



CMTPEI Continuing Education and Competence Program

Self-Assessment Tool and Record of Professional Development and Learning Activities

College of Massage Therapists of Prince Edward Island
www.cmtpei.ca

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About the Continuing Education and Competency Program (CEC)

The CEC program is required for massage therapists that have been regulated under the Regulated Health Professions Act (RHPA). Registrants of CMTPEI have to declare their participation in the CEC annually as a requirement of registration renewal. Participation includes a self-assessment of one's competence, developing and implementing a professional learning plan, and reflectively evaluating the learning plan upon completion. Every year a percentage of the College registrants in Prince Edward Island will be randomly selected to participate in the CEC Audit process. Those selected in the audit are required to submit their annual learning plan (from the previous year) to the College to have it evaluated for completeness.

About the Self-Assessment Component of CEC

The goal of the annual self-assessment is to encourage you to think about, or reflect, on your practice in the context of the [Standards of Practice](#) and [Code of Ethics](#). There are no wrong or right answers, but your answers do mean something. For instance, if you self-select a low score to one of the indicators, consider building your learning plan so you can increase your score over time. You are required to complete a self-assessment annually – generally just before you renew your registration – as part of the CEC. This tool can be used for 5-years' worth of self-assessments so you can look back over the years to monitor your own progress. **NOTE:** Keep your self-assessment tool in your personal files at home. You **ARE NOT** required to send it to the College as part of the CEC Audit Process

Instructions for Completing the Self-Assessment Tool

The self-assessment tool is structured around the massage therapy Standards of Practice and the Code of Ethics documents. Read each indicator and rate your individual competence using the following scale:

1. **Novice:** You have little or no experience with the practice associated with the indicator and need additional learning in order to meet it.
2. **Intermediate:** You have minimal experience with the practice associated with the indicator and need some additional learning in order to meet it.
3. **Proficient:** You satisfactorily meet this indicator because you have sufficient experience with the practice associated with it.
4. **Expert:** You confidently meet this indicator because you have a great deal of experience with the practice associated with it.

Record of Professional Development and Learning Activities

At the back of this document, you will find several pages where you can keep track of your Professional Development and Learning Activities. It is important to remember not all learning activities are formal and professional activities (e.g., committee or Council member work) and informal learning activities

STANDARD 1: Prepare the Treatment Area

In a treatment area, using disinfecting cleaning materials, massage equipment, freshly laundered linen, towels and a blanket

RMT	Indicators	Year 20__	Year 20__	Year 20__	Year 20__	Year 20__
		Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]
A	Ensure that the room and equipment surfaces have been cleaned according to the requirements of communicable disease control					
B	So that you use only sheets and towels that have been freshly laundered.					
C	So that the linens, towels and blanket that come in contact with the client have not been used by a prior client					
D	So that linen used for draping will allow for full coverage of the client.					
E	So that the linens and pillows do not interfere with the client's ability to get on and off the table					
F	So that any obstacle or substance that could make the floor slippery is removed from the treatment room to prevent accidental falls.					
G	So that equipment is properly maintained, and that manufacturer's instructions are followed correctly.					
H	So that the transference of infectious diseases is limited					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

STANDARD 2: Inform clients of fees and obtain agreement

Given a client who has come to you for massage therapy. Inform the client of the fees and obtain his/her agreement to a fee schedule

RMT	Indicators	Year 20__	Year 20__	Year 20__	Year 20__	Year 20__
		Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]
A	Ensuring that your fee schedule is posted in a location where clients may see it or a copy provided to the client					
B	Ensuring that you explain the rates for a massage therapy appointment to the client including what part of the treatment time will be used for taking a health history and assessment / reassessment.					
C	Ensuring that you explain to the client your policy with regard to cancellation of appointments.					
D	Providing the client with an opportunity to ask questions about the rate and fee schedule.					
E	So that any charges that deviate from the set schedule have been agreed to by the client and documented in the clinical notes with the reasons and agreement indicated					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

STANDARD 3: Practical Skills

Wash you hands and any skin surface that will come in contact with the client

MLT's	Indicators	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Ensure that soap and water or alcohol-based hand sanitizer is used to clean skin surfaces by washing for a minimum of 10 seconds, including all surfaces.					
B	Immediately before and immediately after each client treatment					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

