

Massage Therapists Association of Nova Scotia



Certification Examinations

Candidate Handbook

2008

The Handbook includes the policies and procedures for the Massage Therapy Certification Examinations. Although accurate at the time of publication, subsequent changes may take place without prior notice. MTANS will attempt to advise candidates of important changes, but reserves the right to make any changes necessary at any time without advance notice.

Please visit the website www.mtans.com for the most current version of this Handbook and for new or revised policies.

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1. General Information

The Massage Therapists Association of Nova Scotia

MTANS is dedicated to excellence in protecting the public, serving its members, and promoting the highest possible quality of the practice of massage therapy in a safe and ethical manner.

To ensure high standards for the profession of massage therapy in Nova Scotia for the protection of the public; to support the professional development of its members; and to foster relations with other health care professionals for the well being of the public.

MTANS envisions a future where:

All massage therapists practicing in the province are regulated by provincial legislation;

All massage therapists strive to expand their knowledge through continued professional development;

All massage therapists embrace the Code of Ethics and Standards of Practice to ensure public safety and confidence are maintained;

All massage therapists participate in the promotion of the practice for the well being of the public.

As part of its responsibility to the public, MTANS sets minimum entrance to practice requirements, administers the certification examinations and promotes continuous improvement of massage therapists' knowledge, skills and abilities through continuing education and professional development.

As directed by the Nova Scotia Department of Education- Private Career Colleges Division, MTANS is responsible for approving curriculum delivered in massage therapy programs in Nova Scotia and for approving all instructors within Nova Scotia massage therapy schools. MTANS is recognized by most employers and private insurance companies as the primary Association for massage therapists in Nova Scotia.

Through the College of Massage Therapists of Ontario, MTANS holds the Official Marks in Nova Scotia for the terms Massage Therapist, M.T., Massothérapeute, Registered Massage Therapist, R.M.T., Massage Therapy, Therapeutic Massage, Massage Thérapeutique, and Massothérapie.

MTANS also promotes research and development of expertise in the massage therapy profession.

Candidates are expected to read, understand and comply with all requirements of Ontario's *Regulated Health Professions Act, 1991*, *Massage Therapy Act, 1991*, Regulations, Standards of Practice, Code of Ethics, Policies and Guidelines of both the College of Massage Therapists of Ontario and of MTANS.

Examination Regulation

GENERAL

PART I EXAMINATIONS

1. In setting the examinations to be taken by applicants to the MTANS for registration, MTANS shall specify the general areas of competency to be examined and shall ensure that the examinations provide a reliable and valid measure of a candidate's competency in knowledge, skills and ability for the practice of massage therapy in Nova Scotia. This will be done in keeping with the standards of practice seen in Ontario's regulations and administered by The College of Massage Therapists of Ontario. O. Reg. 266/04, s. 1.

2. Written and practical examinations shall be offered at least twice yearly and at such other times as MTANS considers necessary.

3. (1) Subject to subsection (2), a candidate who fails the examinations may apply for re-examination. **MTANS Policy Membership Examinations**

(2) In every case where a candidate has failed the examinations three times after obtaining a diploma from a massage therapy program acceptable to the Examination and Education Standards Committee, the candidate is not eligible to apply to take the examinations again without obtaining another diploma from a massage therapy program acceptable to the Committee. **MTANS Policy Membership Examinations**

Examination Content and Item Development

The certification examinations are based upon internationally recognized testing standards, designed to ensure fairness, openness and defensibility. The cornerstone of these standards is the requirement that the certification examinations be job-related; the education and experience requirements and the content of the examinations must reflect what competent massage therapists in Ontario do on the job.

In order to support this requirement, a full-scale job analysis is performed periodically in the form of a survey. The Standards of Practice, the Massage Therapy Competency Standards (MTCS) Document and related Legislation (*Regulated Health Professions Act, 1991* and the *Massage Therapy Act, 1991*) were used to establish an exhaustive list of tasks that made up the survey. Thousands of massage therapists across Ontario are invited to participate in the survey, the results of which are being used to establish the critical knowledge, skills, and abilities that make up the content outlines of the OSCE and Multiple-Choice Examinations.

In addition, the internationally recognized testing standards employed at the examinations ensure that each candidate is afforded an optimal, standardized testing experience. The certification examinations undergo rigorous psychometric review that is supported by the input of Subject Matter Experts (SMEs), a highly trained group of massage therapists practicing in Ontario and Nova Scotia. MTANS and CMTO, through the joint efforts of the psychometric consultants (Schroeder Measurement Technologies) and the CMTO's Examination Officer, ensures the development, administration and review of the certification examinations. For a list of MTANS/CMTO-approved references used by SME's for references of all examination questions, please go to <http://www.cmto.com/regist/regist1.htm>.

2008 OSCE Examination Schedule

Sessions	August 9, 2008	August 10, 2008
1 a & b	9:00-10:30am	9:00-10:30am
2 a & b	10:45-12:15pm	10:45-12:15pm
3 a & b	1:15-2:45pm	1:15-2:45pm
4 a & b	3:00-4:30pm	3:00-4:30pm

Please note: candidates must arrive no later than 30 minutes prior to assigned time to complete registration.

2008 OSCE Dates

Special Accommodation (limited spaces may be available)

Special Accommodation slots are only on the following day: **August 10, 2008 3:00-4:30pm**

Please refer to the list of OSCE dates above and on our website. At minimum, the deadline date to sign up for an exam day is 4 weeks prior to the date. Note that the deadline date for Special Accommodation Applications is 2 months prior to the date.

The last day for withdrawing or re-scheduling OSCE dates without penalty is *4 weeks prior to the exam date*. After the deadline, a withdrawal penalty will apply (see chart on page 8).

2008 MCQ Examination Schedule

Appointments are available at a variety of times and days of the week depending on the test site selected.

2. Eligibility

Eligibility for 2200 hour educated candidates trained in Nova Scotia

An applicant educated in Nova Scotia must have obtained a diploma in massage therapy from an accredited private vocational school that offers a 2200 hour or higher program.

Massage therapy schools **must submit** their official graduation list to MTANS **no later than 14 days** prior to each exam. If an applicant is not on the list, the candidate is removed from the examination schedule immediately and examination fees are refunded to the applicant without any additional administrative costs.

Eligibility for Canadian educated candidates (outside Nova Scotia)

An applicant educated in Canada outside Nova Scotia must have qualifications equivalent to those provided by the educational programme currently being taught in schools in Nova Scotia.

Applicants must have their qualifications assessed and their eligibility determined **before** they will

be able to take the certification examinations. All necessary documents and payments must be forwarded to the Examination and Education Standards Committee. Once an applicant's credentials have been approved, admission to the certification examination is granted. For more detailed information including the forms necessary for establishing credentials, go to www.mtans.com.

Eligibility for Internationally educated candidates

An applicant educated outside Canada must have qualifications equivalent to those provided by the educational programme currently being taught in schools in Nova Scotia.

