

# AMTA



## SCHOOLS SUMMIT



amta  
american **massage therapy** association™

# Interdisciplinary Competencies for Massage Therapists in Health Care

Robin B. Anderson, MEd, LMT, BCTMB, CEAS  
and

Brent F. Jackson, MEd, LMT, BCTMB

# Introductions

## Robin Anderson



- Community College of Baltimore County
- Massage Therapy Foundation
- M.Ed. – Colorado State University
- Ergonomics Assessment Specialist
- Board Certified LMT

## Brent Jackson



- Central Carolina Technical College
- Massage Therapy Foundation
- M.Ed. – WGU; BS Workforce Education Southern Illinois University
- Board Certified LMT
- SC AHEC Advisory Board Member

# Objectives

- Definition of interprofessional collaboration and education practices
- Current trends in opioid crisis and its relation to massage therapy practice and education
- IPEC's 4 core competencies
- IPE Activity
- Applying IPE in the classroom and clinical practice
- Open discussion

# A “Justice League” for Patient Care



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

# Definitions

- **INTERPROFESSIONAL EDUCATION (IPE)**
  - “When students from two or more professions learn about, from and with each other to enable effective collaboration and improve health outcomes.”

*(WHO, 2010)*

# Definitions

- **INTERPROFESSIONAL COMPETENCIES IN HEALTH CARE**

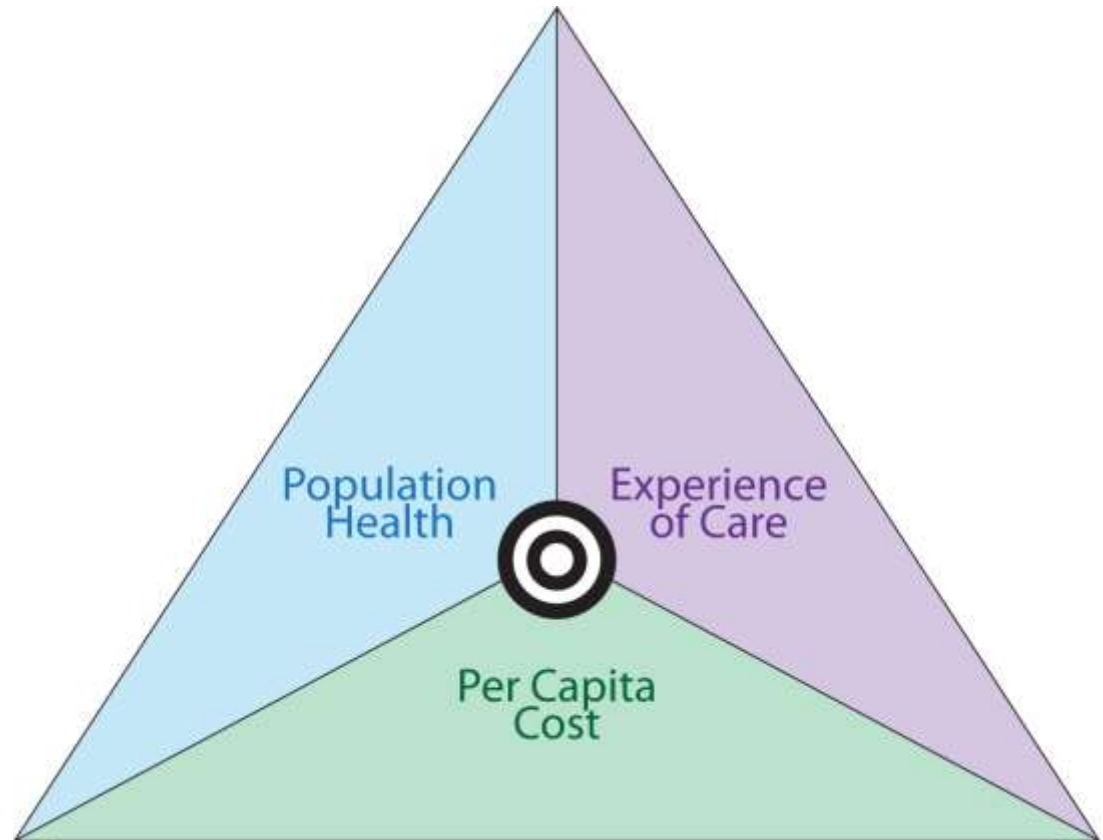
- Integrated enactment of knowledge, skills, values, and attitudes that define working together across the professions, with other health care workers, and with patients, along with families and communities, as appropriate to improve health outcomes in specific care contexts.