STANDARD 4: Interview client to obtain treatment goals

RMT	Indicators	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
	So that your interview questions include?					
A	client's goals for the treatment.					
B	limitations to activities of daily life					
C	identification of area(s) client would like to focus on					
D	discovery of contributing factors					
E	So that you give the client an opportunity to inform you of any specific area(s) to be treated and to relay any information the client chooses about his/her treatment goals.					
F	So that you give the client an opportunity to ask questions.					
G	Co-operate with and show respect for all members of the health care team					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

STANDARD 5: Risk Identification for Outbreak of infectious diseases

Given an infectious disease has been identified as a public health risk by the Chief Public Health Officer in the community. Interview the client to determine their risk of exposure to the infectious diseases.

RMT	Indicators	Year 20__	Year 20__	Year 20__	Year 20__	Year 20__
		Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]
A	So that you are aware of the symptoms of the infectious disease					
B	So that, if available, you use a screening tool to identify clients at risk of carrying or at risk from exposure					
C	So that you use protective barriers if the status of the client is unknown					
D	So that you clean the clinic area with approved antiseptic cleansers					
E	So that you follow any directive issued by the Province or Chief Public Health office					
F	So that the client is informed of the reason for screening and precautions					
G	So that you provide the client with an opportunity to ask questions					
H	So that clients who are at risk of carrying or at risk from exposure are not treated or are treated in isolation with all surface areas of the clinic area cleansed appropriately directly after treatment to reduce spread of the disease.					
I	So that a client is not discriminated against if they are from an identified at risk population.					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

STANDARD 6: Obtain, update, and record the client's health history

In a treatment area, given a client who comes to you for massage therapy. Obtain/update and record the client's health history

RMT	Indicators	Year 20__	Year 20__	Year 20__	Year 20__	Year 20__
		Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]	Rating [1-4]
A	Health history information must be requested from the client to identify indications and/or contraindications to treatment. Information requested must include (see standard for complete list)					
B	So that you inform the client of the need to inform you of any change in his/her health status.					
C	So that you inform the client of the reason why an accurate health history is needed before massage begins.					
D	So that you provide the client with an opportunity to ask questions to better understand health history questions being asked.					
E	So that you inform the client that all client information is confidential and written authorization will be obtained prior to release of information.					
F	So that you inform the client that all client information is confidential within the limits identified in the Confidentiality Statement in the Introduction.					
G	So that any infectious disease is recognized and routine and additional precautions are taken					
H	So that you inquire as to any allergies and/or sensitivity to hydrotherapy additives and lubricants that the client may have					
I	So that any contraindications for massage therapy or massage therapy technique(s) are recognized					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

Standard 7: Consent

Obtain the client's consent to perform the assessment / reassessment or treatment

RMT	Indicators	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the treatment is consistent with the massage therapy Scope of Practice and Association Policies.					
B	So that consent is obtained voluntarily					
C	So that consent is not obtained through misrepresentation or fraud					
D	So that the client is told the nature and purpose of the proposed assessment /reassessment and/or treatment including the areas of the body involved					
E	So that the client is informed of any risks, benefits, possible complications and any contraindications of the assessment / reassessment and/or treatment					
F	So that the client is informed that assessment / reassessment or treatment will be stopped or modified at any time, at his/her request.					
G	So that you tell the client that you will be checking periodically to determine the client's level of comfort.					
H	So that the client is given an opportunity to ask any questions.					
I	In the event of the need for a substitute decision maker, record the substitute's name and relationship to the client.					
J	So that you record informed consent in the client's clinical record as soon as possible, within 24 hours of treatment.					

Strengths I have demonstrated in this obligation:

Areas for professional development in this obligation:

Standard 8: Determine the client's condition by conducting assessment/re-assessment

Determine the client's condition by using history and observation to formulate a clinical impression and conduct (if required) a differential assessment and/or re-assessment to confirm the clinical impression.