Applicants must have their qualifications assessed and their eligibility determined **before** they will be able to take the certification examinations. All necessary documents and payments must be forwarded to the Examination and Education Standards Committee. Once an applicant's credentials have been approved, admission to the certification examination is granted. **MTANS Policy Out of Country Applicants**

3. Application Requirements and Deadlines

Application/Payment And Scheduling for OSCE/MCQ

Applicants are *encouraged* to apply/pay for and schedule their OSCE examination session at any time during their year of graduation (up to four weeks prior to the exam date). Spaces at the OSCE are limited, and applicants are accepted on a first-come, first-served basis. You may schedule your MCQ only after you have graduated and we have received your school's official graduation list.

Application forms can be downloaded online at www.mtans.com go to Forms. Applicants may submit their forms in person at MTANS Head Office located at Suite 700, 6009 Quinpool Road, Halifax, Nova Scotia or send the application forms via mail to MTANS c/o P.O. Box 9410, Stn A, Halifax, NS B3K 5S3. (Please be advised that applying through the mail will take longer than applying in person)

Payment for the OSCE and MCQ can be made with cash or cheque. If payment is NSF or declined, the MTANS will not accept the exam application.

OSCE:

For each OSCE exam day, there are four exam sessions available: two in the morning and two in the afternoon. For **Special Accommodation** candidates, the exam time is on the day specified.

Please note that we reserve the right to change your session time on the OSCE exam day that you select. In this event, you will be notified immediately.

Please note that we reserve the right to cancel an examination day. If your examination day is cancelled we will re-schedule your exam to the next available exam day. In this event, you will be notified immediately.

If an OSCE exam is full, it will be indicated on the list and you will not be able to select it. Note that the MTANS does not maintain a waiting list. Please choose your OSCE session carefully. You cannot change your selection without withdrawing from the session *in writing* to the Chief

Examiner, by mail, facsimile(902 425-2441) or email (exam@mtans.com) Please note that a \$150 penalty applies if this is done less than 4 weeks prior to the scheduled exam date.

Please keep a copy of the receipt that indicates the date/time of the selected exam session and the payment amount for your records.

MCQ:

You may schedule and take your MCQ only after you have graduated and we have received your school's official graduation list.

You must first pay for your MCQ with the paper application. Once payment has been made, you can go to www.mtans.com to register for the MCQ. Please click on the MCQ button from the list of options on the website and follow the application instructions on the screen. If you have already graduated, you should receive an automatic email and instructions on how to schedule your MCQ on the SMT website. (This is the company that administers the MCQ on our behalf.) If you pay for your MCQ in advance but have not yet graduated, you will only receive your scheduling instructions once the MTANS has received proof of your graduation from your school.

If unsuccessful at the certification examinations, candidates must re-apply/pay for and schedule their next attempt at the examinations.

Special Accommodations

Applicants with documented/diagnosed disabilities may apply to the MTANS for special accommodation. Special accommodation forms must be completed (download from website) and submitted to MTANS along with the application and payment *2 months prior to the exam date applied for*, in order to allow MTANS to assess and if appropriate according to MTANS policy, accommodate the request. Requests are not automatically granted. The condition must affect all aspects of the candidate's life, not just be associated with taking examinations.

The following completed forms must be mailed to the MTANS (including the candidate's application and payment). The forms are available for download at www.mtans.com go to Forms.

Any professional providing documentation **must** be registered/licensed and/or have credentials appropriate to diagnose and treat the candidate's disability, **and** have diagnosed and/or evaluated the candidate or have provided testing accommodations for the candidate **within the last five (5) years**.

The professional is required to provide explanation as to the specific aspect of the disability which requires testing accommodation, the effect of the disability on the candidate's ability to perform under the customary testing conditions and the impact of the disability on major life activities (e.g. learning, seeing, etc.). If there has been no history of testing accommodation, the professional verifying the disability should include an explanation as to why testing accommodations are currently needed.

The candidate and the professional recommending the testing accommodation should consult and come to an agreement as to the appropriate testing accommodation being requested. That is, the accommodation requested by the candidate on the **Special Accommodation Request Form** should agree/match with those recommended by the professional on the **Special Accommodation Request Verification Form**. Without such

agreement the candidate's request for accommodation will not be considered.

The candidate is responsible for ensuring that the professional(s) completing the requested forms provide(s) all of the required information, that all documentation is completed and that all supporting documentation and materials are submitted with the candidate's application and payment for the examination. The examination application form can be found on our website.

If additional information is required about the candidate's disability, either the candidate will be requested to obtain it or MTANS will contact the professional directly. The candidate's signature on the application form acknowledges this and authorizes MTANS to contact such persons for any additional information about the candidate's disability as it relates to the candidate's testing needs. MTANS will only communicate with the candidate, professionals knowledgeable about the candidate's disability, and the candidate's authorized representative (verification required).

Exceptions

Persons with observable disabilities (e.g., requiring accessibility accommodation) need not complete the **Special Accommodation Request Verification Form**. The candidate may indicate the request for elevator or wheelchair accessibility on the **Special Accommodation Request Form**.

Persons with transitory conditions, which are generally not "disabilities" (e.g. pregnancy, sprains, fractures, medical emergencies), are not eligible for some special testing accommodations (e.g. extra time).

Where the MTANS has approved an accommodation for an eligible candidate a **Test Accommodation Agreement** will be prepared by the MTANS specifying the elements and exact nature of the accommodation(s) and signed by the candidate and the Chief Examiner .

4. Fees

Objectively Structured Clinical Evaluation (OSCE)	\$575.00
Multiple-Choice Examination (MCQ)	\$225.00
OSCE Late Withdrawal Fee - within four weeks prior to the OSCE exam date	20% of fee
MCQ Late Withdrawal Fee - within 4 days prior to the MCQ exam date	20% of fee
Withdrawal Fee – with proper medical documentation re: extenuating circumstances	\$50.00
Appeal Fee	\$30.00

5. Refund Policy

Withdrawing from Scheduled Exams

OSCE Withdrawal

Candidates who wish to withdraw from, or re-schedule an OSCE must send their request *in writing* to the Chief Examiner, by mail, facsimile (902 425-2441) or email (exam@mtans.com).

Candidates may withdraw from the OSCE on or prior to the Tuesday (4:00pm) four weeks prior to the exam date, without incurring an administrative fee. An administrative fee of 20% is applied when a candidate withdraws or re-schedules *after* the withdrawal date specified.

Candidates who withdraw after the specified withdrawal date due to medical reasons, will be charged an administrative fee of \$50.00 if a doctor's note is provided.

Candidates who encounter an extraordinary circumstance (sudden illness or accident) during the examination must discuss their options with the on-site Examination Supervisor.

MCQ Withdrawal

Rescheduling the MCQ: Reschedules must be done online, without calling SMT, at least 4 days prior to the examination.

Cancelling the MCQ: Candidates must call the SMT CBT Network Administrator at 1-800-5560484 to cancel a session at least 4 days prior to the examination.

If a candidate fails to attend at the specified examination time and has not advised the SMT CBT Network Administrator at least 4 days in advance, a \$150.00 cancellation fee applies.

6. Examination Sites

OSCE: Dalhousie University School of Physiotherapy

The School of Physiotherapy is located in the historic, red-brick Forrest Building. It's a short walk to our University Avenue location from Dalhousie's Studley campus. Directly across from the IWK Hospital at the corner of University Avenue and Robie Street.

