



Continuing Education and Competency Program

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

The CMTPEI gratefully acknowledges the College of Licensed Practical Nurses of NS and the College of Licensed Practical Nurses of PEI for permission to reproduce their Continuing Competency Support documents for use in Prince Edward Island

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:

Item	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	Ensure that you use only sheets and towels that have been freshly laundered					
C	Ensure that the linens, towels and blanket that come in contact with the client have not been used by a prior client					
D	Ensure that linen used for draping will allow for full coverage of the client.					
E	Ensure that the linens and pillows do not interfere with the client's ability to get on and off the table					
F	Ensure that any obstacle or substance that could make the floor slippery is removed from the treatment room to prevent accidental falls					
G	Ensure that equipment is properly maintained, and that manufacturer's instructions are followed correctly					
H	Ensure 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 their agreement to a fee schedule by:

Item	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	Ensuring 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:

Item	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 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	Ensuring this is done 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

Interview the client to obtain their treatment goals so that your interview questions include:

Item	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	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	Giving the client an opportunity to inform you of any specific area(s) to be treated and to relay any information the client chooses about their treatment goals					
F	Giving the client an opportunity to ask questions					

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 so that:

Item	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	You are aware of the symptoms of the infectious disease					
B	If available, you use a screening tool to identify clients at risk of carrying or at risk from exposure					
C	You use protective barriers if the status of the client is unknown					
D	You clean the clinic area with approved antiseptic cleansers					
E	You follow any directive issued by the Province or Chief Public Health office					
F	The client is informed of the reason for screening and precautions					
G	You provide the client with an opportunity to ask questions					
H	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	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 so that:

Item	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	You request health history information from the client to identify indications and/or contraindications to treatment as listed in the <i>Standards</i>					
B	You inform the client of the need to inform you of any change in his/her health status					
C	You inform the client of the reason why an accurate health history is needed before massage begins					
D	You provide the client with an opportunity to ask questions to better understand health history questions being asked					
E	You inform the client that all client information is confidential and written authorization will be obtained prior to release of information					
F	You inform the client that all their information is confidential within the limits identified in the Confidentiality Statement in the Introduction					
G	Any infectious disease is recognized and routine and additional precautions are taken					
H	You inquire as to any allergies and/or sensitivity to hydrotherapy additives and lubricants that the client may have					
I	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 so that:

Item	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	The treatment is consistent with the massage therapy Scope of Practice and Policies					
B	Consent is obtained voluntarily					
C	Consent is not obtained through misrepresentation or fraud					
D	The client is told the nature and purpose of the proposed assessment /reassessment and/or treatment including the areas of the body involved					
E	The client is informed of any risks, benefits, possible complications and any contraindications of the assessment / reassessment and/or treatment					
F	The client is informed that assessment / reassessment or treatment will be stopped or modified at any time, at their request					
G	You tell the client that you will be checking periodically to determine the client's level of comfort					
H	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	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 standard:

Areas for professional development in this standard:

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

Determine the client's condition by using history and observation to formulate a clinical impression and conduct (if required) a differential assessment or reassessment to confirm the clinical impression so that:

Item	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	You discontinue the assessment if requested by the client					
B	The Communication/Public Health Standards 11 and 12 are followed if undressing or undraping is required prior to, during or following conducting the assessment or reassessment					
C	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 reassessment					
D	The assessment includes evidence of tenderness, tension, temperature, tone, and texture					
E	All testing is done bilaterally					
F	You identify any physical conditions that are treatable by massage therapy					
G	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 standard:						
Areas for professional development in this standard:						

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 so that:

Item	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	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	Any referral that is made by you, the Massage Therapist, is documented in the client's health record					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

Standard 10: Treatment and treatment plans

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

Item	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	The plan includes goals, type and focus of treatment(s), and anticipated client responses to treatment					
B	The treatment is consistent with the massage therapy Scope of Practice and policies					
C	Contraindications to treatment are discussed with the client					
D	A client who may be at risk if treated is informed of the risks involved					
E	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	The client is informed that massage treatment will be stopped or modified at any time, at the client's request					
G	You tell the client that you will be checking periodically to determine the client's level of comfort					
H	Any changes in the client's wishes regarding consent are obtained before each treatment and are followed					
I	The client is given an opportunity to ask any questions					

