Lesson Plan: Digestive and Urinary Pathology

5 minutes: Attendance and Breath of Arrival
25 minutes: Digestive Pathology
25 minutes: Urinary Pathology
Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by the start of class, we'll have you out of here on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

*You will receive one verbal warning, then you'll have to leave the room.*
Digestive Pathology
Celiac Disease

**Celiac disease**  Inflammatory response to the consumption of gluten.
- Destroys intestinal villi and limits absorption of ingested nutrients.

**Dermatitis herpetiformis**  Painful, itchy rash due to celiac disease.
Celiac Disease

Risks

- Proper medical diagnosis and treatment may be delayed as a result of massage relieving nagging digestive symptoms.
- Abdominal massage should be conservative and with ample client feedback for comfort.
- Dermatitis herpetiformis locally contraindicates massage.

Benefits

- If diagnosed and successfully managed, massage is helpful.
Esophageal Cancer

Esophageal cancer  Growth of malignant cells in the esophagus.

Risks

○ Make adjustments necessary to accommodate treatments such as chemotherapy, radiation, and surgery.

Benefits

○ If accommodations are made for the disease and its treatment, massage can provide the usual benefits.
Gastroenteritis

**Gastroenteritis**  Inflammation of the G.I. tract, specifically the stomach or small intestine.

**Risks**
- Contraindicates massage because the client is unlikely to be comfortable receiving bodywork.

**Benefits**
- Improves symptoms and general quality if a client with gastroenteritis is fully diagnosed, under control, and made comfortable.
GERD

Gastroesophageal reflux disease (AKA: GERD)  Chronic splashing of acidic stomach secretions into the unprotected esophagus.

Risks

- Lying flat may exacerbate symptoms.
- Abdominal massage should be conservative.
- Wait several hours after eating to receive massage.

Benefits

- If GERD is controlled, client may enjoy the usual benefits.
Acid Reflux
A backwards flow of gastric acid into the esophagus, causing inflammation and erosion of esophageal tissue.
Peptic Ulcers

**Peptic ulcer**  Sores of the inner surfaces of the esophagus, stomach, or duodenum that do not heal normally and remain open and vulnerable to infection.

**Risks**
- Intrusive abdominal massage may exacerbate symptoms.
- Time massages around the client’s eating schedule.
- Lying flat may exacerbate symptoms.

**Benefits**
- No direct benefit.
- Overall parasympathetic effect may be beneficial.
Stomach Cancer

Stomach cancer Growth of malignant tumors in the stomach that may metastasize directly to other abdominal organs, or through lymph or blood flow to distant places in the body.

Risks

- If accommodations are made for this aggressive disease and its aggressive treatment, massage can provide the usual benefits.

Benefits

- Improves sleep, reduces anxiety, pain, and depression.
Colorectal Cancer

**Colorectal cancer**  Development of malignant tumors in the colon or rectum that can block the bowel and/or metastasize to other organs.

**Risks**
- Ask clients with a colostomy bag how to make them comfortable.

**Benefits**
- If accommodations are made for the disease and its treatment, massage can provide the usual benefits.
Diverticular Disease

**Diverticular disease**  Combination of diverticulosis and diverticulitis.

- **Diverticulosis**  Development of small pouches that protrude from the colon or small intestine.

- **Diverticulitis**  Inflammation that develops when diverticulosis pouches become infected.
Diverticular Disease

Risks

- Because the colon may be structurally compromised, take care doing abdominal massage.

Benefits

- If accommodations are made for the disease and its treatment, massage can provide the usual benefits.
Irritable Bowel Syndrome

Irritable bowel syndrome (AKA: IBS) Collection of signs and symptoms that indicate a problem with colon function, and are aggravated by stress and diet.

Risks

- No specific risks.

Benefits

- If touch feels safe, massage can provide comfort for symptoms due to stress.
Cirrhosis

Cirrhosis  Disorganization and dysfunction of liver cells that results in many of them being replaced or crowded out by scar tissue. Often the final stage of chronic or acute liver disease.

Risks
- Advanced cirrhosis involves a problem with managing fluid flow, so rigorous massage is not appropriate.

Benefits
- Massage that does not challenge homeostasis or adaptive responses can be helpful.
- Massage may support exercise and physical therapy needed to manage the related complication of muscle wasting.
Gallstones

**Gallstones**  Crystallized formations of cholesterol or bile pigments in the gallbladder. Size ranges from as small as a grain of sand to as large as a golf ball.

**Risks**
- Acute gallbladder attack requires immediate medical attention.
- Massage near the right costal angle may be painful.
- Gallstone pain can also refer to back and shoulder pain.

**Benefits**
- No particular benefits.
- As long as no danger to the biliary system exists, massage can provide the usual benefits.
Hepatitis

**Hepatitis**  Inflammation of the liver, but not always due to viral infection.

**Hepatitis A**  Short, acute infection of the liver that usually causes no long-lasting damage. One exposure creates lifelong immunity.

**Hepatitis B**  Liver infection spread through exposure to intimate fluids such as blood, semen, breast milk, or vaginal secretions. Communicable through indirect blood-to-blood contact with a contaminated surface.