*(IPE Collaborative, 2016)*

## IHI Triple Aim

### Goal:

Achieve better patient care, improve health care that is more efficient and affordable.



<https://www.healthpopuli.com/2015/01/13/building-the-health-ecosystem-new-bedfellows-coming-together/>



# Current Trends



Department of Health and Human Services



Department of Veteran Affairs



Joint Commission



CMS



AMTA

Department of  
Health and  
Human  
Services

**Comprehensive Addiction and  
Recovery Act of 2016**

**Massage listed in best  
practices for non-opioid use  
for pain management**

**Considers massage an  
evidence-based practice**

“...some evidence-based, non-opioid treatment options to consider for treating pain...

- **Physical Interventions**

- *Massage therapy* has shown to be effective in adult and pediatric populations with minimal risk of side effects.”

Joint  
Commission

Requirement EP 2:  
The hospital provides  
nonpharmacologic pain  
treatment modalities



**Changes in each hospital's  
compliance strategies**

## Inclusion in Centers for Medicare and Medicaid Services (CMS) Medicare Advantage Plans

CMS has recently announced that many Advantage plans will cover massage therapy in this way, beginning in 2019. "As a result of the new flexibilities on supplemental benefits available for the first time in 2019, about 270 plans are providing nearly 1.5 million enrollees with access to the following new types of benefits:

- Expanded health related supplemental benefits, such as adult day care services, in-home support services, caregiver support services, home-based palliative care and therapeutic massage..."