Strengths I have demonstrated in this standard:

Areas for professional development in this standard:

Standard 10: Develop and record an ongoing treatment plan

Given that ongoing massage therapy treatment is indicated, and given the client's request for treatment and your assessment of the client's condition, develop the plan so that:

Item	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	The plan includes: 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	The plan is consistent with the massage therapy Scope of Practice and College Policies					
C	Contraindications to treatment are discussed with the client					
D	A client who may be at risk if treated is informed of the risks involved					
E	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	The client is informed that massage treatment will be stopped or modified at any time, at the client's request					
G	You tell the client that you will be checking periodically to determine the client's level of comfort					
H	You do the above after the first massage treatment and update whenever treatment plan is altered					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

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, inform the client of the changes so that:

Item	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	You ask the client if they have any questions					
B	You answer the client's questions and/or refer them to another health care professional for questions that are not within your area of expertise					
C	The information conveyed to the client includes what the changes to the treatment plan are, and why					
D	You obtain and record consent from the client for all changes in treatment					
E	You inform the client of any changes in the treatment plan before continuing with massage treatment and record changes to treatment plan within 24 hours of the treatment					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

Standard 11: Pre/Post treatment protocol

Given a client who has given consent to proceed with treatment, instruct client on undressing/dressing procedures so that:

Item	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	You explain to the client the reasons for the removal of clothing					
B	You instruct the client to remove the clothing and items which they are comfortable removing					
C	You provide the client with an opportunity to ask questions					
D	You provide the client an opportunity to dress/ undress out of the view of the therapist and other people					
E	You get permission from the client to re-enter the area					
F	If the client requires assistance to dress / undress themselves the proper procedures are followed (see Standard for more details)					
G	You obtain client's agreement to the treatment position					
H	The instructions include how the client should position his /her body for treatment					
I	The client is advised as to use of the sheets to cover themselves once they are in position for treatment, if they are undressed (see Communication / Public Health Standard 12 regarding undraping)					
J	If the client requires assistance on or off the massage table, you ask the client about his/her level of comfort and modify the assistance approach to minimize the client's physical discomfort					
K	If the client requires assistance on or off the massage table, the instructions include any precautions the client should take to prevent falling off the table					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

Standard 12: Draping- Undrape the client for treatment

Given a client is positioned for the treatment, undrape the client for treatment so that:

Item	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	You ensure that the draping is secured					
B	You ensure, if the client requests that the draping be rearranged for their comfort, you accommodate the request as long as you are not uncomfortable with any body parts being exposed					
C	You ensure that female breasts are not exposed except when being treated in accordance with Technique Standard 15 and 16					
D	You ensure that the client's genitalia or gluteal cleft are not exposed					
E	You are aware that, 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	You are aware that children under the age of 4 may be treated in an undraped fashion with consent of parent or substitute decision maker.					
G	You inform the client of what area of the body you will uncover and treat before uncovering					
H	You enquire as to the client's comfort and adjust support as necessary					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

Standard 12: Draping-Undrape the client for treatment

Given that you require that the client change positions during treatment, instruct and /or assist the client to change position so that:

Item	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	The client is informed on why and how to change position					
B	The sheets and pillows are secured for client comfort					
C	You secure the top sheet to ensure the client's body is not exposed at any time					
D	The client is asked about their level of comfort after they are in the new position					
E	All efforts are made to maintain respectful privacy of the client by use of covering, while assisting them to change position					
F	You ensure that the client does not fall off the massage equipment while changing position					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

Standard 13: Recommend self-care

Given that the massage treatment has been completed and the client is dressed and that self-care is indicated, self-care is recommended so that:

