PII-33: Effects of Massage on AML Treatment-Related Symptoms and Health-Related QoL

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Abstract:
Introduction: Patients undergoing chemotherapy for leukemia endure stressors and symptoms throughout treatment, resulting in greatly impaired health-related quality of life (QoL) and
potentially jeopardizing treatment adherence and outcome. Despite advances in conventional symptom management, patients often experience significant emotional distress (anxiety, stress, and depressive symptoms), pain, fatigue, nausea, and vomiting during treatment. Psychosocial interventions that alleviate stress and induce relaxation can reduce treatment-related symptoms and improve QoL in many patients with cancer. However, patients with impaired concentration and/or fatigue may prefer passive therapies, such as massage.

**Method(s):** To determine whether or not massage could improve perceptions of stress and indices of QoL, 20 patients diagnosed with acute myelogenous leukemia (AML) underwent a 7-week program of massage therapy (MASSAGE), or usual care alone (UC). Multilevel models were used to explore differences in symptoms over time between the MASSAGE and UC groups.

**Results:** After controlling for depression, anxiety, and sensory pain levels, the MASSAGE group had a statistically significant decrease in stress compared to the UC group (p = .029). In addition, the MASSAGE group exhibited a trend toward an increase in global QoL (QLQ-QOL) (p = .08) and reduced sensory pain compared to the UC alone group (p = .09).

**Discussion & Conclusions:** These findings support the idea that massage therapy over the course of chemotherapy can reduce perception of stress and pain, and improve QoL in patients treated for AML.

**Abstract History:**
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