her work is absolutely vital in the entire treatment process. [She] always goes the extra yard to make you feel special"



Take a picture to read more consumer feedback

## CONCLUSION

The implementation of a massage service at Monash Medical Centre has improved the wellbeing of CF patients.



**Monash Health is the only CF massage service that is staffed by a credentialed massage therapist.**

## FUTURE DIRECTION

**The success of the service has secured another 2 years of funding**

## REFERENCES

1. Lee, A.L., Rawlings, S., Bennett, K.A., and Armstrong, D. (2016) Pain and its clinical associations in individuals with cystic fibrosis. A systematic review. *Chronic Respiratory Disease*, 13(2), pp. 102-117