

Effectiveness of Massage Therapy in Treating Cancer Pain  
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**PICO Question:** In adult oncology patients experiencing pain, how does massage therapy differ from routine care to reduce pain?

**Relevance:** Pain is a common complaint for cancer patients and it is also frequently undertreated. Cancer pain can be distressing and debilitating for patients, especially when it is not being controlled. Using pain medications alone as the conventional treatment for cancer pain does not always relieve pain satisfactorily and additional therapies may be needed to sufficiently control cancer pain. Massage therapy is one non-pharmacological therapy that can be utilized for cancer patients to help relieve pain. **Summary of Graded Evidence:** For this study, five scholarly articles were gathered and the evidence was appraised to see how integrating massage therapy into the care of cancer patients would help control pain and improve patient satisfaction. The articles found included two level one articles, one level two article, and two level three articles. **Outcomes:** All five of these scholarly articles consistently found that the use of massage therapy could be beneficial in relieving cancer pain. **Summary of Recommendations for Practice Change:** The findings in this study have prompted our conclusion that massage therapy would be a helpful addition for cancer patients to control pain and improve well-being. With these results, we recommend that massage therapy be implemented into practice on oncology units for patients dealing with cancer pain. Further evaluation may include inquiry on the effectiveness of massage therapy alone for pain treatment without the use of pharmacological pain interventions.

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