RMT	Indicators	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you discontinue the assessment if requested by the client.					
B	So that the Communication / Public Health Standards 11 and 12 are followed if undressing or undraping is required prior to, during or following conducting the assessment/reassessment.					
C	So that you refer the client to other health care professionals for conditions that you cannot assess or if the need for referral is indicated in the assessment or re-assessment					
D	So that the assessment includes evidence of tenderness, tension, temperature, tone, and texture.					
E	So that all testing is done bi-laterally.					
F	So that you identify any physical conditions that are treatable by massage therapy					
G	So that you identify any physical conditions that may preclude general or local massage therapy treatment, or require treatment adaptation.					
H	So that the assessment includes the identification of potential risks associated with massage treatment in the presence of a contraindication.					
E	So that the effectiveness or completion of the treatment plan can be determined, based on the original goal of treatment					
F	So that a decision can be made to continue, modify/change, or stop the treatment plan					
G	So that the results of the assessment / reassessment are recorded in the client's health record as soon as possible, within 24 hours of assessment / reassessment.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 9: Determine if massage therapy treatment is indicated

Given the client's completed health history and your assessment of the client's condition. Determine if massage therapy treatment is indicated.

RMT	Indicators	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that if there is a contraindication to massage therapy, you refer the client to another qualified health care professional or that you modify the treatment so that the client is not put at risk.					
B	So that any referral that is made by the Massage Therapist is documented in the client's health record					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 10: Treatment and treatment plans

Given that massage therapy treatment is indicated. Explain the initial treatment to the client.

	Indicators Explain the initial treatment to the client	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	The plan must include goals, type and focus of treatment(s), and anticipated client responses to treatment.					
B	So that the treatment is consistent with the massage therapy Scope of Practice and Association Policies.					
C	So that contraindications to treatment are discussed with the client					
D	So that a client who may be at risk if treated is informed of the risks involved.					
E	So that you provide the client with a description of what treatment involves, the benefits of massage therapy, the areas of the body that will be treated and any anticipated side effects the client might experience during and/or after treatment.					
F	So that the client is informed that massage treatment will be stopped or modified at any time, at the client's request.					

G	So that you tell the client that you will be checking periodically to determine the client's level of comfort.					
H	So that any changes in the client's wishes regarding consent are obtained before each treatment and are followed.					
I	So that the client is given an opportunity to ask any questions.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 10: Develop and record an on-going treatment plan

Given that on-going massage therapy treatment is indicated, and given the client's request for treatment and your assessment of the client's condition

RMT	Indicators Develop and record an on-going treatment plan	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	The plan must include: goals, type and focus of treatment(s), areas of the body to be treated, anticipated frequency and duration of treatments, anticipated client responses to treatment, schedule for reassessment of the client's condition, and/or recommended remedial exercises and/or hydrotherapy.					
B	So that the plan is consistent with the massage therapy Scope of Practice and College Policies.					
C	So that contraindications to treatment are discussed with the client.					
D	So that a client who may be at risk if treated is informed of the risks involved.					
E	So that you provide the client with a description of what treatment involves, the benefits of					

	massage therapy, the areas of the body that will be treated and any anticipated side effects the client might experience during and/or after treatment.					
F	So that the client is informed that massage treatment will be stopped or modified at any time, at the client's request.					
G	So that you tell the client that you will be checking periodically to determine the client's level of comfort.					
H	After the first massage treatment and update whenever treatment plan is altered.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 10: Inform the client of any changes in the treatment plan

Given that the client informed you of changes in his/her wishes, his/her physical condition or health status, and/or you identified a change in the client's condition and/or a lack of client response to treatment, requiring a change in the treatment plan

	Indicators Inform client of change in treatment plan	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you ask the client if he/she has any questions.					
B	So that you answer the client's questions and/or refer him/her to another health care professional for questions that are not within your area of expertise.					
C	So that the information conveyed to the client includes what the changes to the treatment plan are, and why.					
D	So that you obtain and record consent from the client for all changes in treatment.					
E	Before continuing with massage treatment. Record changes to treatment plan within 24 hours of the treatment					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 11: Pre/Post treatment protocol

Given a client who has given consent to proceed with treatment

	Indicators Instruct client on undressing/dressing procedures	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you explain to the client the reasons for the removal of clothing.					
B	So that you instruct the client to remove the clothing and items which he / she is comfortable removing.					
A	So that you provide the client with an opportunity to ask questions.					
B	So that you provide the client an opportunity to dress/ undress out of the view of the therapist and other people.					
A	So that you get permission from the client to re-enter the area.					
B	If the client requires assistance to dress / undress themselves the proper procedures are followed: (see Standard for more details)					
A	So that you obtain client agreement to the treatment position.					
B	So that the instructions include how the client should position his /her body for treatment.					
A	So that the client is advised as to use of the sheets to cover him/herself once he/she is in position for treatment, if he/she is undressed. (Please see Communication / Public Health Standard 12 regarding undraping)					
B	If the client requires assistance on or off the massage table					
A	So that the instructions include any precautions the client should take to prevent falling off the table					
B	So that you prevent the client from falling					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 12: Draping- Undrape the client for treatment