Address:

**Dalhousie University
4th Floor, Forrest Building
5869 University Avenue
Halifax, NS B3H 3J5
Telephone: (902) 494-2524**

MCQ Test Centres: *(See website for most updated list)*

Confederation College Thunder Bay
Canadore College North Bay
University of Windsor Windsor
Nexient - Commerce Building Kitchener
Trios College - City Centre Drive Mississauga
Nexient - Adelaide St. East Toronto
Nexient – Manulife Building Ottawa
Nexient – Boulevard Rene Levesque Montreal
Academy of Learning Vancouver
DaTang Language School Halifax
Academy of Learning Regina
Nexient - Viking Building St. John's

7. Scoring

There are two components to MTANS certification examination: the Objectively Structured Clinical Evaluation (OSCE) and the Multiple-Choice Examination (MCQ). Successful completion of both components of the certification examination is one of the conditions for registration with MTANS.

MTANS certification examinations are standards-based examinations. Passing candidates must

demonstrate proficiency at or above the established standard in order to pass the examination. A candidate's total *scaled* score will determine whether they pass. This *scaled* score is statistically derived from the raw score and can range from 1 through 99. The passing *scaled* score is 70 for the examination. The passing score reflects the amount of knowledge that the Subject Matter Experts (massage therapists) have determined to be appropriate for certification. A criterion-referenced standard-setting procedure and expert judgment were used to evaluate each item on the examination in order to identify the passing point.

The reason for calculating *scaled* scores is that different tasks or questions of the exam may vary in difficulty. As new tasks/questions are introduced, these changes may cause one version of the exam to be slightly easier or more difficult than another. To adjust for these differences in difficulty, a procedure called "equating" is used.

The goal of equating is to ensure fairness to all candidates. In the equating process, the minimum raw score (=number of correctly answered questions) required to equal the passing *scaled* score of 70 is statistically adjusted (or equated). For instance, if the test is determined to be more difficult than the base form of the test, then the minimum raw score required to pass will be slightly lower than the original passing raw score. If the test is easier, the passing raw score will be higher. Equating helps to assure that the passing *scaled* score of 70 represents the same level of knowledge, regardless of which set of tasks/questions the candidate is being tested on.

This scoring model ensures that if all candidates are competent, then all will pass, and should not be confused with a percentage or "curve" scoring method which is dependent on the abilities of the candidate group.

Candidates should be aware that success in their massage therapy programme does not guarantee success in the certification examinations. MTANS gives no consideration to scores received during a candidate's massage therapy studies.

Failing candidates will receive a diagnostic evaluation of their performance on the examination. This information is designed to be useful for studying when retaking the examination.

8. Results

OSCE

Results will be mailed two weeks after the OSCE. If results are not received within three (3) weeks of the OSCE, it is the candidate's responsibility to contact MTANS. Please ensure MTANS has your current address. Note that the exam is computer scored and no paper forms are used.

MCQ

Candidates will receive their MCQ result upon completion of their examination at the test centre.

Once a candidate successfully completes both components of the certification examination, an initial registration package will be mailed to the candidate. Results will be mailed no later than 2- weeks after the OSCE. All subsequent inquiries regarding registration with MTANS should be directed to our Head Office at (902) 429-2190.

MTANS advises all candidates to carefully examine contracts for employment as a massage therapist before they receive the results of the MTANS certification examinations. In the past,

candidates have signed contracts holding them responsible for clinic payments and subsequently not passed the examinations. Financial commitments that cannot be met are not grounds for appeal.

9. Appeals Policy

EXAMINATION APPEALS

Policy

Examination candidates have the right to appeal examination results within the specific criteria established by MTANS.

Section 1: Grounds for Appeal

1. Candidates may appeal certification examination results in situations restricted to extraordinary circumstances that had arisen coincidentally with the holding of the examination. Coincidentally is defined as within 24 to 48 hours prior to the examination or during the delivery of the examination. Extraordinary circumstances outside the control of the candidate are those that make a candidate's experience different from everyone else and were severe enough to account for the candidate's overall failure and were properly reported by the candidate to MTANS. Unless *all* of the above conditions are met, no circumstance will be considered grounds for appeal.

Examples of extraordinary circumstance may include, but are not limited to a candidate's unexpected, acute and verifiable medical condition, equipment malfunction, or gross misconduct on part of the examination staff.

2. If documentation of the extraordinary circumstances is not received by MTANS within seventy-two (72) hours of the examination, a candidate will have forfeited his/her right to appeal.

Section 2: Method of Appeal

1. All appeals shall be set out in writing, detailing the nature of the appeal and all particulars necessary to sufficiently allow the appeal to be adjudicated, together with the applicable nonrefundable fee of \$100.00. An appeal submission must include the candidate's desire to appear before the Appeals Committee for a 10-minute presentation, if he/she chooses to do so, to offer additional information or to expand on information already provided.
2. Candidates shall use one of the following forms of delivery: e-mail, fax, mail or personal delivery. The appeal must be submitted by the candidate to MTANS within seven (7) days after the mailing or delivery of the results of the examination.

Section 3: Appeal Procedure

1. Appeals will be forwarded to the Appeals Committee at a regularly scheduled meeting for their consideration.
2. Candidates will be informed of the meeting schedule if they have indicated the intention to appear before the Committee in the appeal submission.
3. For the purposes of considering the Appeal, the Committee shall consider, where

- applicable the following:
- a. The candidate's statement of appeal;
 - b. The candidate's extraordinary circumstance statement;
 - c. The candidate's verbal presentation to the Committee when made;
 - d. A statement from MTANS concerning the exam process relevant to each case
 - e. candidate data;
 - f. A statement from MTANS concerning exam content and process issues; and
 - g. Examiner reports.
4. The Appeals Committee may do one of the following, based upon evidence presented and considered:
 - a. Grant the appeal.
 - b. Deny the appeal.
 - c. Deny the appeal and grant the appellant an attempt at the next examination with the previous unsuccessful attempt not being counted as part of the allowable attempts under the Examination Policy.
 5. MTANS shall, no later than fifteen (15) business days after the Appeal Hearing, notify the candidate of the Committee's decision, by mail only.
 6. All communications concerning the appeal will be made only between MTANS and the candidate.

All decisions of the Appeals Committee are final.

10. Privacy Policy

Due to privacy legislation, MTANS will not discuss anything about a candidate with anyone other than the candidate.

11. Confidentiality and Security of Examination Materials

The security issues for certification examinations include eliminating unfair advantages among the candidates and also avoiding the high human and financial costs of replacing examination materials should security be breached. MTANS endeavours to maintain the strictest security of the content of the examination at all times.

All examination materials are protected by copyright. MTANS and SMT have the strictest security measures in place to protect examination materials during all phases of development and administration including development and review of materials, reproduction, transportation and disposal of examination materials and presentation of examination material on examination days.

Candidates are rigorously subjected to the Rules of Conduct for the certification examinations as described following. Candidates who are found to have contravened the Rules of Conduct may be denied registration and referred to the Board of Directors for formal hearing.

