

MT-235A: MASSAGE THERAPY CLINIC I - A

Cuyahoga Community College

Viewing: MT-235A : Massage Therapy Clinic I - A

Board of Trustees:

2015-05-28

Academic Term:

2015-08-24

Subject Code

MT - Massage Therapy

Course Number:

235A

Title:

Massage Therapy Clinic I - A

Catalog Description:

Student clinical experience. Massage of patients, under supervision, integrating interviewing, observational and massage therapy skills. Completion of SOAP notes on each patient. Discussion and study of clinical ethics, boundaries, and chemical dependency issues that arise in massage therapy. Pharmacology for massage therapists. Hygiene and sanitation. Basic business communication and massage office policies, procedures and practices. Patient education. Important: MT-235A and MT-235B together meet the requirement for completion of MT-2350 Massage Therapy Clinic I.

Credit Hour(s):

2

Lecture Hour(s):

1

Lab Hour(s):

3

Requisites

Prerequisite and Corequisite

MT-1302 Massage Therapy I, and MT-1312 Applied Musculo-Skeletal Anatomy, and MT-1242 Somatic Studies I, and MT-1272 Somatic Studies II, or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

A. Assess, evaluate, and perform clinical procedures in a therapeutic environment.

Objective(s):

1. Explain therapeutic environment in clinical setting.
 10. Recognize and explain the impact of the therapeutic environment on a massage client in relationship to therapeutic outcome.
 11. List and describe safety practices and procedures for the work environment.
 2. Demonstrate the ability to perform full body massage sequence customized to needs of the patients.
 3. Modify massage sequence based on contraindications.
 4. Recognize and explain specific classes of drugs and identify systemic, local, or procedural contraindications when a client is on or taking a particular class of drugs.
 5. Demonstrate a full body massage sequence by demonstrating the various manipulations common to massage therapy as defined by Kellogg and Beck.
 6. Demonstrate knowledge of contraindications and indications for various massage treatments.
 7. Explain and demonstrate the use of appropriate draping procedures by massage therapists.
 8. Demonstrate proper body mechanics.
 9. Demonstrate the primary massage procedures and their respective subdivisions.
-

Course Outcome(s):

B. Adhere to the professional code of ethics for massage therapists.

Objective(s):

1. 1. Explain and define professional ethics for massage therapy.
2. 2. Explain procedures for boundary violations.
3. 3. Recognize professional/clinical conditions which might present ethical dilemmas.
4. 4. Recognize professional behavior that would be considered unethical by a majority of "reasonable" professionals.
5. 5. Discuss professional behavior in relationship to the ethical considerations and potential therapeutic outcome.
6. 6. Recognize and explain how massage therapist behaviors might enhance or compromise the physical, mental or emotional health of a client.
7. 7. Identify, explain and understand the emotional/legal implications for establishing a personal - intimate/sexual relationship with a client.
8. 8. Recognize and explain legal practices, standards of practices and ethical practices.
9. 9. Discuss legal and ethical dilemmas.

Course Outcome(s):

C. Create client charts, consisting of SOAP charting and medical records.

Objective(s):

1. 1. Interview patients and document patient history.
2. 2. Document observations of patient condition.
3. 3. Complete SOAP notes on each patient seen.

Course Outcome(s):

D. Utilize proper sanitation and hygiene methods for the massage therapist.

Objective(s):

1. 1. Demonstrate hygiene and sanitation in massage therapy environment.
2. 2. Define and explain the concept of universal precautions.
3. 3. Recognize the current recommendations from the Center for Disease Control (CDC) and Ohio Administrative Code (OAC) Chapter 17.
4. 4. Describe appropriate personal hygiene for a practicing massage therapist in a professional office setting or anytime applying a massage procedure.
5. 5. Identify potential sources for transmission of pathogenic organisms.
6. 6. Identify and explain the means for preventing transmission of pathogens in a therapeutic environment.
7. 7. Define and explain Complementary Care and Wellness information.

Course Outcome(s):

E. Demonstrate the knowledge of business policies.

Objective(s):

1. 1. Discuss the right to refuse service.
2. 2. Discuss strategies for dealing with difficult clients.
3. 3. Define and explain the different classes of drugs and identify contraindications for massage.
4. 3. Demonstrate basic office tasks.
5. 4. Demonstrate basic business communication skills with patients.

Methods of Evaluation:

1. Weekly quizzes
2. Written evaluation on Patient Tracking Form
3. Oral presentations
4. Written examinations
5. Written assignments
6. Professional Behavior Evaluation Scale
7. Case studies
8. Participation
9. Homework

Course Content Outline:

For the Clinical Application (Lab) portion of the course:

