

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



Sault College

**COURSE OUTLINE**

**COURSE TITLE:** Massage Practice III  
**CODE NO. :** MST306 **SEMESTER:** 5  
**PROGRAM:** Massage Therapy  
**AUTHOR:** Doug Cressman, Ruth Wilson  
**DATE:** Sept/2000 **PREVIOUS OUTLINE DATED:** Sept/99  
**APPROVED:**

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**DEAN**

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

**TOTAL CREDITS:** 6  
**PREREQUISITE(S):** MST212, MST213, MST216, MST217  
**HOURS/WEEK:** 6

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**I. COURSE DESCRIPTION:**

The purpose of this course is to provide students with opportunities to practice comprehensive massage therapy at a more advanced level. Students in the Student Clinic and on field placement will begin to apply theoretical knowledge and practical experience to acute, subacute, and chronic medical conditions with primary focus on the musculoskeletal system. Students will assume responsibility for comprehensive client assessment as well as development, implementation and evaluation of holistic treatment plans. Students will have an opportunity to develop leadership, management, critical thinking, decision making and business management 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 and caring manner with peers, clients and members of a multidisciplinary team.
  - a. Select the most effective communication strategies to use in any given situation.
  - b. Establish therapeutic relationships with clients which respects professional boundaries.
  - c. With guidance, advocate for clients.
  - d. Develop a growing sensitivity to the client's situation in order to facilitate therapeutic interaction.
  - e. Collaborate effectively with members of a multidisciplinary team in order to provide effective health care including massage therapy.
  - f. Promote understanding of client information 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 the need to terminate the relationship.

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

2. Apply analytical and decision making skills in order to assess and formulate a relevant treatment plan for clients with more complex medical conditions.
  - a. Collect and analyze client information from health history, interview and comprehensive assessment.
  - b. Analyze critical information to determine elements which contraindicate massage or suggests precautions.
  - c. With guidance, interpret findings to formulate a clinical impression.
  - d. 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 plan.
  - f. Collaborate with client in all aspects of treatment plan formation.
  - 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 medical conditions.
  - a. Apply relevant legal and legislative parameters.
  - b. Employ the Standards of Practice and Code of Ethics as a defining framework for clinical practice.
  - c. Assume responsibility for providing a safe and comfortable physical and psychosocial environment.
  - d. Safely and competently integrate basic massage techniques, remedial exercises and hydrotherapy into situations where massage treatment is indicated.
  - e. Collaborate with client to adapt and modify the treatment plan.
  - f. Collaborate with the 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 organized manner.
  - b. Analyze reassessment findings to determine client progress related to the treatment plan.
  - c. Collaborate with client to continue, modify and where appropriate, discontinue the treatment based on reassessment findings
  - d. Collaborate with mentor and client to determine appropriate referrals to other members of the interdisciplinary team and/or to community resources.

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

5. Develop and maintains 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. Demonstrate appropriate business management skills required to operate the Student Clinic.
  - a. Apply accepted principles of office management and basic bookkeeping skills.
  - b. Use effective time management, organizational and decision making skills.
  - c. Conduct business practices and business relationships within an ethical framework.

**Health and 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 portfolio development and professional growth by:
    - developing learning outcomes and portfolio based on personal reflection of own learning needs, learning outcomes and Standards of Practice.
    - selecting, critically reading and applying scientific research and relevant literature to massage therapy practice.
  - c. Promote the profession of massage therapy in a knowledgeable manner.
  - d. With guidance, develop and critically evaluate strategies for dealing with moral/ethical dilemmas.
  - e. Explore political actions and 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
- c. Simulated Case Situations in Lab

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

Rattray, F. (1995). Massage Therapy: An Approach to Treatment 2<sup>nd</sup> Edition, Toronto  
Massage Therapy Texts and Maverick Consultants.

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

First and Second Year Textbooks

Holly Oil and Ecco Lotion

**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. achieve competencies for learning outcomes described by the four evaluative categories in the 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 as described by mentor

***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 program needs and learning outcomes that are expected of students.
4. Students must bring own lubricants and hand towel to all practicum experiences. The type of lubricant will be specified by the instructor. As well, please bring BP cuff, stethoscope, reflex hammer, goniometer, and pin wheel.
5. Attendance at all practicum experiences is **mandatory**. Students are expected to participate in massage experiences each clinical day as defined by the instructor.
6. Students will be supported in their efforts to market the Student Clinic. Business cards and brochures will be available.
7. Students will be encouraged to participate in supervised outreach events organized by the program which occur 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.