

Fundamentals of Massage

Assessment Tasks

This integrated assessment module will be composed of seven assessment tasks. Three are intended to be hand-written, and four are intended to be submitted by blog post.

You must complete & submit each of the **hand-written** tasks to the massage therapy drop box outside the lifts on the 3rd floor of H-Block by the due date listed below.

You must make a **blog post** for each of the blog-based tasks by the due date listed below.

Task	Subject	Format	Due Date
1	Hygiene, contraindications & endangerment sites	Written	18-Mar
2	The effects of massage strokes	Blog	3 - Apr
3	Legal requirements	Written	6 - May
4	The ethics of professional practice	Blog	20 - May
5	Sustainable Massage Practice	Blog	25 - May
6	Historical, cultural and philosophical approaches to massage	Blog	12 - Jun
7	Record keeping	Written	3-Jul

You will be given written feedback on completion of each of the written assignments.

If you are unsuccessful, or if your assessment is submitted after the due date without prior approval from your lecturer, the resit policy will be applied.

Resources

Class notes & readings
 Bill Robertson Library
 Textbooks
 Internet

Fundamentals of Massage

Describe the contraindications to massage

Task 1 – Hygiene, Contraindications & Endangerment Sites Due Date: 18-Mar

Name: _____

1. What is a pathogen?

2. Give one example of the following types of pathogen that may be encountered in massage practice

Viruses:

Bacteria:

Fungi:

Protozoa:

3. Describe the pathway of infection that may occur if each of the following elements of environmental hygiene is neglected in the clinic. The answer to the first part of this question is given to illustrate how you are expected to answer the remaining questions.
 - a. Cleaning massage table between massage treatments

Client
→ Massage table
→ Next client
 - b. Replacing drapes between massage treatments
 - c. Keeping dirty drapes in a separate storage area from clean drapes
 - d. Cleaning lubricant containers between massage treatments

4. Describe how you would deal with linen that was contaminated with client blood or body fluids.

5. What regular practices should you as a therapist have to maintain the following aspects of personal hygiene?

a. Hand cleanliness

b. Nail length & hygiene

c. Breath

d. Body odour

e. Clothing hygiene

f. Hair

6. If a massage therapist has long hair, why must they tie it back when performing a massage?

7. Define the following four types of contraindication to massage *and* list two specific examples of each type of contraindication

ABSOLUTE CONTRAINDICATION

Definition:

Example 1:

Example 2:

RELATIVE CONTRAINDICATION

Definition:

Example 1:

Example 2:

GENERAL CONTRAINDICATION

Definition:

Example 1:

Example 2:

LOCAL CONTRAINDICATION

Definition:

Example 1:

Example 2:

8. Identify three conditions for which relatively contraindicated massage may be modified to provide safe treatment. For each condition briefly describe how a massage therapist might modify their massage so that it was safe for them to treat a client presenting with that condition.

(i)

(ii)

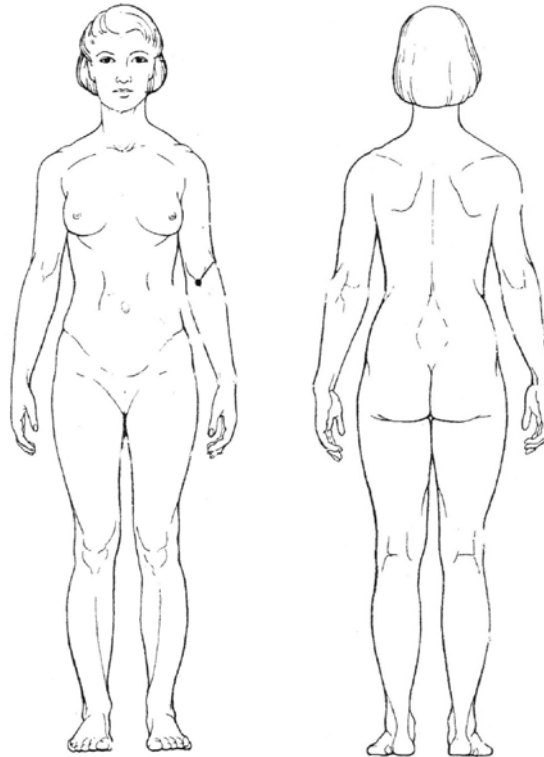
(iii)

9. Define the term ENDANGERMENT SITE in massage practice.

10. Endangerment Sites

- Locate the following endangerment sites on the diagram by shading the area of the endangerment site
- Draw a line joining the name of each site with the appropriate shaded area
- Identify one significant anatomical structure that is vulnerable to damage at each of the sites

