

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** Massage Practice IV

**CODE NO. :** MST3140 **SEMESTER:** 6

**PROGRAM:** Massage Therapy

**AUTHOR:** Doug Cressman, Ruth Wilson

**DATE:** Jan/01 **PREVIOUS OUTLINE DATED:** Jan/02

**APPROVED:**

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**DEAN**

\_\_\_\_\_  
**DATE**

**TOTAL CREDITS:** 6

**PREREQUISITE(S):** BIO3000, MST3020, MST3030, MST3040, MST3060

**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 consolidate comprehensive massage therapy practice. While in Student Clinic and field placement, students will apply theoretical knowledge and practical experience to acute, subacute, and chronic medical conditions (relevant to all body systems). Students will assume responsibility for comprehensive client assessment, as well as development, implementation and evaluation of holistic treatment plans. Students will have opportunity to develop leadership, management, critical thinking and business skills.

**II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:**

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

**Communication**

1. Communicate and collaborate in an effective professional manner with peers, clients and members of the multidisciplinary team.
  - a. Select the most effective communication strategy to use in any given situation.
  - b. Establish therapeutic relationship with clients which respects professional boundaries.
  - c. Advocate for clients assertively and appropriately.
  - d. Develop a growing sensitivity to the client’s situation in order to facilitate therapeutic interaction..
  - e. Collaborate effectively with members of the multidisciplinary team in order to provide effective health care including massage therapy.
  - f. Promote understanding of client information relative to massage by providing clear, concise and accurate information to the multidisciplinary team.
  - g. Explore opportunities to demonstrate leadership skills.
  - h. Acknowledge and manage situations complicated by a power differential, transference or counter transference.
  - i. Initiate suitable closure processes when either client or therapist identifies need to terminate relationship

**II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:**

**Competency**

2. Apply analytic and decision making skills in order to assess and formulate a relevant treatment plan for clients with more complex health conditions.
  - a. Collect and analyze health history, client information from interview and a comprehensive and systematic assessment.
  - b. Analyze critical information to determine elements which contraindicate massage or suggest precautions
  - c. Accurately interpret findings to formulate a clinical impression.
  - d. Independently use a variety of sources and methods when analyzing client information and developing a treatment plan.
  - e. Apply relevant theoretical and practical knowledge in developing treatment plans.
  - f. Collaborate with client to formulate a relevant treatment plan.
  - g. Independently obtain a valid consent, incorporating all essential elements.
  
3. Provide safe, competent and comprehensive massage therapy as determined by the treatment plan for clients with more complex health conditions.
  - a. Apply relevant legal and legislative parameters to massage therapy practice.
  - b. Employ the Standards of Practice and Code of Ethics as a defining framework for clinical practice.
  - c. Safely and competently integrate basic and advanced massage techniques, remedial exercise and hydrotherapy in client situations. Collaborate with client where treatment is indicated and modify the treatment plan as necessary.
  - d. Assume responsibility for providing a safe and comfortable physical and psychosocial environment.
  - e. Collaborate with client to formulate an effective home care plan which incorporates hydrotherapy, remedial exercise and lifestyle adaptations.
  
4. Evaluate the effectiveness of the treatment plan.
  - a. Reassess client in an ongoing manner
  - b. Analyze reassessment findings to determine client progress related to treatment plan.
  - c. Collaborate with client to continue, modify and where appropriate, discontinue treatment based on reassessment findings.
  - d. Collaborate with client to determine appropriate referrals to other members of the interdisciplinary team and/or to community resources.

**II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:**

5. Develop and maintain complete, accurate and confidential client records.
  - a. Record the comprehensive initial and ongoing health history and client assessment.
  - b. Maintain comprehensive, relevant and current treatment notes for each client.
  - c. Employ methods of recording and maintaining confidential documentation in compliance with relevant policies, procedures, standards and regulations.
  - d. Employ accurate technical writing skills.
  
6. Achieve facility in business management skills required to operate the Student Clinic.
  - a. Apply accepted principles of office management and basic bookkeeping skills to the massage therapy practice.
  - b. Use effective time management, organizational and decision making skills.
  - c. Conduct business practices and business relationships within an ethical framework.

**Health & Healing Promotion**

7. Integrate the concept of holistic health and healing into massage therapy practice.
  - a. Incorporate client's cultural background and belief system into client interactions when planning health and healing strategies.
  - b. Collaborate with client to formulate an effective home care plan integrating teaching/learning principles.
  - c. Support client autonomy in health and healing.
  - d. Assume responsibility for personal care strategies.
  - e. Encourage client participation and decision making in all aspects of massage care.
  - f. Integrate an understanding of human growth and development into massage therapy practice.

**II. LEARNING OUTCOMES AND ELEMENTS OF PERFORMANCE:**

**Professionalism**

8. Participate in massage therapy practice as an informed and responsible professional.
  - a. Assume responsibility and accountability for maintaining a professional practice.
  - b. Assume responsibility for development of Self-Assessment tool.
  - c. Promote the profession of massage therapy in a knowledgeable manner.
  - d. Develop and critically evaluate strategies for dealing effectively with moral/ethical dilemmas.
  - e. Explore political actions, strategies to influence change relevant to the quality of massage therapy practice.

**III. TOPICS:**

Massage therapy practice will take place in the following settings.

- a. Student Clinic
- b. Field Placement

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Rattray F. and Ludwig L., (2000) Clinical Massage Therapy, Toronto, Talus Incorporated

Hertling and Kessler (1996). Management of Common Musculoskeletal Disorders. 3<sup>rd</sup> Edition, Lippincott

First and Second Year Textbooks

Holly Oil, Ecco Lotion, or other approved lubricant

**V. EVALUATION PROCESS/GRADING SYSTEM:**

1. The pass mark for this course is “Satisfactory” (S).
2. To achieve a grade of “S” students must:
  - a. maintain overriding principles of the massage therapy program.
  - b. demonstrate competencies for learning outcomes described by the four evaluative categories in the course outline.
  - c. submit completed Self-Assessment Tool.
  - d. submit all written assignments.

*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 &amp; 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.	

## **VI. SPECIAL NOTES**

1. Students are required to complete all necessary health requirements for practicum placement (see student resource guide).
2. Students are required to have current certification in CPR, First Aid and WHMIS training.
3. 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.
4. Students must bring own lubricant and hand towel to all practicum experiences. Students must bring own linen to simulated Lab situations. As well, bring BP cuff, stethoscope, reflex hammer, pinwheel and goniometer.
5. Attendance at all practicum experiences is *mandatory*. Full participation is expected.
6. Students will be supported in their efforts to market the Student Clinic. Business cards will be provided.

### 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.