Candidates are advised that monitoring and surveillance may be used to detect and document cheating.

12. OSCE Dress Code

The purpose of MTANS' OSCE dress code is not to inhibit personal freedoms, but rather to acknowledge and reflect the high degree of professionalism that massage therapists bring to their role as regulated health care providers in Nova Scotia. The massage therapists' image is an important component in how clients and the public of Nova Scotia regard the profession. The

way a massage therapist is dressed promotes an atmosphere of professionalism and inspires confidence.

MTANS has a mandatory dress code for the OSCE and candidates are expected to fully comply with the requirements. If candidates fail to comply with the mandatory dress code requirements, then they will be denied access to the OSCE. Compliance will be determined at registration check in by staff. In this event, OSCE fees will be reimbursed to the candidate, excluding a \$150 administrative fee. Candidates will be able to register for future OSCE dates, subject to availability.

Mandatory dress code requirements

General

- a) The dress code will be strictly enforced at all times.
- b) All clothing must be clean, free of rips and free of holes.
- c) All hair, moustaches and beards must be neatly groomed. Long hair (below the shoulders) must be tied back or up.
- d) No perfume or cologne.
- e) No article of clothing displaying an offensive statement.
- f) No school logos on clothing; other logos must be discreet.

Headwear

- a) No caps or hats.

Above waist

- a) Shirts, long or short sleeves, must have collars and be tucked in or a scrubs top is acceptable.
- b) Shoulders, clavicles and abdomen must be covered.
- c) No see-through shirts.

Below waist

- a) Pants, slacks, Capri pants, skirts, shorts are acceptable.
- b) Shorts and skirts are NOT to exceed four inches (10cm) above the mid knee when standing.
- c) No jeans/denim, cut-offs, rugby pants, sweat pants, jogging pants, stirrup pants, paramilitary or camouflage style trousers, combat trousers (multiple pockets), athletic shorts, training shorts, or tights.

Shoes

- a) Appropriate clean shoes must be worn at all times.
- b) No sandals are permitted.

Rules of Conduct

Each candidate who takes the certification examination, by his or her act of participating in the examination(s), agrees to the following Rules of Conduct.

1. Candidates acknowledge that the massage therapy certification examinations and the items therein are the sole property of MTANS on conjunction with the College of Massage Therapists of Ontario.
2. Candidates acknowledge that they cannot remove any part of the examination from the test site, nor can they give or receive assistance during the examination.
3. Candidates acknowledge that their behaviour before, during and after the examinations must be such that it does not disturb other candidates or cause them anxiety. This includes unnecessary questioning of the examination policies and procedures, disruptive comments about the examination, or any other behaviour that in the opinion of the examination site staff could cause anxiety in other candidates.

4. Candidates acknowledge that their participation in any act of cheating, as described below, may be sufficient cause for the MTANS to terminate their participation in the examinations, to invalidate the results of their examinations or to take other appropriate action.
5. Cheating refers to any act or omission by a candidate that could affect the result of that candidate, another candidate, or a potential future candidate. Cheating includes, but is not limited to the following acts:
 - i. non registered individuals posing as registered candidates;
 - ii. bringing study materials into the examinations;
 - iii. giving or receiving assistance during the examinations;
 - iv. any conduct during the examination that disturbs other candidates;
 - v. removing or attempting to remove examination materials from the test site;
 - vi. receiving or giving information about the MCQ or OSCE examinations **either before or after** the examination. (e.g. information about questions such as assessment, tasks or activities requested.) **Note: this includes discussing station information or question content with other candidates after the examination.**

13. MTANS Protocol in the Event of Suspected Cheating

1. If the examination staff suspects cheating, they may confiscate a candidate's test materials, as well as any other document, object or materials that could be used for cheating, and require the candidate or other persons to leave the test site. (MTANS reserves the right to use monitoring and surveillance technologies to detect and document cheating).
2. The examination staff reports any suspected cheating to the Chief Examiner.
3. The Chief Examiner shall conduct appropriate investigations of the alleged cheating. The candidate will be given at least two weeks to respond in writing to the allegations of cheating.
4. The Chief Examiner shall make one of the following decisions; declare that the occurrence of cheating was not established or declare that cheating did occur.
5. If the Chief Examiner declares that the occurrence of cheating was not established, the candidate's score shall be released, if possible, or the candidate shall be permitted to sit the next available examination without charge.
6. Cheating may be declared at any time after a candidate has registered and includes the time after the examination as well as after results have been released.
7. If the Chief Examiner declares that cheating did occur, **one or more** of the following will happen:
 - a. the candidate will be deemed to have failed the examination;
 - b. special measures will be taken at the candidate's expense at any repeat examination to prevent the reoccurrence of cheating;
 - c. The Chief Examiner shall report findings to the Registration Committee;
 - d. MTANS will prosecute the candidate; and
 - e. MTANS will deny future access to the examinations.

14. Description of the Examinations

OSCE

The Objectively Structured Clinical Evaluation (OSCE) is the clinical component of MTANS certification exams. This exam is designed to evaluate both the candidates' knowledge and application of skill, and tests their ability to safely and effectively apply the principles and processes of massage therapy practice, within the context of multiple clinical scenarios. Scores are given by massage therapist examiners based on the candidate's performance in each station. The overall score for the exam is the sum of the station scores. The OSCE is approximately 1½ hours with an additional thirty minutes allocated to registration, for a total time of approximately 2 hours.

OSCE Session Information:

Review the video "Preparing for the OSCE", available at <http://www.cmta.com/regist/regist1.htm>

Be aware that an examination environment is never perfect. Please be prepared for some noise, distractions, temperature variations, etc. MTANS is not responsible for any personal injury or articles lost, stolen, or broken at the examination centres.

Examination Day Registration

- ↑ OSCE sessions start promptly at the times stated. Please arrive **15 - 30 minutes before the scheduled exam start time** and check in at the reception desk. Wear clothing appropriate for a professional certification examination. (See dress code, pages 12-13.)
- ↑ Valid photo identification that includes a signature (Driver's License, Passport, Government issued ID such as Health Card with photo) must be provided or candidates will not be permitted to take the examination.
- ↑ Candidates must wear their identification badge issued at the registration desk throughout the examination. The badge displays the starting station for each candidate, name and barcode. As you enter each station, first approach each examiner to have your badge examined.
- ↑ No cellular phones, personal data assistants, pocket PCs, and other audio and/or video recording or transmitting devices are permitted at the examination site. Any devices found on candidates will be confiscated, the candidate will receive a zero score, and a permanent record will be kept on file regarding this infraction.
- ↑ No perfumes, colognes, scented hair sprays, after-shave, scented deodorants, or scented oils, are permitted due to candidate, client and examiner allergies.
- ↑ No outside food or drink is allowed at the exam site. A water fountain is located near the washrooms. Candidates with specific medical conditions (e.g., hypoglycaemia, diabetes) requiring the consumption of food or drink must request permission from MTANS when applying for the exam.