Given a client is positioned for the treatment

	Indicators Undrape the client for treatment	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the draping is secured.					
B	So that if the client requests that the draping be rearranged for his/her comfort, you accommodate the request as long as you are not uncomfortable with any body parts being exposed.					
C	So that female breasts are not exposed except when being treated in accordance with Technique Standard 15 and 16					
D	So that the client's genitalia or gluteal cleft are not exposed.					
E	Notwithstanding all the above, it is acceptable for a female client to be so exposed within the circumstances of labour or child delivery, if consent and accommodation to effectively deliver massage therapy exists. (See Standard 12 for more details)					
F	Children under the age of 4 may be treated in an undraped fashion with consent of parent or substitute decision maker.					
G	So that you inform the client of what area of the body you will uncover and treat before uncovering					
H	So that you enquire as to the client's comfort and adjust support as necessary					

Standard 12: Draping-Undrape the client for treatment

Given that you require that the client change positions during treatment

	Indicators Instruct and /or assist the client to change position	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the client is informed on why and how to change position.					
B	So that the sheets and pillows are secured for client comfort.					
C	So that you secure the top sheet to ensure the client's body is not exposed at any time.					
D	So that the client is asked about his/ her level of comfort after he/she is in the new position.					
E	So that all efforts are made to maintain respectful privacy of the client by use of covering, while assisting him/her to change position					
F	Ensuring that the client does not fall off the massage equipment while changing position					

Standard 13: Recommend self-care

Given that the massage treatment has been completed and the client is dressed and that self-care is indicated.

	Indicators Recommend Self-Care	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you explain to the client appropriate self-care including its intended effect and possible negative reactions.					
B	So that the client is informed that if the self-care causes any severe negative reactions the client is to discontinue its use					
C	So that you demonstrate the recommended exercise(s).					
D	So that the assigned exercises are the correct exercises to address the client's condition.					
E	So that you witness that the client understands the exercise correctly.					
F	So that the self-care and / or exercise does not put the client at risk.					
G						
H						

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 14: Client health record

Establish and update clinical records for each client

	Indicators Given a massage therapy Client, establish and update clinical records for the client	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Records must include: - the completed client health history information - record of client's consent to treatment - records of on-going treatment - authorization to contact other health care professionals, when required - copies of reports pertaining to the client received from other health care professional					
B	So that records are confidential and are stored so as not to be accessible to unauthorized individuals.					
C	So that records are kept for a minimum of 10 years from the client's last visit					
D	So that if the client was under 18 years old at the time of his/her last visit, the records are kept for 10 years after the day that he/she turned (or would turn have turned) 18.					
	Indicators Given that a massage session is complete. Record treatment provided to the client					
A	So that your records include: -date, time, and duration of treatment -fee for treatment -results of assessment -summary of techniques used and areas treated -client reactions/feedback to treatment -informed consent from the client / substitute decision maker -used and/or recommended remedial exercises, and/or hydrotherapy -updated health history and treatment information as obtained					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 15: Use of personal protective equipment during a treatment

Given a client or a therapist with a recognizable contagious condition that might be spread by contact or inhalation during the massage therapy treatment

	Indicators Perform the massage therapy treatment	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Without spreading infection,					
B	While using personal protective equipment					
C	So that you explain why the use of gloves, masks or suitable alternative or other barrier is necessary or recommended					
D	So that the client is given an opportunity to ask questions					
E	So that all requirements of communicable disease control are met.					
F	So that the affected area of the therapist's arm, hand, and/or fingers is totally covered to prevent contact.					
G	So that in the case of an airborne infectious disease both the therapist and the client wear a mask before, during and after treatment.					
H	So that if these options are not possible or available that the treatment be altered, terminated, or postponed.					
I	So that the risk of allergies has been discussed and identified					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

Standard 16: Discharge of client

If the goals of the treatment plan have been met or cannot be met and/or if the needs of the client are beyond the skill, abilities or scope of practice of the massage therapist and/ or if the client is abusive

	Indicators Discharge the client	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you explain to the client the reason for the discharge					
B	So that the discharge discussion is initiated before or after the final treatment but not during the treatment					
C	So that the client is given an opportunity to ask questions					
D	So that a referral is arranged prior to discharge if necessary or appropriate					
E	So that the client files are transferred or stored according to the client's wishes					
F	So that sufficient notice is given to the client					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 1: Introduction to the standards for specific massage therapy techniques

There are standards that apply in general to the performance of massage therapy techniques.