Item	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	You explain to the client appropriate self-care including its intended effect and possible negative reactions					
B	The client is informed that if the self-care causes any severe negative reactions the client is to discontinue its use					
C	You demonstrate the recommended exercise(s)					
D	The assigned exercises are the correct exercises to address the client's condition					
E	You witness that the client understands the exercise correctly					
F	The self-care and / or exercise does not put the client at risk					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

Standard 14: Client health record - Establish and update clinical records for each client

Given a massage therapy client, establish and update clinical records for each client so that:

Item	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	Records include: <ul style="list-style-type: none"> the completed client health history information record of client's consent to treatment records of ongoing treatment authorization to contact other health care professionals, when required copies of reports pertaining to the client received from other health care professional 					
B	Records are confidential and are stored so as not to be accessible to unauthorized individuals					
C	Records are kept for a minimum of 10 years from the client's last visit					
D	If the client was under 18 years old at the time of their last visit, the records are kept for 10 years after the day that they turned (or would turn have turned) 18					
E	Given that a massage session is complete, record the treatment provided to the client, including: <ul style="list-style-type: none"> 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 standard:						
Areas for professional development in this standard:						

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, perform the massage therapy treatment so that:

Item	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	You are not spreading infection					
B	You are using personal protective equipment					
C	You explain why the use of gloves, masks or suitable alternative or another barrier is necessary or recommended					
D	The client is given an opportunity to ask questions					
E	All requirements of communicable disease control are met					
F	The affected area of the therapist's arm, hand, and/or fingers is totally covered to prevent contact					
G	In the case of an airborne infectious disease both the therapist and the client wear a mask before, during and after treatment					
H	If these options are not possible or available that the treatment be altered, terminated, or postponed					
I	The risk of allergies has been discussed and identified					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

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, discharge the client so that:

Item	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	You explain to the client the reason for the discharge					
B	The discharge discussion is initiated before or after the final treatment but not during the treatment					
C	The client is given an opportunity to ask questions					
D	A referral is arranged prior to discharge if necessary or appropriate					
E	The client's files are transferred or stored according to the client's wishes					
F	Sufficient notice is given to the client					
Strengths I have demonstrated in this standard:						
Areas for professional development in this standard:						

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

Given that the client's treatment plan includes one or more massage therapy techniques, perform techniques correctly so that:

Item	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	You do not use a technique, or continue its use, if the client indicates a preference not to use it					
B	You make the client aware that some techniques may be painful, depending on how they are applied, and the condition being treated					
C	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	The four basic principles of massage are applied: <ul style="list-style-type: none"> • superficial, deep, superficial • general, specific, general • proximal, distal, proximal • peripheral, central, peripheral 					

Strengths I have demonstrated in this technique standard:

Areas for professional development in this technique standard:

TECHNIQUE STANDARD 2: Perform a stroking technique

Given that the client's treatment plan includes the need for stroking technique, you perform this technique so that:

Item	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	Stroking is performed through client's covering or directly on the skin					
B	If the purpose of stroking is to achieve a relaxation effect the technique is soothing, slow, and even					
C	If the purpose of stroking is to achieve a stimulating effect the technique is brisk					
D	Stroking is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 3: Perform a rocking or shaking technique

Given that the client's treatment plan indicates the need for rocking and/or shaking technique, you perform the technique so that:

Item	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	You rock to create movement around a joint and shake to move the soft tissue					
B	You treat within the client's agreed upon pain tolerance					
C	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	Rocking or shaking is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 4: Perform an effleurage technique

Given that the client's treatment plan indicates the need for effleurage technique, perform the technique so that:

Item	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	The direction of movement is generally towards the heart					
B	The movement is broad and general, and proportional to the part of the body being worked on					
C	Effleurage is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 5: Perform a petrissage technique

Given that the client's treatment plan indicates the need for petrissage technique, perform the technique so that:

Item	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	The tissues are compressed and released in a rhythmical fashion					
B	The tissue layers are kneaded and stretched relative to each other					
C	Petrissage is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 6: Perform a friction technique