In the Stations

At any time, the following individuals may be present in a station: the candidate, the standardized client, the examiners, and an observer monitoring the consistency of the scoring by the examiners and consistency of performance by clients. Observers do not evaluate the candidates.

The Bell Ringer System

A bell ringer system is used to ensure standardized timing for all candidates.

- At the first signal (one short ring) lift the cover page and **read the Stem information** on the table. *The same information is available in the room.* Regular candidates have 2 minutes to read. Special Accommodation candidates will have 3 minutes to read.
- At the second signal (one short ring) **enter the room** and perform as directed.
- There will be a third signal (one short ring) as a warning that there are **2 minutes remaining** in the station. Regular candidates receive this warning at the 8-minute mark (10 minutes total in the room). Special Accommodation candidates receive this warning at the 13minute mark (15 minutes total in the room).
- The next signal indicates that the station is completed (one short ring). Candidates **exit the rooms, proceed to the next station**, and wait for the one short ring to lift the cover sheet and begin reading.

Standardized Clients

The examination stations are staffed by standardized clients who:

- receive a high degree of training by the Examination Officer and trainers for their OSCE roles
- should be treated with the same respect given to any client by a candidate
- will be in an appropriate state of dress or undress depending on the station type
- will not tell candidates to ask certain questions or examine specific areas
- will respond to the candidate when the appropriate response is elicited by the candidate

If you feel the need to introduce yourself to the client, please do so as: "Hello, I am "first name only"; or "Hello, I am Candidate #####".

Examiners

Examiners are rigorously trained prior to exam administration on specific stations and the associated item checklists. Examiners assess each candidate according to the predetermined checklist of criteria based on the Standards of Practice and other approved references. The examiner also, if necessary, protects the standardized client from inadvertent injury if the candidate's activity will place or is placing the client at risk.

Examiners will not stop candidates who have gone off course during a station or are doing something other than what was instructed. Note that examiners will not respond to questions about the scenario or about how you are doing.

The Stems

Candidates should carefully read the information posted on the table to the station (called the **Stem**) to ensure that they are doing what is required in each of the stations. There are no tricks in the exam and all necessary information is provided to candidates both inside and outside the room.

The information on the table will specify if it is necessary to obtain consent.

Props

All items necessary to each station will be located in the station in clear view.

There will be massage tables in all stations where a table would be necessary. Massage tables are set to one height and cannot be changed. Candidates are expected to make the modifications necessary to permit them to adapt to that height.

Linen as well as massage oil and lotion are provided. Witch hazel or hand sanitizer will be provided for the proper cleaning of hands.

All infection control precautions should be taken as indicated by the clinical situation.

At the End of the OSCE

The end of the examination will be signaled by a long/short ring. Candidates will collect their belongings and if applicable report in writing any extraordinary circumstances in the administration of the examination that significantly affected their ability to perform at their best. Candidates must vacate the premises as soon as possible so that MTANS staff can prepare for the next group of candidates.

OSCE Station Specifications:

The OSCE consists of 7 test stations (detailed in the chart below). Candidates may be assigned to start at any station. Candidates will proceed sequentially from their starting point. For example, a candidate starting at station 6 would continue as follows: 7, 1, 2, 3, 4, and 5. Candidates receive their starting station position on the day of the exam, which is listed on the candidate badge issued at the registration desk.

STATION	TITLE
STATION 1	REMEDIAL EXERCISE/SELF-CARE
STATION 2	CLIENT INTERVIEW
STATION 3	ASSESSMENT 1
STATION 4	ASSESSMENT 2
STATION 5	TREATMENT PLAN/CONSENT
STATION 6	TREATMENT
STATION 7	TECHNIQUE

OSCE Station Descriptions:

Station 1-7: The combination of the 7 stations are designed to assess the candidate's ability to safely and effectively obtain a case history, conduct an assessment, outline a treatment plan and

obtain informed consent, perform a treatment, and assign therapeutic exercise and home-care. Candidates must be **focused** in their approach and tailor their interaction to **specifically address the presenting clinical problem**. Candidates are expected to work in real time, rather than pretending to completely perform certain tasks in a shortened period of time.

Remedial Exercise/Self Care: The candidate is expected to assign specific therapeutic exercises and home-care to the client.

Client Interview: The candidate is expected to obtain a relevant case history by conducting a client interview.

Assessment 1: The candidate is expected to demonstrate their ability to perform specific assessment techniques (e.g. palpation, range of motion, neurological, orthopaedic testing, etc).

Assessment 2: The candidate is expected to conduct an assessment to determine the nature of the client's presenting dysfunction.

Treatment Plan/Consent: The candidate is expected to interact with the client to explain their treatment plan for initial and on-going treatment, and obtain informed consent.

Treatment: The candidate is expected to perform a focused massage therapy treatment, given the presenting case history and assessment findings.

Technique: The candidate is expected to demonstrate their ability to perform specific massage therapy techniques on specific anatomical structures.

MCQ Examination

The Multiple-Choice Examination (MCQ) is administered on workdays, via computer, at a number of locations in Canada and specifically DeTang Language School located at 5516 Spring Garden Road, Suite 203. The examination can be taken either before or after the OSCE. At the beginning of the MCQ exam, the program will provide a tutorial to give the candidates time to gain confidence using the program and to test the system. The questions in this 5-minute tutorial are for demonstration purposes only and are not scored. Please take the time to answer these questions; they are designed to provide familiarization with the features of the computerized testing system.

The candidate's name and the name of the examination will be shown at the upper left corner of the screen. If either of these is incorrect, notify the test proctor before continuing.

The MCQ consists of 100 questions administered within a time period of 115 minutes. A table in the upper right corner of the screen depicts the numbers of questions in the test, with a distinct colour-fill indicating the ones already answered. There is also a digital clock on the screen keeping track of the minutes left to complete the exam.

The examination is administered adaptively in three (3) groups of questions, 1-50, 51-75 and 76-100. This allows the opportunity to review questions only within each of the three groups of questions. For example, after answering all 50 questions in the first group the programme will

prompt the candidates to review these questions. Candidates cannot return to questions 1-50 once they have moved on to question 51. Questions 51-75 may be reviewed in the same fashion, but once question 76 has been selected candidates cannot go back and review questions 1-75.

Embedded in the examination are a number of "pre-test" questions, which are included in the examination for statistical purposes only. These questions will not affect the candidates' examination score.

The Proctor will provide two sheets of blank scratch paper, which candidates may use during the examination. These papers will not be reviewed by MTANS, and are for the candidate's use during testing only. These sheets must be returned to the Proctor upon completion of the test.

Candidates have the opportunity to make comments about individual test questions during the examination administration by clicking on a "comment on this question" button. Each of these comments are reviewed by MTANS, CMTO and Psychometric staff.

After exiting the program, the examination results will be printed and provided to the candidates.

Be aware that an examination environment is never perfect so expect some noise, distractions, temperature variations, etc. Candidates may bring in personal earplugs or headphones to block out noise. MTANS is not responsible for any personal injury or articles lost, stolen, or broken at the examination centres.

