



Oregon Board of  
Massage Therapists



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***Call For Board Member***

The Oregon Board of Massage Therapists currently has a vacancy for a Public Member that is a member of a health related field, other than massage. Please call the board office if you know of a health care practitioner that would like to serve on the board. According to the Governor’s Office a LMT is not eligible to hold a public health member position on the Oregon Board of Massage Therapists.

***Summertime Skin Care Tips***

Yes, summer is here and even though the rest of the U.S. is experiencing scorching record temperatures, we in the Pacific Northwest are enjoying a mild summer. None the less, one thing is for sure when the sun does come out most of us flock outdoors for hours on end, basking in the glorious rays of the mighty sun. But did we remember to pack the sunscreen?

Whether the sun is shining bright or the clouds are overcast, the rays are still there and sunburns can still happen. Many of our clients are weekend warriors, sun worshipers, and avid gardeners who love to spend hours in the sun. As massage therapists, we see the skin of our clients change during the summer season. It is up to us to be knowledgeable about proper skin care and noticeable changes in the appearance of moles or other skin abnormalities of our clients.

LMTs are NOT diagnosing things we see, we are only bringing it to the attention of our clients. They may not see that mole on their back everyday, but if we see them every week or once, twice a month then we can be helpful in noticing any major changes. We should never alarm our clients in any way by using terms like, “tumor”, “gross mass”, or any other derogatory remark even if it strikes that emotion. Instead, keep it simple, “I noticed the mole on your back is bit darker than usual. Has your healthcare provider checked that recently?” However you choose to word it, you don’t want to invoke fear or paranoia about your discovery. It may be something, it may be nothing, but it is a good idea to keep the following checklist in mind.

*(Continued on page 2)*



**2011 Upcoming Board Meeting Dates:**

- Monday, Aug 8th
- Friday & Saturday, Sept 16th & 17th
- Monday, Oct 10th
- Monday, Nov 7th

All meetings are held at the Board office and begin at 9:00 a.m. unless otherwise noticed

## Summertime Skin Care Tips Continued...

(Continued from page 1)

### ABCD's of Melanoma:

A sudden or continuous change in the appearance of a mole is a sign that you should see your doctor. The ABCD rule can help you remember the symptoms of Melanoma:

#### A for Asymmetry

One half is different than the other half.

#### B for Boarder Irregularity

The edges are notched, uneven or blurred.

#### C for Color

The color is uneven, shades of brown, tan and black are present.

#### D for Diameter

Diameter is greater than six millimeters.

### Other Warning Signs:

- appearance of a new bump or nodule
- color spreads into surrounding skin
- redness or swelling beyond the mole
- pain
- tenderness
- itching
- bleeding
- oozing
- scaly appearance

Lastly, hydration, hydration, hydration! Reminding our clients (and ourselves) to drink extra water in the summer and to keep an aloe vera plant handy could be good advice indeed. I keep an aloe leaf in the fridge and after a long day in the sun, the cool pulp feels great on my skin and any area that is pink/red lessens if not goes away completely overnight. There

are other aloe vera products available on the market; I would suggest finding one that is made with the raw aloe pulp or 100% aloe. You'll get more bang for your buck. Remind your clients that sunburns and massage don't mix, "Would you like some myofascial release with that?"...ouch, and to use exfoliating products only *after* the sunburn has healed and is starting to 'scale' off. Throw in a moisturizing cream or lotion and that should help keep the skin looking and feeling healthy.

This has been an OBMT public service announcement, I hope you all enjoy your summer, stay safe and keep healing the world!

~Melanie Morin

Reference:

<http://www.melanomafoundation.org/prevention/abcd.htm>

## Examiners

Effective July 1, 2011 the Oregon Board of Massage entered into a contract with a corporation to provide trained LMTs to proctor the Oregon Practical Examination. The practical exam will still be conducted at the Board Office by experienced/qualified examiners; however, the contractor is now responsible for ensuring that these examiners are available to perform proctoring services on exam days. The board staff will continue to schedule the exam for applicants but will not have the additional responsibility of ensuring that there are trained examiners scheduled to proctor the practical exam.



## Legislative Update

At the conclusion of the legislature, there are two bills that impact the Oregon Board of Massage Therapists. The board sponsored House Bill 2155 which expanded the definition of a certified class to allow classes taken at an accredited college or university in Oregon to be included in the definition of a certified class.

Senate Bill 454 was sponsored by an outside entity and exempted specific types of practices from licensure. In addition, the board requested to have a cre-

denialing review added to Senate Bill 454. A credentialing review will allow those therapists who are working in other states to have flexibility in meeting the education requirements in order to qualify to take the practical examination. In addition, this bill removed the hydrotherapy requirement from statute to allow the Rolf and Structural Integrationists to immediately qualify to take the practical examination because hydrotherapy is not part of the Rolf and Structural Integration curriculum.