Abdominal region	<input type="radio"/>
Structure:	
Inguinal/femoral triangle	<input type="radio"/>
Structure:	



<input type="radio"/>	Suboccipital Region
	Structure:
<input type="radio"/>	Lumbar Region
	Structure:
<input type="radio"/>	Sciatic notch
	Structure:
<input type="radio"/>	Coccyx
	Structure:
<input type="radio"/>	Popliteal fossa
	Structure:

Anterior triangle of the neck	<input type="radio"/>
Structure:	
Posterior triangle of the neck	<input type="radio"/>
Structure:	



<input type="radio"/>	Face
	Structure:
<input type="radio"/>	Anterior Throat
	Structure:



Anterior Arm

•	Medial humerus Structure:	
•	Medial epicondyle Structure:	
	Lateral epicondyle Structure:	•
•	Anticubital fossa Structure:	
	Anterior wrist Structure:	•



Posterior Arm

Fundamentals of Massage

Describe the effects of massage

Task 2 – The effect of massage strokes

Due Date: 27 - Mar

Write a blog post (500 – 1000 words) on the effects of massage strokes. Your post must be written in three sections with the following three headings

- The effects of massage on the autonomic nervous system
- The effects of massage strokes
- Miscellaneous effects of massage

The effects of massage on the autonomic nervous system

In this section, you should describe the effects massage has on and via the sympathetic and parasympathetic divisions of the autonomic nervous system.

The effects of massage strokes

In this section you should compare the effects of the massage strokes touch/holding, effleurage, petrissage, compression, tapotment and vibration.

Other effects of massage

In this section you should describe the effects massage has on blood flow, lymph flow, muscle tension, connective tissue, sleep patterns, digestion, blood pressure, pain, mood, concentration, satiety and bonding.

Is it too early to ask for good academic form & referencing?

Grading of the post

Your post will be graded in reference to the blogging rubric found at http://docs.google.com/Doc?id=dg6fsk9v_60g4rkd6tj

On the first due date your blog post will be assessed for comprehension of key ideas. To meet competency, your post must be graded at a minimum of 2 on the blog rubric *understanding* scale. You will be given feedback at this stage as to whether your post will meet the competency criteria or not.

You will have a week following this grading to view the posts of other students, and consider how your post could be improved. You are able to rework your blog post over this time. At the final due date your post will be assessed using the complete blog rubric.

Fundamentals of Massage

Describe ethical and legal considerations in massage practice

Task 3 – Legal requirements

Due Date: 8 - Apr

Name: _____

The following three questions cover the requirements of the Dunedin City Council regarding the operation of massage clinics within Dunedin city. Local body requirements in other areas may vary.

1. Without resource consent, a massage clinic may only be established in which of the following (circle the most correct answer)
 - i Permitted areas (e.g. commercial zones)
 - ii The massage therapist's own home
 - iii Residential areas
 - iv (i) & (ii)
 - v (ii) & (iii)

2. Under what condition are massage therapists allowed to work within a home in which they do not live? (circle the answer which is most correct)
 - i They are in a relationship with the owner of the home containing the massage clinic
 - ii They get resource consent from the council
 - iii They are registered with Massage New Zealand

3. What type of penalty is likely to be imposed by the DCC if these conditions are not met?

4. As a self-employed massage therapist or as a massage therapist working as an employee, what does OSH require you to take responsibility for?

5. As an employer of massage therapists, OSH requires you to take all practical steps to ensure which of the following?

- i That your employees have knowledge about how to avoid harm to their clients
- ii That your employees have knowledge about how to avoid harm to themselves
- iii That your employees are provided with a work environment that minimizes the likelihood of harm to your employees

6. What are three steps that you could take as an employer to ensure these things?

i

ii

iii

7. What are the three most important implications of the Privacy Act 1993 to the practice of massage therapy?

i

ii

iii

8. What are the two most important implications of the Health and Safety in Employment Regulations Act 1995 to the practice of massage therapy?

i

ii

iii

9. What are the four primary rights of a consumer of massage therapy services provided for under the Consumer Guarantees Act 1993?

i

ii

iii

iv

10. What is the major implication of the Medicines Act 1981 to the practice of massage therapy?

11. What products are specifically exempted from this implication?

12. What are the 10 rights of health & disability consumers as defined by the Health & Disability Commissioner Act 1994?

i

ii

iii

iv

v

vi

vii

viii

ix

x

13. Please tick the boxes which indicate the responsibilities of a healthcare provider under this act.

	Responsibility
	A healthcare provider must ensure that they promote awareness of these rights to consumers
	A healthcare provider must discount services for disabled clients
	A healthcare provider must provide a service which respects these rights
	A healthcare provider must keep their room smelling nice