American  
Massage  
Therapy  
Association

## MASSAGE THERAPY IN INTEGRATIVE CARE & PAIN MANAGEMENT

Published by the  
American Massage Therapy Association



*(American Massage Therapy Association, 2018)*





ACADEMIC CONSORTIUM  
FOR **INTEGRATIVE**  
MEDICINE & HEALTH

<https://imconsortium.org/>



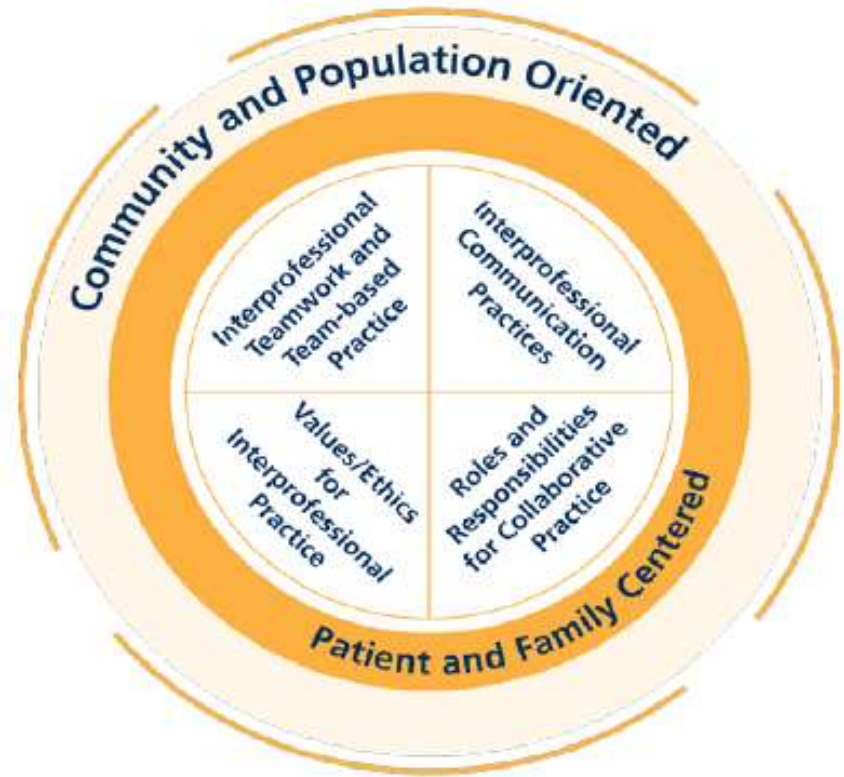
**IPEC**<sup>®</sup>

**Interprofessional Education Collaborative**  
*Connecting health professions for better care*

<https://www.ipecollaborative.org/about-ipec.html>

# ACIMH and IPEC

# Interprofessional Collaboration Competency Domain



The Learning Continuum pre-licensure through practice trajectory



# IPEC 4 Core Competencies

## Values and Ethics

Maintain a climate of mutual respect and shared values.

## Roles and Responsibilities

Use the knowledge to appropriately assess and address the health care needs of patients and to promote and advance the health of populations.

## Interprofessional Communication

Communicate with patients, families, communities, and professionals in a responsive and responsible manner that supports a team approach.

## Teams and Teamwork

Build relationships and team dynamics to perform effectively in planning, delivering, and evaluating health care, programs, and policies that are safe, timely, efficient, effective, and equitable.

# IPE ACTIVITY

## Case Studies with Simulations



# Integrating IPE into Practice

- Utilization of adult learning theories
- The IPE integration model
- Partnering with other departments
- Finding common ground
- Reflection

# Adult Education Learning Theories



Andragogy



Experiential and  
transformative learning  
theories



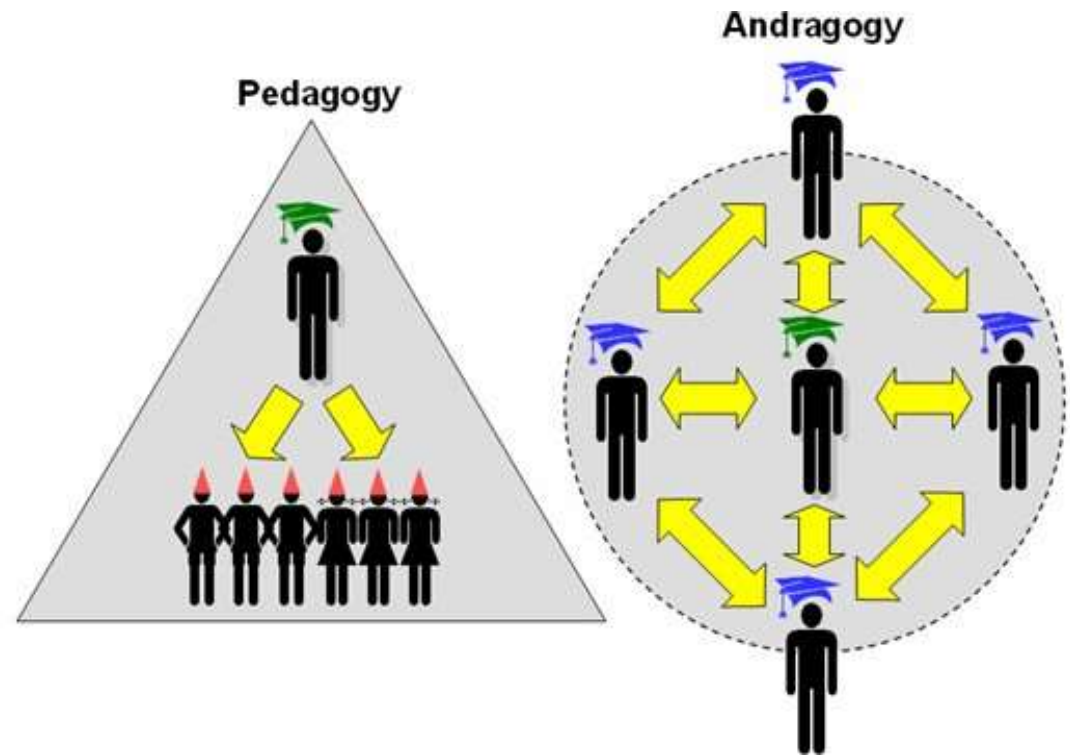
Constructivism and  
cognitive approaches