These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan includes one or more massage therapy techniques, perform techniques correctly...	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you do not use a technique, or continue its use, if the client indicates a preference not to use it					
B	So that you make the client aware that some techniques may be painful, depending on how they are applied, and the condition being treated					
C	So that you treat within the client's pain tolerance, and you give the client the opportunity to inform you of his/her pain level within a mutually agreed upon range of acceptable pain.					
D	<input checked="" type="checkbox"/> So that the four basic principles of massage are applied: -superficial, deep, superficial - general, specific, general - proximal, distal, proximal - peripheral, central, peripheral					
E						
F						

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 2: Perform a stroking technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan includes the need for stroking technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that stroking is performed through client's covering or directly on the skin.					
B	So that if the purpose of stroking is to achieve a relaxation effect the technique is soothing, slow, and even.					
C	So that if the purpose of stroking is to achieve a stimulating effect the technique is brisk.					
D	So that stroking is not used or is modified if a contraindication to this technique exists.					
E						
F						

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 3: Perform a rocking or shaking technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for rocking and/or shaking technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you rock to create movement around a joint and shake to move the soft tissue.					
B	So that you treat within the client's agreed upon pain tolerance.					
C	So that you take special precaution, based on your assessment, with any client who is prone to joint subluxation/dislocation, or joint disease, inflammation or effusion or compromised integrity of the adjoining soft tissue.					
D	So that rocking or shaking is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 4: Perform an effleurage technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for effleurage technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the direction of movement is generally towards the heart.					
B	So that the movement is broad and general, and proportional to the part of the body being worked on					
C	So that effleurage is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 5: Perform a petrissage technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for petrissage technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the tissues are compressed and released in a rhythmical fashion.					
B	So that the tissue layers are kneaded and stretched relative to each other.					
C	So that petrissage is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 6: Perform a friction technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for friction technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the tissues are warmed and stretched before the technique is applied.					
B	So that your fingers do not glide over the client's skin.					
C	So that friction is performed specifically on the site of an adhesion or lesion.					
D	So that when performing friction, the technique used is either transverse, circular, or longitudinal to the fibre direction.					
E	So that following the application of friction, the fibres are stretched so that the fibres are correctly aligned.					
F	So that you inform the client that friction may be painful					
G	So that you inquire as to the client's comfort with regard to the level of pressure and pain					
H	So that you stop or modify treatment immediately when the client indicates an unexpected increase in pain or a positive change in the tissue					
I	So that following the application of a friction technique where inflammation is a response, ice is applied to the friction site following the stretch.					
J	So that medication history is considered before applying frictions.					
K	So that friction is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 7: Perform a vibration technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for vibration technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that when you perform static vibrations your whole hand or part thereof is in continuous contact with the client's body without sliding over the client's skin.					
B	So that when you perform running vibrations your whole hand or part thereof is in continuous contact with the client's body with a slight glide over the client's skin.					
C	So that vibration is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 8: Perform a tapotement technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for tapotement technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the technique is percussive and rhythmic.					
B	So that when you perform light tapotement your hands are light and springy and do not create force below the skin surface.					
C	So that when you perform heavy tapotement your hands are firm and apply force below the skin surface.					
D	So that any heavy tapotement technique is not performed over any bony prominence, the kidneys, abdomen or any fragile tissue.					
E	So that tapotement is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 9: Apply deep fascial technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for deep fascial technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the technique engages fascia and results in increased mobility and flexibility of tissue					
B	So that the tissues are warmed and stretched before and soothed after the technique is applied					
C	So that you inform the client that deep fascial techniques may be painful.					
D	So that you inquire as to the client's comfort with regard to the level of pressure and pain					
E	So that you stop or modify treatment immediately when the client indicates an unexpected increase in pain or a positive change in the tissue					
F	So that medication history is considered before applying deep fascial techniques.					
G	So that deep fascial techniques are not used or are modified if a contraindication to these techniques exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 10: Myo-fascial trigger points