Examination sessions start promptly at the times stated. Please arrive **15 minutes before your scheduled start time**. Candidates must present the MCQ Candidate Admission letter issued by SMT along with a valid photo identification that includes a signature (Drivers License, Passport, Government issued ID). If a candidate cannot provide both documents upon registration at the exam, the candidate will not be permitted to take the examination.

No food or drink is allowed on the exam site. Candidates with specific medical conditions (e.g., hypoglycaemia, diabetes) requiring the consumption of food or water must request permission from MTANS when applying for the exam.

All cellular phones, personal data assistants, pocket PCs, and other audio and/or video recording or transmitting devices are banned from the MCQ site. Such devices found on the person of a candidate will be confiscated, the candidate will receive a zero score, and a permanent record will be kept on their file regarding this infraction.

15. Appendix OSCE Content Outline

	OSCE
Health Science	11%
Professional Development	15%
Clinical Science	74%

OSCE Examination Test Specifications

1. Health Science

- A Applies the General Principles of Anatomy and Physiology
 - 1) Applies the anatomical organizational constructs of the human body
 - 2) Employs the concepts of musculoskeletal anatomy and physiology
 - 3) Applies the anatomical concepts of the circulatory system
 - 4) Uses the principles of cardiovascular physiology
 - 5) Uses the principles of the respiratory system
 - 6) Applies knowledge of the function of the digestive system
 - 7) Employs the concepts of exercise physiology

- B Practices the Principles of Neuroanatomy and Physiology
 - 1) Applies the anatomical organization of the nervous system
 - 2) Uses the anatomy of the brain and spinal cord
 - 3) Employs the fundamental physiology of the sensory nervous system
 - 4) Applies the physiology of the somatic motor system
 - 5) Recognizes the anatomy of the peripheral nervous system
 - 6) Uses the concepts and methods of clinical neurology

- C Applies the Concepts of General Pathology
 - 1) Explains the body's reaction to inflammation, disease, injury and injurious stimuli
 - 2) Summarizes the causes of chronic inflammation and sequelae of acute inflammation
 - 3) Recognizes the body's reaction to inflammation, disease, injury and injurious stimuli
 - 4) Explains the mechanisms of tissue repair and regeneration
 - 5) Extrapolates complications of wound healing and burns
 - 6) Explains the causes and effects of hypertension

- D Employs the Fundamental Concepts of Orthopaedic Pathology

- E Practices and Applies the General Principles of Kinesiology

2. Professional Development

A Uses Effective Communication

Skills to:

- 1) Determine the requirements for medical records, reports and inter-professional communication in accordance with general health care practices and the requirements of the College
- 2) Adapt various communication models and strategies necessary for communication with clients and other professionals
- 3) Discuss the case findings with the client, answers client questions, and suggests treatment approaches for the client's condition and needs
- 4) Demonstrate active listening skills, appropriate body language, suitable assertion skills, and use of "I" statements
- 5) Communicate the role of massage therapy to the client
- 6) Obtain client consent for assessment and treatment
- 7) Explain assessment findings to promote understanding of the case and the massage therapist's approach to the case
- 8) Provide clear and explicit instructions to the client prior to treatment, during treatment and post-treatment
- 9) Ensure that professional and general language is appropriate to each client's

understanding, background and situation
10) Consult with other health care providers

B Adheres to the Legal and Ethical Requirements of the Massage Therapy Profession by:

- 1) Interpreting and conforming to the Code of Ethics
- 2) Adhering to the requirements set out in the Standards of Practice, The Massage Therapy Act, The Regulated Health Professional Act, and the Health Care Consent Act of Ontario
- 3) Interpreting and conforming to the Bylaws, Policies and Procedures and Position Statements of MTANS

C Establishes Professional Client Relations by:

- 1) Outlining the role of the therapeutic relationship, power differentials, boundaries, privileged communication and confidentiality, therapist intent, client/ therapist hidden agendas, responding to emotions, and the presentation of clinical information
- 2) Setting boundaries and establishing a suitable environment between the therapist and the client
- 3) Draping each client in accordance to the Standards of Practice

D Assesses Research and Professional Literature and Develops Critical Thinking in order to:

- 1) Determine questions to discuss with the client
- 2) Evaluate answers and information
- 3) Determine the condition causes and possible consequences
- 4) Generate potential alternatives
- 5) Determine the best course of action
- 6) Evaluate the decision for future consideration

3. Clinical Science A Provides Client

Care by:

- 1) Supporting safety, hygiene and sanitation in accordance with the guidelines for hand washing and hospital infection control procedures
- 2) Using protective barriers during treatment as indicated by client condition or treatment type, in accordance with "Preventing the Transmission of Bloodborne Pathogens in Health Care and Public Service Settings, 1SSN 1188-44169"
- 3) Observing for allergic reaction to creams and lotions
- 4) Safely handling, supporting and transferring the client
- 5) Communicating procedures for dressing/undressing, positioning and covering, and getting on/off the table

B Integrates and Applies the General Principles of Hydrotherapy, Cryotherapy and Heating Agents

C Applies the General Principles of Therapeutic Exercises using:

- 1) Range of motion exercises
- 2) Resistance/strength exercises
- 3) Cardiovascular exercise

- 4) Static control, movement and functional rehabilitative applications
 - 5) Posture and balance
 - 6) Proprioceptive exercises
 - 7) Ergonomic training
- D Designs Exercise Programs that include:
- 1) Supporting the client's assessed needs
 - 2) Modifying exercises to maximize benefits
 - 3) Establishing therapeutic exercise goals
 - 4) Providing instructions in proper exercise techniques
 - 5) Evaluating exercise effectiveness and goals
- E Integrates Knowledge of Systemic Disorders, Conditions and Treatments by evaluating:
- 1) The cardiovascular/circulatory system
 - 2) Lymphatic disorders
 - 3) The connective tissue/fascial systems
 - 4) Disorders of the soft tissue and muscular systems
 - 5) Dermatological conditions
- F Integrates Knowledge of Nervous System Disorders, Conditions and Treatments by evaluating the
- 1) Central nervous system
 - 2) Peripheral nervous system
- G Integrates Knowledge of General Orthopaedic Disorders, Conditions and Treatments
- 1) Evaluates skin and connective tissue disorders
 - 2) Appraises muscle-tendon disorders
 - 3) Evaluates joint, cartilage, ligament and bursa disorders
 - 4) Analyzes orthopaedic associated disorders/complications
- H Integrates Knowledge of Spinal Orthopaedic Disorders, Conditions and Treatments
- 1) Analyzes cervical spine conditions and disorders
 - 2) Assesses thoracic spine conditions and disorders
 - 3) Determines lumbar spine conditions and disorders
 - 4) Identifies pelvic conditions and disorders
 - 5) Appraises the sacro spinal region
- I Integrates Knowledge of Regional/Peripheral Orthopaedic Treatments
- 1) Assesses the temporal-mandibular joint
 - 2) Evaluates the shoulder
 - 3) Assesses the elbow
 - 4) Assesses the wrist and hand
 - 5) Assesses the hip
 - 6) Evaluates the knee
 - 7) Evaluates the ankle and foot