Given that the client's treatment plan indicates the need for friction technique, perform the technique so that:

Item	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	The tissues are warmed and stretched before the technique is applied					
B	Your fingers do not glide over the client's skin					
C	Friction is performed specifically on the site of an adhesion or lesion					
D	The friction technique used is either transverse, circular, or longitudinal to the fibre direction					
E	Following the application of friction, the fibres are stretched so that the fibres are correctly aligned					
F	You inform the client that friction may be painful					
G	You inquire as to the client's comfort with regard to the level of pressure and pain					
H	You stop or modify treatment immediately when the client indicates an unexpected increase in pain or a positive change in the tissue					
I	Following the application of a friction technique where inflammation is a response, ice is applied to the friction site following the stretch					
J	Medication history is considered before applying frictions					
K	Friction is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 7: Perform a vibration technique

Given that the client's treatment plan indicates the need for vibration technique, you perform the technique so that:

Item	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	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	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	Vibration is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 8: Perform a tapotement technique

Given that the client's treatment plan indicates the need for tapotement technique, you perform the technique so that:

Item	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	The technique is percussive and rhythmic					
B	When you perform light tapotement your hands are light and springy and do not create force below the skin surface					
C	When you perform heavy tapotement your hands are firm and apply force below the skin surface					
D	Any heavy tapotement technique is not performed over any bony prominence, the kidneys, abdomen or any fragile tissue					
E	Tapotement is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 9: Apply deep fascial technique

Given that the client's treatment plan indicates the need for deep fascial technique, you perform the technique so that:

Item	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	The technique engages fascia and results in increased mobility and flexibility of tissue					
B	The tissues are warmed and stretched before and soothed after the technique is applied					
C	You inform the client that deep fascial technique may be painful					
D	You inquire as to the client's comfort with regard to the level of pressure and pain					
E	You stop or modify treatment immediately when the client indicates an unexpected increase in pain or a positive change in the tissue					
F	Medication history is considered before applying deep fascial technique					
G	Deep fascial technique is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 10: Myo-fascial trigger points

Given that the client's treatment plan indicates the possibility that trigger points may be present, you identify the trigger points and perform the treatment so that:

Item	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	Trigger points are identified correctly, as indicated by at least two of: <ul style="list-style-type: none"> 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	You stop the assessment of trigger points immediately if the client requests					
C	You treat within the client's agreed-upon pain tolerance					
D	The treatment technique is applied until the client tells you the level of referred pain either decreases or is eliminated					
E	Following the treatment of the trigger point the treated muscle is stretched					
F	Following the treatment of the trigger point the treated muscle is stretched					
G	The client is informed that the treatment of myo-fascial trigger points may be painful					
H	Treatment of trigger points is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 11: Apply low-grade joint mobilization

Given that the client's treatment plan indicates the need to maintain joint range-of-motion and or decrease joint pain, you apply this technique so that:

Item	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	The joint is in a loose-pack position					
B	The joint is taken up to the elastic barrier but not beyond, within the client's pain tolerance					
C	You assess the joint for pain prior to treatment by using a gentle, controlled traction					
D	You treat the client within their agreed-upon pain tolerance					
E	You perform a gentle traction where possible before doing any gliding movements					
F	Low-grade joint mobilization is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 12: Apply high-grade joint mobilization

Given that the client's treatment plan indicates the need to increase inert tissue elongation through joint mobilization, you apply high-grade joint mobilization so that:

Item	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	The tissues around the joint is warmed and stretched prior to joint mobilization					
B	The directions of mobilization are correct for that specific capsular pattern					
C	The joint is in a loose-pack position					
D	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	The accessory movement and physiological movements may be improved					
F	High velocity low amplitude thrust techniques are not used					
G	You assess the joint for pain prior to treatment by using a gentle, controlled traction					
H	You treat within the client's agreed-upon pain tolerance					
I	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	High-grade joint mobilization is not used or is modified if a contraindication to this technique exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 13: Perform a stretch technique