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the possibility that trigger points may be present	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that trigger points are identified correctly, as indicated by at least two of: - local tenderness within a taut band of muscle - local twitch response, and/or a client's report of referred pain, or - autonomic phenomenon pattern					
B	So that you stop the assessment of trigger points immediately if the client requests					
C	So that you treat within the clients agreed upon pain tolerance.					
D	So that the treatment technique is applied until the client tells you the level of referred pain either decreases or is eliminated.					
E	So that you discontinue the technique if the referred pain does not diminish					
F	So that following the treatment of the trigger point the treated muscle is stretched					
G	So that the client is informed that the treatment of myo-fascial trigger points may be painful.					
H	So that you treat within the client's agreed upon pain tolerance					
I	So that treatment of trigger points is not used or is modified if a contraindication to this technique exists					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 11: Apply low grade joint mobilization

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need to maintain joint range-of-motion and or decrease joint pain	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the joint is in a loose-pack position.					
B	So that the joint is taken up to the elastic barrier but not beyond, within the client's pain tolerance.					
C	So that you assess the joint for pain prior to treatment by using a gentle, controlled traction.					
D	So that you treat the client within their agreed upon pain tolerance.					
E	So that you perform a gentle traction where possible before doing any gliding movements					
F	So that low-grade joint mobilization is not used or is modified if a contraindication to this technique exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 12: Apply High- grade joint mobilization

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need to increase inert tissue elongation through joint mobilization. Apply high grade joint mobilization	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the tissues around the joint is warmed and stretched prior to joint mobilization.					
B	So that the directions of mobilization are correct for that specific capsular pattern					
C	So that the joint is in a loose-pack position.					
D	So that the joint is taken to the end of its physiological range of motion, and then slightly beyond the physiological range of motion, within the client's comfort level.					
E	So that the accessory movement and physiological movements may be improved.					
F	So that high velocity low amplitude thrust techniques are not used.					
G	So that you assess the joint for pain prior to treatment by using a gentle, controlled traction.					
H	So that you treat within the client's agreed upon pain tolerance					
I	So that you take special precaution, based on your assessment, with any client who is prone to joint subluxation/dislocation, or joint disease, inflammation or effusion or compromised integrity of the adjoining soft tissue.					
J	So that high-grade joint mobilization is not used or is modified if a contraindication to this technique exists					
K						

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 13: Perform a stretch technique

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for a stretch technique perform a stretch technique	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that the soft tissue is lengthened within the client's pain tolerance.					
B	So that the stretch is held without bouncing until there is a release in the tissue being stretched					
C	So that a stretch technique is not used or is modified if a contraindication to this technique exists.					
D	So that no stretch is applied to an unstable structure or tissue.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 14: Perform an intra-oral treatment

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates the need for an intra-oral treatment perform intra-oral treatment	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you never treat past the larynx.					
B	So that you set up a non-verbal signal from the client with regard to pain and comfort level.					
C	So that you use protective barriers for the entire hand while treating in the mouth.					
D	So that treatment is discontinued if the client indicates.					
E	So that intra-oral treatment is not used or is modified if a contraindication to this treatment exists.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 15: Perform breast massage

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that breast massage is requested or clinically indicated prior to treatment, and that the client has consented to breast massage for:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	general drainage problems					
B	pre/post menstrual pain					
C	breast swelling and/or congestion					
D	discomforts of pregnancy and/or lactation					
E	blocked milk ducts (contraindicated if mastitis)					
F	pre/post surgery including breast augmentation or reduction					
G	symptomatic relief of pain					
H	promotion of good quality scarring and relief of adhered/restrictive/painful scarring					
I	common benign breast conditions					
J	discomfort from cancer treatment, rehabilitation from cancer treatment					
K	So that you avoid the nipple and/or areola.					
L	So that the breast tissue is uncovered only when it is being treated directly. (notwithstanding clause in Communication / Public Health Standard 12 applies)					
M	So that breast massage is not performed or is modified if a contraindication to this treatment exists.					
N	So that vigorous techniques are not used when breast implants are present.					
O	So that consent was obtained in accordance with Communication / Public Health Standard 7					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 16: Perform massage to the chest wall