- J Applies Knowledge of Manual Modalities and Techniques
- 1) Predicts the mechanical and reflex effects of therapeutic treatment on:
 - a. Client health and well-being
 - b. Physiological processes
 - c. Pathological processes
 - 2) Determines contraindications and precautions and selects modalities and techniques for safe and therapeutically effective responses to client needs
 - 3) Applies modalities and techniques to optimize tissue and body systemic functions
 - 4) Applies stretching modalities and techniques to optimize tissue and body systemic functions
 - 5) Applies connective tissue mobility and mobilization techniques to optimize tissue and body systemic functions
 - 6) Applies neuromuscular techniques to optimize tissue and body systemic functions
 - 7) Applies lymph drainage techniques and methods to optimize tissue and body systemic functions
 - 8) Determines need and applies techniques specific to breast massage
 - 9) Determines need and applies techniques specific to treatment of mood, anxiety, dementia and seizure disorders
- K Integrates Knowledge of Pain and Stress Management Techniques into Client Care
- 1) Determines pain syndrome management techniques, assessments and treatments
 - a. Cites the purpose of pain evaluation and examines pain characteristics including location, types, intensity, severity and pattern
 - b. Differentiates between contraindications and precautions to treatment for a client with pain
 - c. Modifies individualized home care programs specific to the needs of a client with pain
 - d. Propose ways to integrate the treatments of presenting conditions in a manner that considers the implications of any pre-existing pain
 - 2) Selects stress syndrome management techniques and treatments
 - a. Identifies specific relaxation and stress management regimes specific to the client
 - b. Modifies client education to integrate stress management methods with other self- and home-care methods and regimes
- L Selects Case Management Principles and Methods
- 1) Ascertains conditions, impairments and/or pathologies
 - 2) Interprets assessment conclusions determined by other health care practitioners
 - 3) Determines the goals, outcomes and client expectations in designing initial, and on-going treatment plans
 - 4) Uses a physical assessment model
- M Establishes the Case History and Performs a Client Interview
- 1) Analyzes client information and establishes a framework for client assessment determining possible causes and consequences of conditions
 - 2) Poses questions and responds non-judgmentally, respecting individual privacy
 - 3) Generates viable treatment alternatives
 - 4) Identifies possible contraindications to treatments
 - 5) Identifies changes in client status and adapts treatment as needed

- N Assesses Posture and Gait, Regional Pain, Functional Motion Testing for all Joints, Muscle Length and Strength Testing, and Neurological and Orthopaedic Status
 - 1) Explains testing instructions to the client
 - 2) Interprets results of assessments

- O Designs a Treatment Plan
 - 1) Recalls common conditions and impairments, and the principles and outcomes of various treatments
 - 2) Ascertains indications, contraindications, precautions, risks and benefits from specific treatments for conditions and impairments
 - 3) Determines goals and outcomes of treatment
 - 4) Selects modality options
 - 5) Integrates self-care techniques, remedial exercises and/or hydrotherapy that client can perform at home
 - 6) Coaches the client on self-care techniques, remedial exercises and/or hydrotherapy that can be performed at home
 - 7) Discusses with the client implications of the treatment plan including the effects of medication
 - 8) Performs ongoing periodic review of client conditions
 - 9) Analyzes signs and symptoms of compensatory changes in client

MCQ Content Outline

	MCQ
Health Science	40%
Professional Development	25%
Clinical Science	35%

Multiple-Choice Examination Test Specifications

1. Health Science

- A Applies the Principles of Anatomy and Physiology
 - 1) Applies the anatomical organizational constructs of the human body
 - 2) Employs the concepts of musculoskeletal anatomy and physiology
 - 3) Applies the concepts of the circulatory/lymphatic system
 - 4) Uses the principles of cardiovascular physiology
 - 5) Uses the principles of the respiratory system
 - 6) Applies knowledge of the function of the digestive system
 - 7) Employs the concepts of exercise physiology

- B Applies Principles of Neuroanatomy and Physiology
 - 1) Applies the anatomical organization of the nervous system
 - 2) Uses the anatomy of the brain and spinal cord
 - 3) Employs the fundamental physiology of the sensory nervous system
 - 4) Applies the physiology of the somatic motor system
 - 5) Recognizes the role of the autonomic nervous system
 - 6) Recognizes the anatomy of the peripheral nervous system
 - 7) Uses the concepts and methods of clinical neurology

- C Applies Knowledge of Pathology
 - 1) Biochemical lesions and characteristics - the vascular responses to, and cellular exudates associated with - acute inflammation
 - 2) Causes of chronic inflammation and sequelae of acute inflammation
 - 3) Mechanisms through which chronic inflammation leads to fibrosis and cicatrisation, contracture and cicatrisation, loss of normal function, granulomas, endarteritis obliterans, endophlebitis, and ulceration
 - 4) Reaction to inflammation, disease, injury and injurious stimuli
 - 5) Mechanisms of tissue repair and regeneration
 - 6) Complications of wound healing and burns
 - 7) Process of healing in various tissue types
 - 8) Pathogenesis of vascular disorders, hypertension, renal dysfunction, circulatory shock, edema, lymphatic and venous obstruction
 - 9) Causes and effects of hypertension
 - 10) Mechanisms leading to edema
 - 11) Differentiation between venous and lymphatic obstruction
 - 12) Effects of venous thrombosis

- D Employs the Fundamental Concepts Orthopaedic Pathology
- E Practices and Applies the General Principles of Kinesiology
- F Demonstrates an understanding of the physiological response to food sensitivities and allergies
- G Applies Knowledge of Nutrition, Including the Components of a Balanced Diet, the Role of Metabolism and the Properties and Functions of Nutrients
- H Applies Knowledge of the General Principles of Pharmacology
- I Applies knowledge of substance abuse and addiction

2. Professional Development

- A Performs Self-Assessment and Disclosures

- B Uses Effective Communication Skills to:
 - 1) Produce accurate medical records, reports and inter-professional communication in accordance with general health care practices and the requirements of MTANS
 - 2) Communicate with clients and other professionals
 - 3) Achieve respectful and productive interactions with individuals and/or groups
 - 4) Engage the client in dialogue regarding case findings, and suggested approaches to the client's condition and needs
 - 5) Inform the client about the role of massage therapy
 - 6) Inform the client of fees and payment policies and obtain agreement for a fee schedule
 - 7) Obtain consent for assessment and treatment
 - 8) Resolve conflicts and problem-solve

- C Adheres to the Legal/Ethical Requirements of the Massage Therapy Profession by:
 - 1) Following registration requirements of MTANS
 - 2) Recalling the rules, regulations and statutes that govern registrants