Given that the client's treatment plan indicates the need for a stretch technique, perform a stretch technique so that:

Item	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	The soft tissue is lengthened within the client's pain tolerance					
B	The stretch is held without bouncing until there is a release in the tissue being stretched					
C	A stretch technique is not used or is modified if a contraindication to this technique exists					
D	No stretch is applied to an unstable structure or tissue					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 14: Perform an intra-oral treatment

Given that the client's treatment plan indicates the need for an intra-oral treatment perform intra-oral treatment so that:

Item	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	You never treat past the larynx					
B	You set up a non-verbal signal from the client with regard to pain and comfort level					
C	You use protective barriers for the entire hand while treating in the mouth					
D	Treatment is discontinued if the client indicates					
E	Intra-oral treatment is not used or is modified if a contraindication to this treatment exists					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 15: Perform breast massage

Given that breast massage is requested or clinically indicated prior to treatment, and that the client has consented to breast massage for the clinical indicators concerning the breast listed in the *Standards*, perform breast massage so that:

Item	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	You avoid the nipple and/or areola					
B	The breast tissue is uncovered only when it is being treated directly (notwithstanding clause in Communication / Public Health Standard 12 applies)					
C	Breast massage is not performed or is modified if a contraindication to this treatment exists					
D	Vigorous techniques are not used when breast implants are present					
E	Consent was obtained in accordance with Communication / Public Health Standard 7					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 16: Perform massage to the chest wall

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 for the clinical indicators listed in the *Standards*, perform massage to the chest wall so that:

Item	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	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	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 technique standard:						
Areas for professional development in this technique standard:						

TECHNIQUE STANDARD 17: Apply Hydrotherapy

Given that the client's treatment plan indicates a need to use hydrotherapy. Apply hydrotherapy so that:

Item	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	You describe to the client how the hydrotherapy application would be performed, including its intended effect and possible negative reactions					
B	You provide the client with an opportunity to ask questions					
C	You regularly observe the client's physical reactions and inquire as to the client's comfort					
D	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	The size, intensity and duration of treatment is determined according to the client's general health status and indications in the case					
F	You provide the client with a rest period following large or intense applications					
G	The equipment manufacturer's specifications are followed correctly and a maintenance log is kept					
H	The equipment is cleaned and maintained in accordance with the requirements defined by the Infection Control for Regulated Professionals document					
I	The applications used are not contraindicated due to the client's condition					
J	Applications are modified if necessary, due to the client's condition					
K	You regularly observe the client's response to treatment and remain available for treatment alteration					
L	If the medical history of the client indicates a high risk of any negative reaction, constant supervision is maintained					
M	If any negative reactions are identified, treatment is modified or stopped					
N	Hygienic conditions are maintained at all times					
Strengths I have demonstrated in this technique standard:						
Areas for professional development in this technique standard:						

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. Client autonomy is demonstrated by:

Item	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 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. Responsible care of a client is demonstrated by:

Item	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	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. Commitments to **clients** are demonstrated by:

Item	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 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	Obtaining assistance (asking for help) when a client communicates or expresses choices that seem likely to cause harm to themselves or others					
H	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. Commitments to **self** are demonstrated by:

Item	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	Being proactively 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, honest, and diligence in our professional relationships with ourselves, our clients, our professional colleagues, and society. Commitments to our **professional colleagues** are demonstrated by:

Item	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	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	Recognizing 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. Ethical practice is demonstrated by:

Item	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	Becoming familiar with and adhering to the laws governing professional practice, including the <i>Regulated Health Professions Act</i> and the <i>Massage Therapists Regulations</i>					
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 <i>Code of Ethics</i>					
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

[PEI Regulated Health Professions Act](#)

[PEI Massage Therapists Regulations](#)

[CMTPEI Code of Ethics / CMTPEI Standards of Practice](#)

[The College of Massage Therapists of New Brunswick](#)

[College of Licensed Practical Nurses of Prince Edward Island](#)

[Nova Scotia College of Medical Imaging and Radiation Therapy Professionals](#)