Anchored instructional  
technique

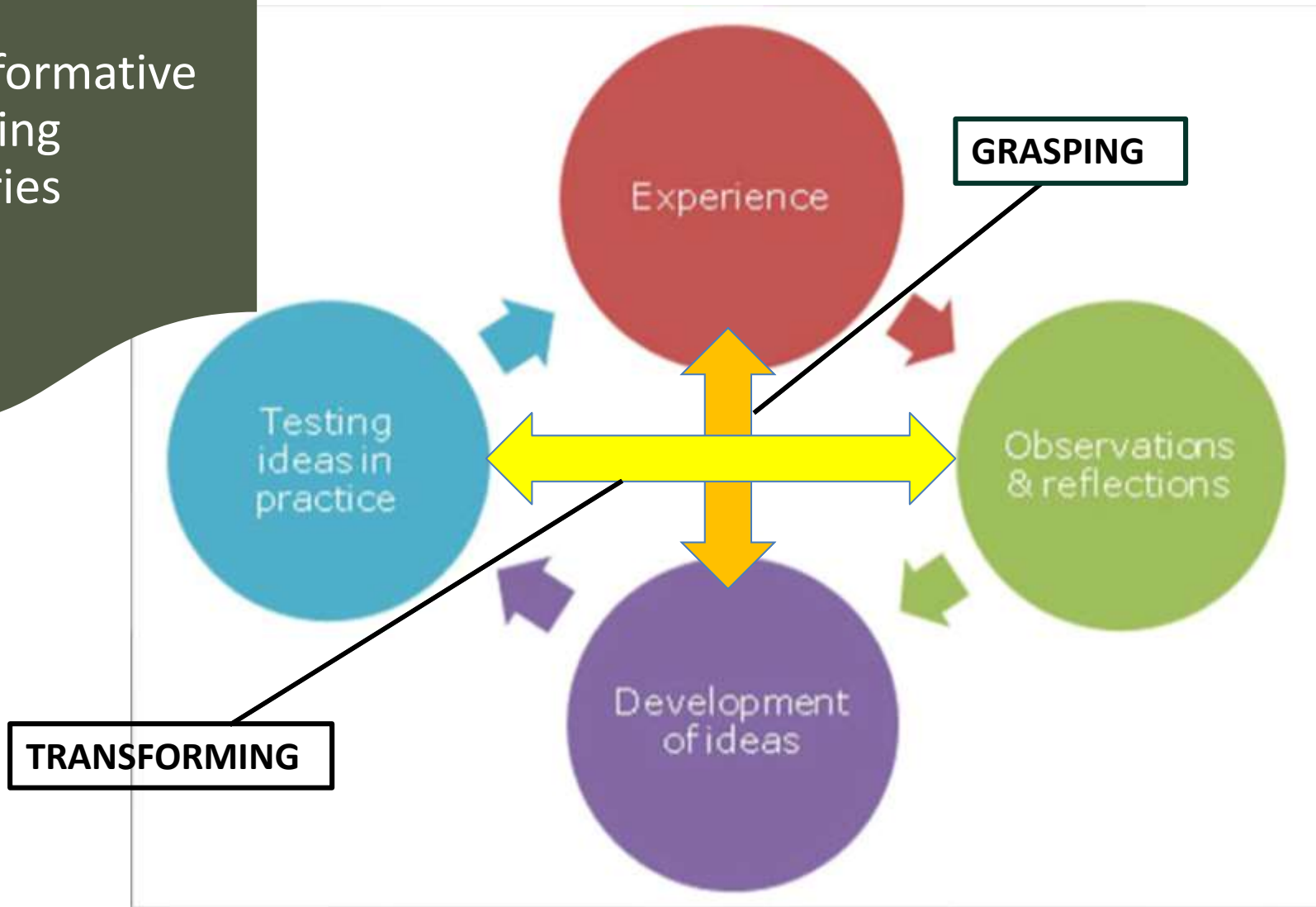
# Andragogy

- Malcolm Knowles
- Self-directed learning
- “The learner should be actively involved in the learning process.”



