

**Review in Massage Magazine**  
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**Massage Therapy Guidelines for Hospital and Home Care: A Resource for Bodyworkers, Healthcare Administrators and Massage Educators by Tedi Dunn and Marian Williams**

Hospitals-with their complex infrastructure, bustling schedules, and confounding systems of policies and procedures-can be daunting environments for massage therapist who wish to bring massage to patients. *Massage Therapy Guidelines for Hospital and Home Care: A Resource for Bodyworkers, Healthcare Administrators and Massage Educators*, by hospital massage consultants Tedi Dunn and Marian Williams, provides guidance for navigating this territory.

The book includes a set of guidelines for hospital-based massage and a chapter on program development and training materials. There are contributions by consultants and educators; references to other sources of information are collected in the appendices.

This book is readable, accessible and loaded with information. It provides wonderful guidelines and points of poignant reflection for massage therapists who want to work in this setting.

The guidelines artfully combine sensitivity and practicality. In one gentle directive about professional interactions in the hospital, Dunn advises, "Accept that hospital workers are task oriented, under a great deal of time pressure, and that their brusqueness is not intentional rudeness. Without emulating their stressful behavior, acknowledge their time constraints and be concise in your requests for information or help." Throughout the book, this kind of support is offered in a friendly tone without being heavy-handed.

Contributing authors offer valuable insights on working in a hospital setting. Sharon Burch, for example, helps us find common ground with people with terminal illness; "We all like warmth. Warm your hands at the sink," and "We all need to be positioned comfortably. That includes both the giver and receiver of massage."

The chapter on program development is invaluable. Several writers contribute stories, define terminology and explain hospital structure. They describe steps for gathering information, planning and implementing hospital-massage programs. Sample proposals to hospitals are included.

Although there is a rich collection of information here, at times the format of the book can feel scattered. For example, the fourth chapter includes various program materials for massage therapy services and a training program. Each of these materials is useful, but the array can be confusing. A smoother overlay of narrative from the author, more text between the sample forms and documents, and labeled entries would strengthen the context for each element.

This issue aside, *Massage Therapy Guideline for Hospital and Home Care* is practical, warmly written and useful. To the massage therapist needing a resource for beginning this work, I recommend it for its wisdom and inspiration.

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