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators	Year	Year	Year	Year	Year
		20__	20__	20__	20__	20__
		Rating	Rating	Rating	Rating	Rating
	Given that massage to structures of the chest wall has been requested or clinically indicated prior to treatment, and that the client has consented to the treatment plan.: Perform ...	[1-4]	[1-4]	[1-4]	[1-4]	[1-4]
A	So that the chest/breast is uncovered only with the prior and voluntary consent of the client (notwithstanding clause in Communication / Public Health Standard 7 applies).					
B	So that structures of the chest wall are not treated or that treatment is modified if contraindications to treatment of this area exist.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

TECHNIQUE STANDARD 17: Apply Hydrotherapy

There are standards that apply in general to the performance of massage therapy techniques. These general standards are to be met in the performance of all techniques in massage therapy treatment.

	Indicators Given that the client's treatment plan indicates a need to use hydrotherapy. Apply hydrotherapy..	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	So that you describe to the client how the hydrotherapy application would be performed, including its intended effect and possible negative reactions.					
B	So that you provide the client with an opportunity to ask questions.					
C	So that you regularly observe the client's physical reactions and inquire as to the client's comfort.					
D	So that the hydrotherapy treatment is pre-tested on a small area (patch test) if there is any concern about the client's ability to tolerate the temperature or type of application.					
E	So that the size, intensity and duration of treatment is determined according to the client's general health status and indications in the case.					
F	So that you provide the client with a rest period following large or intense applications.					
G	So that the equipment manufacturer's specifications are followed correctly, and a maintenance log is kept					
H	So that the equipment is cleaned and maintained in accordance with the requirements defined by the Infection Control for Regulated Professionals document					
I	So that the applications used are not contraindicated due to the client's condition.					
J	So that applications are modified, if necessary, due to the client's condition.					
K	So that you regularly observe the client's response to treatment and remain available for treatment alteration.					
L	So that if the medical history of the client indicates a high risk of any negative reaction, constant supervision is maintained					
M	So that if any negative reactions are identified, treatment is modified or stopped.					
N	So that hygienic conditions are maintained at all times					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

CODE OF ETHICS

PRINCIPLE I: Respect for Persons

To value the dignity and worth of all persons regardless of age, race, culture, creed, sexual identity, gender, ability and/or health status.

1-1	Indicators Client autonomy is demonstrated by:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Ensuring that clients are as fully involved as possible in the planning and implementation of their own health care					
B	Providing complete and accurate information in a sensitive and timely fashion to enable clients, or when necessary, a client's substitute decision maker, to make informed choices					
C	Listening to and respecting a client's values, opinions, needs, cultural beliefs, experiences, and preferences, particularly as they apply to their attitudes to suggested treatments					
D	Encouraging and being responsive to a client's choice to accept, augment, modify, refuse or terminate treatment					
E	Being informed about legal rights of a client					
F	Playing a role in assisting patients to navigate the healthcare system, including referring them to other appropriate healthcare providers, services and community resource					
G	Safeguarding the client's right to privacy and confidentiality by holding all personal and health information in confidence unless otherwise required by law					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

CODE OF ETHICS

PRINCIPLE II: Responsible Care:

Providing sensitive, compassionate, and empathetic massage therapy treatments

2-1	Indicators Responsible care of a client is demonstrated by:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Listening to and respecting the client's values, opinions, needs, cultural beliefs, experiences, and preferences					
B	Promoting the client's best interest and well-being, through the highest possible standard of professional practice					
C	Seeking assistance (asking for help) when practitioner's comfort level is challenged by client's comments or behaviours					
D	Recognizing and referring the client to other health care providers and/or services when it is in the client's best interest to do so					
E	Being alert to and reporting, as required by law, any suspected sexual abuse of a client by a member of any regulated health profession					
F	Approaching and co-operating with substitute decision makers in assessing the client's wishes and best interests in the event of incapacity					
G	Protecting the client's physical and emotional privacy					
H	Collecting only that information which is relevant to the provision of health care.					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

CODE OF ETHICS

PRINCIPLE III: Integrity in Relationships:

To practice with integrity, honesty, and diligence in our professional relationships with ourselves, our clients, our professional colleagues, and society.