14. What are the two most important implications of the Health Practitioner's Competency Assurance Act 2003?

i

ii

15. Why do these implications not apply to massage therapists?

16. What type of benefit does the Injury Prevention, Rehabilitation and Compensation Act 2001 define eligibility for?

17. Why is this not relevant to massage therapists?

Fundamentals of Massage

Describe ethical and legal considerations in massage practice

Describe the scope of massage practice

Task 4 – The ethics of professional practice

Due Date: 15 - May

Write a blog post (500 – 1000 words) describing ethical considerations relevant to professional practice as a massage therapist. Your post should discuss

- Client-centred care
- Informed consent
- Scope of practice
- Confidentiality
- Boundaries
- Power differentials
- Relationships
- Transference and Counter-transference

Grading of the post

Your post will be graded in reference to the blogging rubric found at http://docs.google.com/Doc?id=dg6fsk9v_60g4rkd6tj

On the first due date your blog post will be assessed for comprehension of key ideas. To meet competency, your post must be graded at a minimum of 2 on the blog rubric *understanding* scale. You will be given feedback at this stage as to whether your post will meet the competency criteria or not.

You will have a week following this grading to view the posts of other students, and consider how your post could be improved. You are able to rework your blog post over this time. At the final due date your post will be assessed using the complete blog rubric.

Fundamentals of Massage

Describe how issues of sustainability relate to massage practice

Task 5 – Sustainable Massage Practice

Due Date: 22 - May

Write a blog post describing how principles of sustainability relate to massage practice.

Massage practice is considered here as the complete context of massage practice including your massage sessions with clients, the operation of your business, relationships with other parties and use of equipment and materials.

In your post you should consider relationships between massage practice and principles of environmental, social and economic sustainability. You should also outline at least three ways in which your massage practice could be made more sustainable.

Grading of the post

Your post will be graded in reference to the blogging rubric found at http://docs.google.com/Doc?id=dg6fsk9v_60g4rkd6tj

On the first due date your blog post will be assessed for comprehension of key ideas. To meet competency, your post must be graded at a minimum of 2 on the blog rubric *understanding* scale. You will be given feedback at this stage as to whether your post will meet the competency criteria or not.

You will have a week following this grading to view the posts of other students, and consider how your post could be improved. You are able to rework your blog post over this time. At the final due date your post will be assessed using the complete blog rubric.

Fundamentals of Massage

*Describe the development of massage practice
Describe different cultural and philosophical approaches to massage*

Task 6 – Historical, cultural and philosophical approaches to massage

Due Date: 12 - Jun

To complete this assessment task you are required to write a blog post (1 000 – 1 500 words) which considers the historical and cultural development of massage. Your post should include

- A comparison of the development of massage in the eastern and western traditions
- The role of Hippocrates, Galen, Ling, Metzger, Kellogg, Vodder, Travell & Cyriax in the development of massage in the western tradition
- A comparison of maori massage (miri miri & romi romi) with western massage
- The massage scandals of the 1800s and their impact on the massage industry
- The development of professional massage in New Zealand including MINZI, NZATMP, TMA & MNZ
- Contemporary massage
- A discussion of how the following philosophical approaches to massage (body, body-mind, body-mind-spirit) relate to the historical and cultural contexts discussed.

Grading of the post

Your post will be graded in reference to the blogging rubric found at http://docs.google.com/Doc?id=dg6fsk9v_60g4rkd6tj

On the first due date your blog post will be assessed for comprehension of key ideas. To meet competency, your post must be graded at a minimum of 2 on the blog rubric *understanding* scale. You will be given feedback at this stage as to whether your post will meet the competency criteria or not.

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Fundamentals of Massage

Use client health records effectively in a relaxation massage practice

Task 7 – Record Keeping

Due Date: 3-Jul

To complete this assessment task you will be required to

- Create a Client Details form
- Present your logbook and client records to your tutor

Create a client details form

Your client details form must be significantly different from the Otago Polytechnic client details form.

Present your client records to your tutor

In the last two weeks of the semester you must arrange a time with your lecturer to sign-off your logbook. You must bring your client records to this session.

Your client records must show

- evidence of a minimum of 20 hours of massage treatments recorded with a client details form and a S.O.T.A.P. form
- A minimum of five of these records must use the client details form that you've created.

Your records should be legible, use standard terminology and abbreviations, and should record subjective measures of the health and wellbeing status of your clients.

Your records will be graded against the assessment schedule for Task 7.