

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Massage Practice II

CODE NO. : MST216 **SEMESTER:** 4

PROGRAM: Massage Therapy

AUTHOR: Ruth Wilson

DATE: Jan/2001 **PREVIOUS OUTLINE DATED:** Jan/00

APPROVED:

DEAN

DATE

TOTAL CREDITS: 6

PREREQUISITE(S): MST202, MST203, MST206, BIO207

LENGTH OF COURSE: 6 Hours/Week

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I. COURSE DESCRIPTION:

The purpose of this course is to provide students with opportunities to practice comprehensive massage therapy on individuals of various ages and stages of development. In order to promote holistic health and healing, students will have an opportunity to gain experience in massage practice relevant to the obstetrical client, the athlete and infant/young child. Students will continue to utilize a problem solving process to formulate holistic treatment plans with clients of all ages and stages of development.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

COMPETENCY

1. Use analytical skills to assess and formulate a clinical impression and relevant treatment plan on clients of all ages and stages of development.
 - a) Obtain client information through interview and a comprehensive personal health history and case history.
 - b) Perform a regional evaluation on clients.
 - c) Recognize elements which may contraindicate massage or suggest precautions.
 - d) With assistance, interpret findings to formulate a clinical impression.
 - e) Apply relevant theoretical knowledge to formulate a relevant treatment plan in conjunction with client integrating hydrotherapy, basic and advanced massage techniques and self-care program (client education).
 - f) Respect client's legal right to both give valid consent and to refuse or modify treatment.

2. Provide safe, competent and comprehensive massage treatment as determined by the treatment plan.
 - a) Promote a physically and psychologically safe and comfortable environment for all clients.
 - b) Perform selected modalities and techniques in accordance with treatment plans in a safe and competent manner.
 - c) Adapt treatment to the needs and expectations of clients of all ages and stages of development.
 - d) Demonstrate an organized full body treatment for clients of all ages.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

- e) Collaborate with client to formulate a relevant home care program which incorporates basic hydrotherapy and lifestyle adaptations.
 - f) Reassesses client periodically to determine client progress related to treatment goals and self-care program.
 - g) Modify treatment plan based on assessment findings.
 - h) In consultation with the instructor, identify appropriate referrals to other health care providers and community resources.
3. Develop and maintain complete and accurate client records.
- a) Record thorough personal health information and regional evaluation.
 - b) Obtain written consent for each client.
 - c) Record a comprehensive and relevant treatment plan for each client.
 - d) Utilize SOAP format for ongoing treatment notations.
 - e) Follow guidelines for effective charting.
 - f) Respect confidentiality of client records.

COMMUNICATION

4. Communicate and collaborate in an effective professional manner.
- a) Evaluate the effectiveness of a variety of communication skills and barriers with clients of various age groups.
 - b) Establish therapeutic relationship with clients of all age groups which are empathetic, respectful, caring and genuine..
 - c) Deliberately interact with clients to share their lived experiences.
 - d) Clarify and interpret findings to promote client understanding of treatment plan.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

- e) Confer with client throughout treatment to determine client comfort.
 - f) Interact with client to better understand his/her lived experiences, needs and expectations.
 - g) Collaborate with mentor and share relevant information in providing massage care.
 - h) Consistently maintain professional boundaries in client and mentor relationships.
 - i) Determine strategies to manage potential dual relationships.
5. Demonstrate skills involved in organizing, operating and marketing student clinic.
- a) Demonstrate a variety of strategies which promote the image of massage therapy and the student clinic/field placement.
 - b) Demonstrate basic bookkeeping skills involved with the student clinic operation.
 - c) Demonstrate business management skills involved with student clinic operation.
 - maintain files and filing system
 - maintain appointment booking system
 - maintain equipment/supplies/linens
 - maintain flow of clientele through the clinic
 - d) Demonstrate telephone and reception skills.
 - e) Project a positive and professional image of massage therapy and student clinic.
 - f) Explore opportunities to try leadership role and take initiative in clinical setting.
 - g) Gather sound information in examining moral/ethical dilemmas associated with business practice.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**HEALTH & HEALING PROMOTION**

6. Consider the concepts of holistic health and healing within a massage therapy practice.
 - a) Investigate health and healing practices of clients from cultures and belief systems which differ from own.
 - b) Promote health and healing in client education opportunities integrating teaching/learning principles.
 - c) Integrate an understanding of human growth and development into massage practice.
 - d) Encourage client participation and decision making in all aspects of massage care.
 - e) Integrate self-care strategies into massage practice.
 - f) Assume responsibility for personal care strategies.
 - g) Support client autonomy in health and healing.

PROFESSIONALISM

7. Analyze the qualities of a massage professional in a variety of settings and situations.
 - a) Assume responsibility and accountability for massage practice.
 - b) Develop personal learning outcomes through professional portfolio.
 - identify personal goals/learning outcomes
 - design a specific plan to meet identified learning outcomes
 - include portfolio submissions which support identified plan
 - include a log of supervised massage treatment.
 - c) Examine moral/ethical questions in massage practice.

III. REQUIRED RESOURCES/TEXTS/MATERIALS:

Rattray, F. (1995) Massage Therapy: An Approach to Treatments (2nd Edition).
Toronto, Massage Therapy Texts and MAVerick Consultants.

Holly Oil and Ecco Lotion

IV. EVALUATION PROCESS/GRADING SYSTEM:

1. The pass mark for this course is “Satisfactory”.
2. To achieve a grade of “S” students must:
 - a) maintain overriding principles of the massage therapy program.
 - b) develop competencies for learning outcomes described by the four evaluative categories in the Interactive Review Process and course outline.
 - c) successfully complete written/practical testing.
 - d) submit required elements of Professional Portfolio.
 - e) submit all written assignments requested by instructor.
 - f) participate fully in practicum sessions.

The following semester grades will be assigned to students in postsecondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.	

V. SPECIAL NOTES:

- a) Students will be expected to market the student clinic. Business cards and brochures will be provided.
- b) Students are required to complete all necessary health requirements for practicum placement (see student resource guide).
- c) Students are required to have current certification in CPR, First Aid and WHMIS training.
- d) Sections and schedules are developed to maximize student learning opportunities and experiences. These are based on needs and learning outcomes that are expected of students.
- e) Students must bring own lubricant, hand towel, BP cuff, stethoscope, reflex hammer, goniometer and pinwheel to all practicum experiences. The instructor will specify the type of oil.
- f) Clinical experience will be divided between student clinic and off-campus placement.
- g) Attendance at all practicum experiences is mandatory. Students are expected to participate in massage experiences each clinical day as defined by the instructor.
- h) Students will be encouraged to participate in supervised Out Reach events organized by the Program which fall outside of the timetable.

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.