



# Oregon

John Kitzhaber, MD Governor

## Board of Massage Therapists

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## Education Committee Meeting

June 14, 2013

Pioneer Pacific College

### Attendance

#### Committee Members:

Lisa Barck Garofalo, Chair

Nick Chrones, LMT

Peter Szucs, LMT

Steve Davis, LMT

Lana Braunt, LMT

#### Board Members & Staff:

Kathy Calise, Board Liaison

Kate Coffey, Executive Director

Christine West, Policy Analyst

**Absent:** Kate Coffey, Executive Director and John Combe, LMT

**Public:** Tara Ladner, LMT #1898

**CALL TO ORDER - Barck Garofalo** called the meeting to order at 10:07 am.

**INTRODUCTIONS:** Present at time of introductions Barck Garofalo, Chrones, Szucs, Calise, Braunt and Davis arrived late.

**PUBLIC COMMENT:** Tara Ladner came to the committee meeting today to observe how the committee works, she's curious about the Continuing Education assignment and conversation.

**MINUTES** – May 3, 2013 minutes were approved with no changes.

#### Continuing Education (CE) Assignment (OAR 334-010-0050):

1) Should the Board accept only Board approved CE classes? If so, what topics should be approved by the board?

2) Should the Board set standards for continuing education providers? If so, what should the credentials or standards be for providers? ***The committee recommends not regulating/approving or setting standings for continuing education providers.***

Main agenda today, 25 CE hours subject matter:

***Each committee members recommendations:***

**Barck Garofalo:** Reviewed the OARS and would change 334-010-0050(7) and add three more points:

(7) Continuing education must be in areas outlined in the model curriculum standards 1-5; (8) Continuing education for non-contact hours must be in areas related to the practice of massage or bodywork; (9)

Classes for personal enrichment or self-care, such as yoga, dance, fitness, meditation, or counseling do not qualify as continuing education for license renewal.

**Combe** (submitted via email): The 13 non-contact CE should be decided by LMT. 12 Contact CE should fall in the frame work of the Model Curriculum 1-5. We should not make large changes that affect everyone given the small amount of renewals that push the envelope of what is acceptable CE.

**Chrones:** 12 Contact CE should directly relate to massage modalities and the model curriculum standards; 13 non-contact CE hours should remain within the framework of the model curriculum.

**Davis:** recommends using the NCBTMB Recertification Categories: Completing 24 hours of Continuing Education - 3 hours of the 24 hours must be in research; No more than 4 hours of the 24 hours may be in self-care; No more than 4 hours of the 24 hours may be in courses less than 2 credits; Ethics courses are no longer required as part of the 24 hours; Complete 100 hours of documented hands-on experience (Massage Therapy and/or Bodywork (all types, includes Energy work), Volunteerism, Administration, Teaching/Teaching Assistant, Curriculum Development, Writing/Publishing, Research). Recommends against using the Model curriculum as this was developed for the initial licensing requirements, we are evaluating continuing education, not the beginning basic education training requirements. But there is a need to remember core curriculum. NCBTMB also has a work experience and education component, but they are two different topics. Maybe we should add a work component to the CE's, contact hours are very important.

**Szucs:** With the Massage community debating CE at large, lets work to not too narrowly define this. There may be different types of specialty certification offered (in the future) by the national certification organizations, or independent organizations having different types of certifications. Looking at content I tried to keep the public safety concern at the forefront, but there is a distinction between high quality massage and safety. With Public Safety in mind I would recommend contact hours include communication skills, including: boundaries, transference, conflict resolution and working with special populations; and Standards of Practice including: federal regulations (privacy/HIPPA/ADA), compliance with state/local laws, ethics, hygiene, and first aid/CPR. Technique building could be structured as non-contact.

**Braunt:** at first thought we should eliminate all hands on, because of the IT age, but we need hands on education because it creates a totally different environment when LMT's work together. Personal enrichment classes should not be accepted, like Spanish. These will not help you with safety or learning massage techniques. 12 Contact hour safety, precautions, modalities, working with special population. 13 hours online, but not personal enrichment.

**Calise** (*recommendations as a person*): The community should reconsider what is acceptable continuing education and advanced training. Under Kitzhaber new health plan he has three new non-traditional health care workers: Community Health Workers, Peer Wellness Specialists, Personal Health Navigators and Doulas. At Lane CC we don't talk about career pathways, to be encouraged to be life long learners. In my opinion I don't think a person should teach in a program and use those CE's to renew every two years, they're not learning anything new, they are teaching the same class every year.

**Calise** (representing Board): As the Board office has turnover there needs to be clear guidelines as to what can or cannot be accepted for CE. Even if this is a long list of no's and/or yes's, the board staff would benefit from this. At the strategic planning session in May the Board discussed ethics, professional practice/standards of practice, and communication. The Board has been seeing a lot of new young LMT's with ethic violations and professional practice violations. The average age of the LMT's is no longer 35, it has gotten much younger.

**Davis** recommends reviewing NCBTMB Job Task Analysis, below is Table 14 (*Keep in mind the JTA is a survey from LMT's; not the regulatory body*).

Table 14 shows the mean criticality ratings for the Safety domain, which range from 19.44 to 15.68. The maximum possible rating is 20.

Tasks in the Safety Domain Rank	Safety Tasks	Mean criticality rating
1	Practice standard precautions in order to prevent the spread of infection and protect the client and therapist.	19.44
2	Identify contraindications and considerations based on health history to avoid harm to the client.	19.28
3	Maintain a clean working environment.	18.64
4	Sanitize equipment and supplies.	18.17
5	Provide private area for changing to protect client privacy.	18.15
6	Provide proper bolstering based on client needs.	17.38
7	Evaluate and maintain physical safety for the therapist.	17.02
8	Maintain and properly utilize massage equipment (massage table, hydrocollator, heating pads, hot stones heater, etc.).	16.30
9	Modify treatment environment to address client needs.	16.02
10	Select the correct massage equipment to ensure the safety of the clients.	15.68

We should start by defining contact hours, 12 hours are easier to define and this leaves flexibility with the 13 non-contact hours. Let's look at Model Curriculum Standard 4, we need to remember public safety is the mission.

#### **Suggested Topic Guidelines:**

12 Contact: At least 6 hours in professional conduct classes and 6 hours in classes advancing and/or improving your massage/health care skills.

#### **6 Hours Professional Conduct (Professional Conduct Defined in Standard 4):**

Communication; conflict resolution; Boundaries; ethics; state and federal regulation compliance; CPR; Hygiene (standards of precaution/methods of infectious disease control);

#### **6 Hours Advancing Massage/Health Care Skills:**

Any of the Professional Conduct topics; Techniques for special populations; Bodywork Modalities; Assessments Skills;

#### **13 Non-Contact Hours:**

Continuing education for non-contact hours must be in areas related to the practice of massage or bodywork.

**PUBLIC COMMENT:** Interesting committee meeting, I thought that the CE providers would be on the agenda today. There is a great balance on this committee. It was very educational; I would like to attend another meeting in the future.

**Homework:** Ask the Oregon Board of Massage Therapists: (1) to define professional conduct; (2) should we place the Model Curriculum on the Web site, if so where; (3) should teachers be able to use teaching the same class for CEs at each renewal period?

Next meeting August 9, 2013 location & time TBA

Adjourned 12:07