**Hepatitis C**  Called a “silent epidemic”, this contagious infection damages the liver so slowly that symptoms may not develop until decades after exposure.
Hepatitis

Risks

- Acute hepatitis of any kind contraindicates any massage that demands an extensive adaptive response.
- Hepatitis B can be communicable through indirect contact. Follow standard precautions for hygiene.

Benefits

- Gentle massage that invites rather than imposes change can be appropriate for a person in recovery.
- Massage can provide the usual benefits for a client without symptoms or complications.
Liver Cancer

Liver cancer  Growth of malignant cells in the liver.

Risks

- If accommodations are made for the disease and its treatment, massage can provide the usual benefits.

Benefits

- Massage can help manage pain, anxiety, and depression.
Pancreatic Cancer

**Pancreatic cancer**  Growth of malignant cells in the pancreas that is aggressive, painful, and terminal.

**Risks**
- Clients may be facing end-of-life issues and treatments that require special sensitivity from the massage therapist.

**Benefits**
- Massage as an end-of-life comfort measure can be a wonderful tool to manage pain, anxiety, and other consequences.
Pancreatitis

**Pancreatitis**  Inflammation of the pancreas.

**Risks**

- If a client has upper abdominal pain in a new pattern that persists for more than a few days is well advised to consult a doctor. The relief of massage could delay an important diagnosis.

**Benefits**

- If actively managing the condition, the client can receive massage that does not exacerbate symptoms.
Candidiasis

Candidiasis  Higher than normal levels of the fungus *C. albicans* in the G.I. tract resulting in the disruption of normal function of the digestive system and other systems in the body.

Risks

- Not contagious through skin-to-skin contact.
- If severe enough to cause skin symptoms, immune response may be impaired. This cautions against rigorous massage.

Benefits

- Improved digestion, alertness, and relief of fatigue.
Urinary Pathology
Kidney Stones

Kidney stones (AKA: renal calculi or nephrolithiasis)  Solid deposits of crystalline substances in the kidney, usually due to inadequate fluid intake.

Calcium stones  Most common kidney stone type. Composed of calcium. Associated with problems with calcium metabolism or too much incoming calcium such as supplements or antacids.

Struvite stones  Composed of magnesium and ammonia. Associated with chronic UTIs
Kidney Stones

**Uric acid stones**  Associated with a diet high in meat and purines. Blood has abnormally high acidity. High risk for gout.

**Cystine stones**  Relatively rare. Related to a genetic dysfunction with metabolism of an amino acid called cystine.

**Risks**
- If the client complains of extreme, severe back and flank pain with nausea and other symptoms, they should seek immediate medical attention.

**Benefits**
- A client who has fully recovered from kidney stones can enjoy the same benefits.
Polycystic Kidney Disease

Polycystic kidney disease  Genetic disorder leading to the formation of multiple cysts in the kidney and other organs. These cysts interfere with normal organ function and often lead to renal failure and the need for kidney transplant.

Risks

- Due to problems with internal fluid management and a risk of other tissue anomalies, massage must be gauged to fit within the challenges of their normal daily activities, which may be restricted.

Benefits

- Massage may temporarily drop blood pressure, ease pain and anxiety, and add to general quality of life.
Pyelonephritis

Pyelonephritis  Infection of the nephrons and/or renal pelvis of the kidney.

Risks
- Contraindicates rigorous massage because they are undergoing a very challenging situation, and likely to be in pain and uncomfortable on a massage table.

Benefits
- In the midst of an infection, gentle energetic or non-circulatory bodywork may be soothing.
Renal Cancer

Renal cancer  Growth of malignant cells in the kidney.

Risks

- If accommodations are made for the disease and its treatment, massage can provide the usual benefits.

Benefits

- Massage that relieves pain, and anxiety without overwhelming the client’s ability to adapt to changes that massage offers.
Bladder Cancer

**Bladder cancer**  Growth of malignant cells in the urinary bladder.

**Risks**

- If accommodations are made for the disease and its treatment, massage can provide the usual benefits.

**Benefits**

- Relieves anxiety and is soothing if the fragility of the client is respected.
Interstitial Cystitis

Interstitial cystitis Chronic inflammation of the bladder, involving pain, scar tissue, stiffening, decreased capacity, pinpoint hemorrhage, and sometimes ulcers in the bladder walls.

Risks
- Lying on a massage table for a full session may not be comfortable.
- Make accommodations for the client to empty their bladder if necessary.

Benefits
- If massage is comfortable to receive, it may help to address stress that can be exacerbated by interstitial cystitis.
UTI

**Urinary tract infection**  Infection caused by bacteria that live harmlessly in the digestive tract finding their way into the urinary tract.

**Risks**

- Acute UTIs include pain and may involve fever and malaise. Delay any rigorous massage until after the infection has been resolved.

**Benefits**

- Very gentle non-invasive massage may be soothing during a UTI.
Renal Failure

Renal failure  Inability of the kidneys to function at normal levels.

Risks

○ Avoid massage that intends to mechanically influence fluid flow as this may be overwhelming.

Benefits

○ Gentler forms of massage that do not demand too much adaptation on the client’s part may be helpful for the stress of dealing with a very challenging disorder.
Urinary Pathology