1. Perform clinical procedures under the direct supervision of the licensed massage therapist instructor, preceptor, lab technician, or clinic supervisor
 - a. Prepare massage table
 - b. Review patient charts or forms
 - c. Demonstrate proper draping and hand washing
 - d. Make patient assessment
 - e. Do a reassessment
 - f. Make recommendations to the patients
 - g. State procedures for boundary violations
 - h. Demonstrate team-work skills
 - i. Demonstrate time-management and work ethic skills
 - j. Demonstrate customer service skills
2. Ethics
 - a. Salient points of the general code of ethics
 - b. State procedures for boundary violations
3. Documentation
 - a. Client Charts
 - i. SOAP charting
 - ii. Medical records
 - b. Patient interview
 - c. Patient history
 - d. Observations of patient condition
4. Hygiene and sanitation
 - a. Universal precautions
 - i. Center for Disease Control (CDC)
 - ii. OAC Chapter 17
 - b. Proper cleaning of massage tables, equipment, supplies and other clinic items
 - c. Filling oil, soap and cleaning fluid bottles
 - d. Personal hygiene for a practicing massage therapist
 - i. Professional office setting
 - ii. During massage procedures
 - e. Pathogenic organisms
 - i. Potential sources for transmission
 - ii. Means for preventing the transmission in a therapeutic environment
 - iii. Complementary care and wellness information
5. Therapeutic Environment
 - a. Draping procedures used by massage therapists
 - b. Impact of the therapeutic environment
 - i. Room temperature
 - ii. Professional demeanor
 - iii. Clean office
 - iv. Other
 - c. Safety practices and procedures for the work environment
 - d. Guidelines for maintaining sanitary conditions
6. Performing massages on patients
 - a. Proper method for draping a patient for massage
 - b. Proper body mechanics
 - c. Primary massage procedures and their respective subdivisions
 - i. Range of Motion (R.O.M.) - joint movement
 - ii. Compression - pressure touch or palmar kneading
 - iii. Effleurage - friction or stroking
 - iv. Skin rolling - superficial kneading
 - v. Pressure release technique (ischemic compression) - pressure touch
 - d. Full body massage sequence demonstrating the various manipulations common to massage therapy as defined by Kellogg and Beck
7. Impact of pharmaceuticals

- a. Classes of drugs
 - i. Antipyretics
 - ii. Skeletal muscle relaxants
 - iii. Nonsteroidal Anti-inflammatory Drugs (NSAID)
 - iv. Antihypertensives
 - v. Anticoagulants/ Antithrombolytics
 - vi. Analgesics
 - b. Systemic local or procedural contraindications for patients utilizing above classes of drugs
8. Business and Office
- a. Filing and preparing patient charts for patient sessions
 - b. Office paperwork preparation for patient charts
 - c. Phone etiquette: Reminding patients of upcoming appointments

For the Lecture portion of the course:

1. Professional ethics and standards of practice.
 - a. Review AMTA Professional Ethics 4731-1-02 C
 - b. The need for professional boundaries or ethical dilemmas
 - i. Boundaries and the professional relationship
 - ii. Nuts and bolts of boundaries
 - c. Client-practitioner dynamics: boundaries and the power imbalance
 - d. Ethical boundaries: theory to practice
 - e. Behavior which will enhance or compromise physical, mental, and emotional health of client
 - i. Boundaries with the power of words
 - ii. Financial boundaries: getting comfortable with money
 - iii. Dual relationships and boundaries: wearing many hats
 - f. Emotional/legal implications for establishing a personal-intimate/sexual relationship with a client
 - i. Sexual boundaries
 1. Protecting our clients
 2. Protecting ourselves
 - ii. Protecting ourselves
 1. Alcohol and substance abuse
 - iii. Help with boundaries: support, consultation, and supervision

Resources

Wible, Jean. *Drug Handbook for Massage Therapists*. 1st ed. Philadelphia:Lippincott Williams Wilkins, 2008.

American Massage Therapy Association. *The Business of Massage: The Complete Guide to Establishing Your Massage Career*. 2nd ed. Evanston, IL: American Massage Therapy Association, 2009.

Beck, Mark F. *Theory and Practice of Therapeutic Massage*. 5th ed. Clifton Park, NY: Cengage Learning, 2010.

Kellogg, John Harvey, M.D. *The Art of Massage*. 1st ed. Ringgold, GA: TEACH Services Inc., 1929.

Fritz, Sandy. *Fundamentals of Therapeutic Massage*. 5th ed. Maryland Heights, MO:Elsevier, 2013.

McIntosh, Nina. *The Educated Heart*. 3rd. ed. Philadelphia: Lippincott, Williams Wilkins, 2010.

Thompson, Diana L. *Hands Heal Essentials: Documentation for Massage Therapist*. 3rd ed. Philadelphia: Lippincott, Williams Wilkins, 2006.

Salvo, Susan G. *Massage Therapy: Principles and Practice*. 3rd ed. St. Louis:Elsevier, 2007.

Resources Other

1. Massage Magazine
2. Massage Therapy Journal
3. Massage and Bodywork Magazine
4. International Journal of Therapeutic Massage and Bodywork: <http://journals.sfu.ca/ijtmb/index.php/ijtmb/index> (<http://journals.sfu.ca/ijtmb/index.php/ijtmb/index/>)
5. National Institutes of Health: National Center for Complementary and Alternative Medicine: <http://nccam.nih.gov/health/massage/>
6. Massage Therapy Body of Knowledge: <http://www.mtbok.org/>
7. State Medical Board of Ohio: <http://www.med.ohio.gov/>

Top of page

Key: 3064