3-1	Indicators Commitments to clients are demonstrated by:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Ensuring that we always act in our client's best interest as defined by the client's wishes and consistent with the standards of practice of the profession					
B	Informing the client about health care services available to support their current needs					
C	Referring to other health care providers as necessary and appropriate					
D	Recognizing that the nature of the treatment relationship creates a position of power to be carefully exercised in the client's best interests.					
E	Maintaining professional boundaries between professional therapeutic relationships and personal relationships and not engaging in relationships of a romantic or sexual nature with clients					
F	Obtaining assistance (asking for help) when a client communicates or expresses choices that seem likely to cause harm to themselves or others					
G	Providing client-centered health care which includes the following: i) Explaining to the client and advocating for his/her right to receive information about and take control of his/her health care. ii) Providing information about the proposed treatment, alternative courses of action, the material effects, risks and side effects in each case and the consequences of not having the treatment. iii) Assisting the client to comprehend information iv) Responding to questions about our client's health care/treatment v) Acknowledging errors and taking necessary actions to minimize harm to clients					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

CODE OF ETHICS

PRINCIPLE III: Integrity in Relationships:

To practice with integrity, honesty, and diligence in our professional relationships with ourselves, our clients, our professional colleagues, and society.

3-2	Indicators Commitments to Self are demonstrated by:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Being pro-actively committed to our own health and personal and professional development					
B	Being competent, conscientious and empathetic practitioners					
C	Being aware of our personal values and being able to identify when value conflicts interfere with client care					
D	Keeping our professional commitment by integrating massage values and principles in our daily practice					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

CODE OF ETHICS

PRINCIPLE III: Integrity in Relationships:

To practice with integrity, honesty, and diligence in our professional relationships with ourselves, our clients, our professional colleagues, and society.

3-3	Indicators Commitments to our Professional Colleagues are demonstrated by:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Respecting our colleagues and working co-operatively with them					
B	Intervening in situations where the safety and well-being of a client is in jeopardy					
C	Reporting to appropriate authorities any regulated health care practitioner who abuses a client physically, verbally, sexually or financially					
D	Referring to other health care providers when necessary and appropriate					
E	Recognize that self-regulation of the profession is a privilege and that each registrant has an ongoing responsibility to support the public interest mandate of the CMTPEI.					
F	Contributing to continuous quality improvement initiatives					
G	Upholding standards and guidelines of the profession					
H	Representing ourselves honestly, and performing only those services for which we are qualified					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

CODE OF ETHICS

PRINCIPLE IV: Responsibility to the public:

To be accountable to society and conduct ourselves in a manner that fosters and promotes high ethical standards.

4-1	Indicators Ethical practice is demonstrated by:	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]	Year 20__ Rating [1-4]
A	Becoming familiar with and adhering to the laws governing professional practice, including the Regulated Health Professions Act and the Massage Therapists Regulations.					
B	Practicing within the CMTPEI standards of practice and within the limits of personal competency					
C	Reporting, as required by law, any fitness to practice concerns concerning any other massage therapist					
D	Pursuing continued career-long, professional learning					
E	Advocating for and supporting a client's ethical rights					
F	Participating in the promotion of the profession of massage therapy through advocacy, research and maintenance of the highest possible standards of practice					
G	Promoting positive changes in health care by actively participating in health policy development, review, and revision					
H	Making every reasonable effort to ascertain that our clinical environment will permit provision of care consistent with the values in the Code of Ethics					
I	Committing to continuous improvement and implementation of standards of massage practice					
J	Collaborating with members of the other health professions to meet the health needs of the public					
K	Continuing to develop ways to clarify massage therapist's accountability to the public					

Strengths I have demonstrated in this ethical principle:

Areas for professional development in this ethical principle:

References:

- Regulated Health Professions Act and Regulations -
<https://www.princeedwardisland.ca/en/legislation/all/all/r>
- Massage Therapists Regulations-
<https://www.cmtpei.ca/documents>
- The College of Massage Therapists of New Brunswick
<https://www.cmtnb.ca>
- College of Licensed Practical Nurses of Prince Edward Island
<https://clpnpei.ca/>
- Nova Scotia College of Medical Imaging and Radiation Therapy Professionals
<https://nscmirtp.ca/>