- 3) Practicing in accordance with the Regulated Health Professions Act (RHPA), the Health Care Consent Act (HCCA), the Massage Therapy Act (MTA), and other legislation, regulations and statutes relating to massage therapy in the province of Ontario
- 4) Practicing in adherence with the MTANS By-Laws, Standards of Practice, Code of Ethics, Complaints and Discipline procedures, and Quality Assurance requirements
- 6) Determining circumstances where therapists may be ethically and legally obligated to disclose confidential client information
- 7) Distinguishing boundaries to treatment as defined within the Scope of Practice and liabilities if boundaries are exceeded
- 8) Following legal requirement to report suspected child abuse
- 9) Differentiating between therapeutic vs. non-therapeutic, appropriate vs. inappropriate massage environment and techniques
- 10) Recalling concepts of transference and counter-transference in massage practice
- 11) Recalling the role of the therapeutic relationship, power differentials, privileged communication and confidentiality, therapist intent, and client/therapist hidden agendas
- 12) Initiating closure processes when either the client or the therapist identifies the need to terminate the relationship
- 13) Recognizing behaviour that may be perceived as a sexual component of massage and potential for a sexual impropriety complaint
- 14) Avoiding abuse of the power differential between therapist and client, and potential for violation of trust 1
- 15) Distinguishing between sexual innuendos and client attempts at humour and dialogue
- 16) Managing sexual advances according to the Zero Tolerance Policy
- 17) Reporting sexual impropriety and abuse committed by other professionals in accordance with the Zero Tolerance Policy

D Assesses Research/Professional Literature and Develops Critical Thinking by:

- 1) Differentiating among characteristics, types, benefits and disadvantages of various research designs and analysis, and their applicability to practice
- 2) Using research, professional findings and data in client care

3 Clinical Science

A Integrates the Basic Concepts, Principles and Fundamentals of Massage Therapy into Client Care by:

- 1) practicing basic safety including hygiene and sanitation in accordance with guidelines for hand washing and hospital infection control procedures
- 2) observing for allergic reactions to creams and lotions; and handling, supporting and transferring the client safely

- B Supports Public Health Practices by:
- 1) Defining public health and explaining its role in disease prevention
 - 2) Outlining personal and clinical hygiene, and sanitation concepts and guidelines
 - 3) Describing sterilization and prophylactic disinfection methods used in massage therapy, as they relate to universal blood and body precautions
 - 4) Reporting diseases to the Local Medical Officer of Health as outlined in Nova Scotia Regulation under the Health Protection Act 2004 c.4, s.1,
 - 5) Citing major communicable diseases and describing transmission mechanisms
 - 6) Using protective barriers during treatment as indicated by client condition or treatment type, in accordance with "Preventing the Transmission of Bloodborne Pathogens in Health Care and Public Service Settings, 1SSN 1188-44169"
- C Integrates and Applies the General Principles of Hydrotherapy, Cryotherapy and Heating Agents into Client Care
- D Applies General Principles of Therapeutic Exercises including:
- 1) Range of motion
 - 2) Resistance/strengthening
 - 3) Cardiovascular exercise
 - 4) Posture
 - 5) Balance
 - 6) Proprioceptive exercise
 - 7) Ergonomic training
- E Applies Knowledge of Systemic Disorders, Conditions and Treatments:
- 1) Evaluates the cardiovascular/circulatory system
 - 2) Evaluates lymphatic disorders
 - 3) Appraises the connective tissue/fascial systems
 - 4) Evaluates disorders of the soft tissue and muscular systems
 - 5) Evaluates dermatological conditions
- F Applies Knowledge of Nervous System Disorders, Conditions and Treatments:
- 1) Evaluates the central nervous system
 - 2) Evaluates the peripheral nervous system
- G Applies Knowledge of General Orthopaedic Disorders, Conditions and Treatments:
- 1) Evaluates skin and connective tissue disorders
 - 2) Appraises muscle-tendon disorders
 - 3) Evaluates joint, cartilage, ligament and bursa disorders
 - 4) Analyzes orthopaedic associated disorders/complications

- H Applies Knowledge of Spinal Orthopaedic Disorders, Conditions and Treatments:
- 1) Analyzes cervical spine conditions and disorders
 - 2) Assesses thoracic spine conditions and disorders
 - 3) Determines lumbar spine conditions and disorders
 - 4) Identifies pelvic conditions and disorders
 - 5) Appraises the sacro spinal region
- I Integrates Knowledge of Regional/Peripheral Orthopaedic Treatments:
- 1) Assesses the temporal-mandibular joint
 - 2) Evaluates the shoulder
 - 3) Assesses the elbow
 - 4) Assesses the wrist and hand
 - 5) Assesses the hip
 - 6) Evaluates the knee
 - 7) Evaluates the ankle and foot
- J integrates Knowledge of the General Principles of Athletic Injury
- 1) Designs pre-and post-event techniques
- K Integrates Knowledge of Manual Modalities and Techniques into Client Care:
- 1) Understanding the mechanical and reflex effects of therapeutic treatment on:
 - a. Client health and well-being
 - b. Physiological processes
 - c. Pathological processes
 - 2) Determining contraindications and precautions when selecting modalities and techniques
 - 3) Applying modalities and techniques to optimize tissue and body systemic functions:
 - a. Stretching modalities and techniques
 - b. Connective tissue mobility and mobilization techniques
 - c. Joint mobilization and traction techniques and methods
 - d. Neuromuscular techniques
 - e. Lymph drainage techniques
 - f. Breast massage
 - 4) Applying techniques for mood, anxiety, dementia and seizure disorders
- L Integrates Knowledge of Pain and Stress Management Techniques into Client Care:
- 1) Determines pain syndrome management techniques and treatments
 - a. Differentiates among acute, chronic and intractable pain
 - b. Cites the purpose of pain evaluation and examines pain characteristics including location, types, intensity, severity and pattern
 - c. Recognizes the pathophysiology and neurophysiology of pain
 - d. Differentiates between contraindications and precautions to treatment for a client

with pain

e. Modifies individualized home care programs specific to the needs of a client

with pain

f. Treats presenting conditions with consideration of pre-existing pain

2) Determines stress syndrome management techniques and treatments

a. Identifies the mechanisms of stress related disorders as expressed by a client's symptoms

b. Identifies specific relaxation and stress management regimes specific to the client

c. Modifies client education to integrate stress management methods with other self- and home-care methods and regimes

M Selects case management principles and methods:

1) Ascertains conditions, impairments and/or pathologies

2) Interprets assessment conclusions determined by other health care practitioners

3) Determines the goals, outcomes and client expectations in designing treatment plans

4) Uses a physical assessment model 5) Conducts referrals to other health care professionals observing scope of practice, determining referral criteria and recognizing personal limitations

N Establishes case history and interviewing processes:

1) Analyzes client information and establishes a framework for client assessment determining possible causes and consequences of conditions

2) Generates viable treatment alternatives

3) Identifies contraindications to treatments

4) Identifies changes in client status and adapts treatment as needed

O Assesses posture and gait, regional pain, functional motion testing for all joints, muscle length and strength testing, and neurological and orthopaedic status 1) Interprets results of physical assessment

P Designs a treatment plan:

1) Recalls common conditions and impairments, and the principles and outcomes of various treatments

2) Ascertains indications, contraindications, precautions, risks and benefits to the client from specific treatments for conditions and impairments

3) Determines goals and outcomes of treatment

4) Selects modality options

5) Integrates self-care techniques, remedial exercises and/or hydrotherapy for home-care

6) Analyzes signs and symptoms of compensatory changes in client

7) Analyzes reassessment findings to determine treatment plan progress

Q Completes/maintains client treatment records in accordance with relevant policies, procedures, standards and regulations