## Modality Demographics

A list of the top ten modalities practiced by LMTs in Oregon is below:

Modality	# Practicing	Percentage
Swedish Massage	5955	96.1%
Deep Tissue	3745	60.4%
Myofascial Release	977	15.8%
Reiki	937	15.1%
Trigger Point	866	14.0%
Sports Massage	849	13.7%
Reflexology	707	11.4%
Hot Stone	661	10.7%
Thai	593	9.6%
Shiatsu	463	7.5%

## Duty To Report

Due to the volume of inquiries to the Board regarding the LMT duty to report requirements, we have provided the following scenarios in which a LMT must report certain conduct:

- The LMT is arrested for any felony, which must be reported to the OBMT within ten (10) days of the arrest
- The LMT is convicted of any misdemeanor or felony, which must be reported to the OBMT within ten (10) days of the conviction
- The LMT is aware of potential violations of law by another LMT, in which case the LMT is required to report the conduct to the OBMT
- The LMT is aware of potential violations of law by another health care practitioner, in which case the LMT is required to report the conduct to the appropriate licensing Board of the other health care practitioner

We hope that this provides clarity on the duty to report requirements. However, if you have questions, you may contact the Board office for assistance.

If you have a topic that you would like to see addressed in future Boarderline publications, please email your suggestion to [kathryn.watson@state.or.us](mailto:kathryn.watson@state.or.us)

## *Compliance Statistics*

The following is an overview of compliance matters that were reviewed by the Board between April and June 2011, and a breakdown of those cases:

Total Compliance Matters Reviewed:	44
Unlicensed practice/advertising:	14
Professional Misconduct:	18
Sexual Violation :	4
Injury:	1
Other:	5

### Board Action:

No action taken:	4
Letter of Concern:	7
Notice of Proposed Action (Civil Penalties):	15
Probation/Stipulations:	6
Revoke:	4
Surrender:	1
Suspend:	2
Defer for further information:	5

- **Unlicensed Practice/Advertising:** The Board issued 14 Notices of Proposed Action for Civil Penalties against individuals for practicing and/or advertising for the practice of massage without a license.
- **Professional Misconduct:** Of the 20 professional misconduct cases reviewed by the Board, 8 of those were individuals that had failed to report an arrest record as required by law.

4 of the Professional Misconduct cases were deferred to another meeting pending additional information, 3 were voted to be revoked, 2 were voted to be emergency suspended, 4 were issued renewal licenses with stipulations, 5 were closed with letters of concern and 2 were closed with no action.

- **Sexual Violation:** The Board reviewed 4 cases that involve allegations of sexual misconduct. Of those cases, 1 surrendered his massage license, the Board voted to revoke 1 massage license for sexual misconduct, 1 individual was issued a civil penalty and 1 case was closed with a letter of concern.
- **Other:** The Board reviewed 5 cases from the “other” category. 3 were pertaining to arrest matters, 1 was a review of prior stipulations and 1 was pertaining to child support issues.

Of the 5 cases, 2 were issued a probationary or stipulated license, 1 was deferred to a later date and 2 were closed without action.

- **Injury:** The Board received 1 complaint of injury to a client. The case was closed with a letter of concern.

## *New Scope of Practice Committee*

During the May 2011 board meeting the board made a decision to retire the Multi-Discipline Task Force (MDTF) because they completed the charge provided them by the board. Also, given the large amount of work the board decided to split the Education/Scope of Practice committee into two committees. The former MDTF committee members were requested by the board to reapply to be on the Scope of Practice committee as the board valued their willingness to partner with the board.

Currently, there are three active committees with the following charges from the board.

Education Committee – Evaluate and review educational requirements of OBMT certified classes or programs to ensure minimum competencies for licensees regulated by the OBMT. Propose a rule to ensure those practitioners that utilize hydrotherapy are trained in its usage. Propose a rule for the credentialing review.

Rules Committee – Assist the Board with preparing the statement of need and fiscal impact statement when there are rule changes, and review rules and statutes for consistency of language and content.

Scope of Practice Committee – Evaluate new and current practices and modalities and how they relate to the Practice of Massage.

## *Education Committee Report*

Due to the volume of work, the Board has divided the Education and Scope of Practice Committee into two separate committees. Recent legislative action has resulted in the need to revise OARs and all committees are working on language to be ready for a Rules Hearing in early Fall. In addition, the Education Committee is working on reviewing and revising the Model Curriculum for minimum competencies. The massage and bodywork schools that the Oregon Board approves use this document. To write curriculum it is best to start with a set of professional standards the training will prepare the student to meet. LMTs have the minimum competencies in the OARs but felt a more defined set of standards was needed to create the best Model Curriculum. For our purposes we drafted a list of Professional Standards. The Committee welcomes your opinion on these standards – for a copy of them, join us at a meeting or email me at [lb@oregonschoolofmassage.com](mailto:lb@oregonschoolofmassage.com).

~Lisa Barck Garofalo



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**Mission:** The Oregon Board of Massage Therapists regulates and monitors the practice of massage therapy in Oregon. Its role is to balance public safety and the needs of Licensed Massage Therapists by developing, implementing, and maintaining the standards of professional conduct and practice.