<https://elearningpractitioner.wordpress.com/2008/07/10/instructors-20-1/>

# Experiential and Transformative Learning Theories



(Atkinson & Murrell, 1988)

# Constructivism and Cognitive Approaches

Cognitive approaches are necessary for introduction of *key concepts* and *scaffolding* for memory and application.

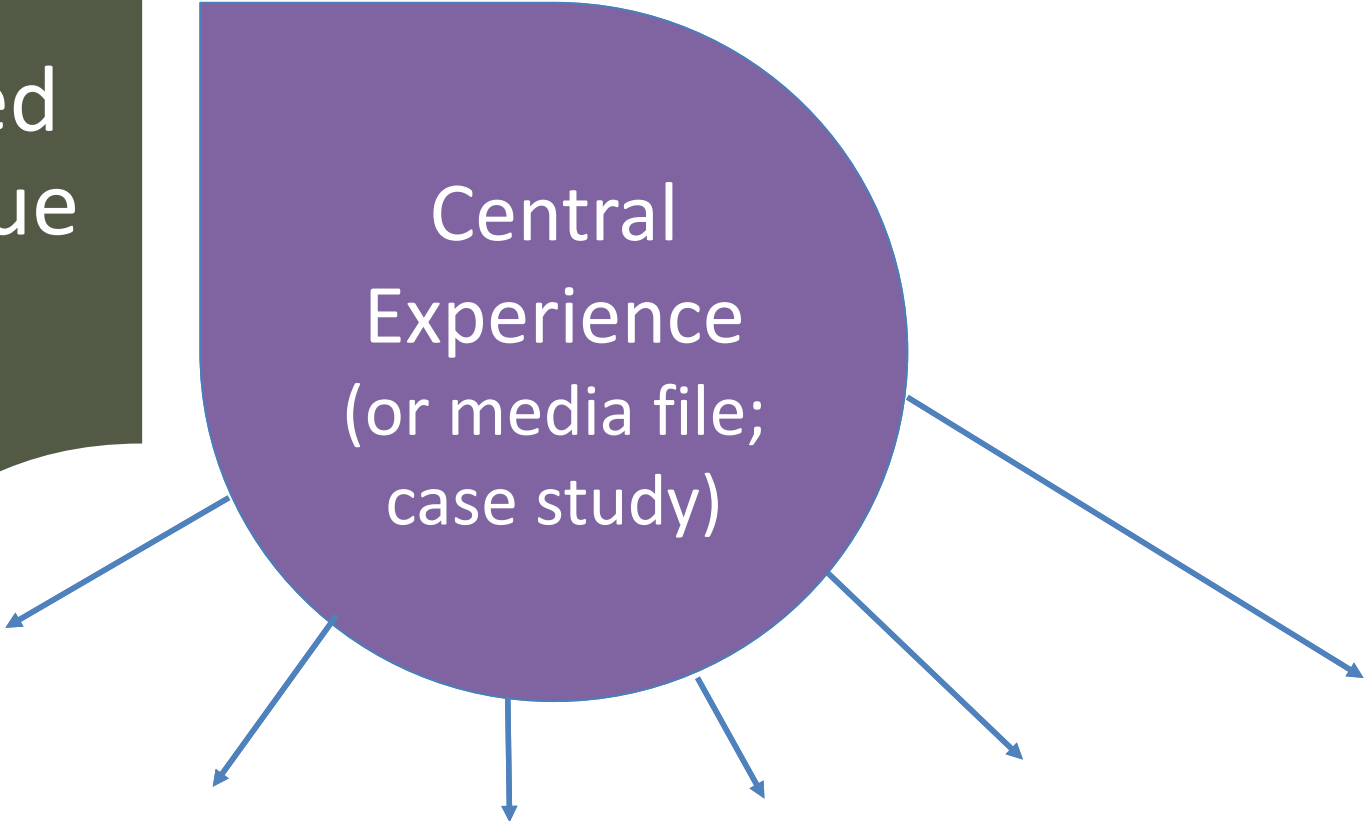
In Constructivism, the learner actively constructs learning through social experiences, experience and learning interactions.

*\*\*\*A common misconception is that learning cannot occur through lecture. Lecture can be considered building prerequisite material and understanding.\*\*\**



Anchored  
Technique

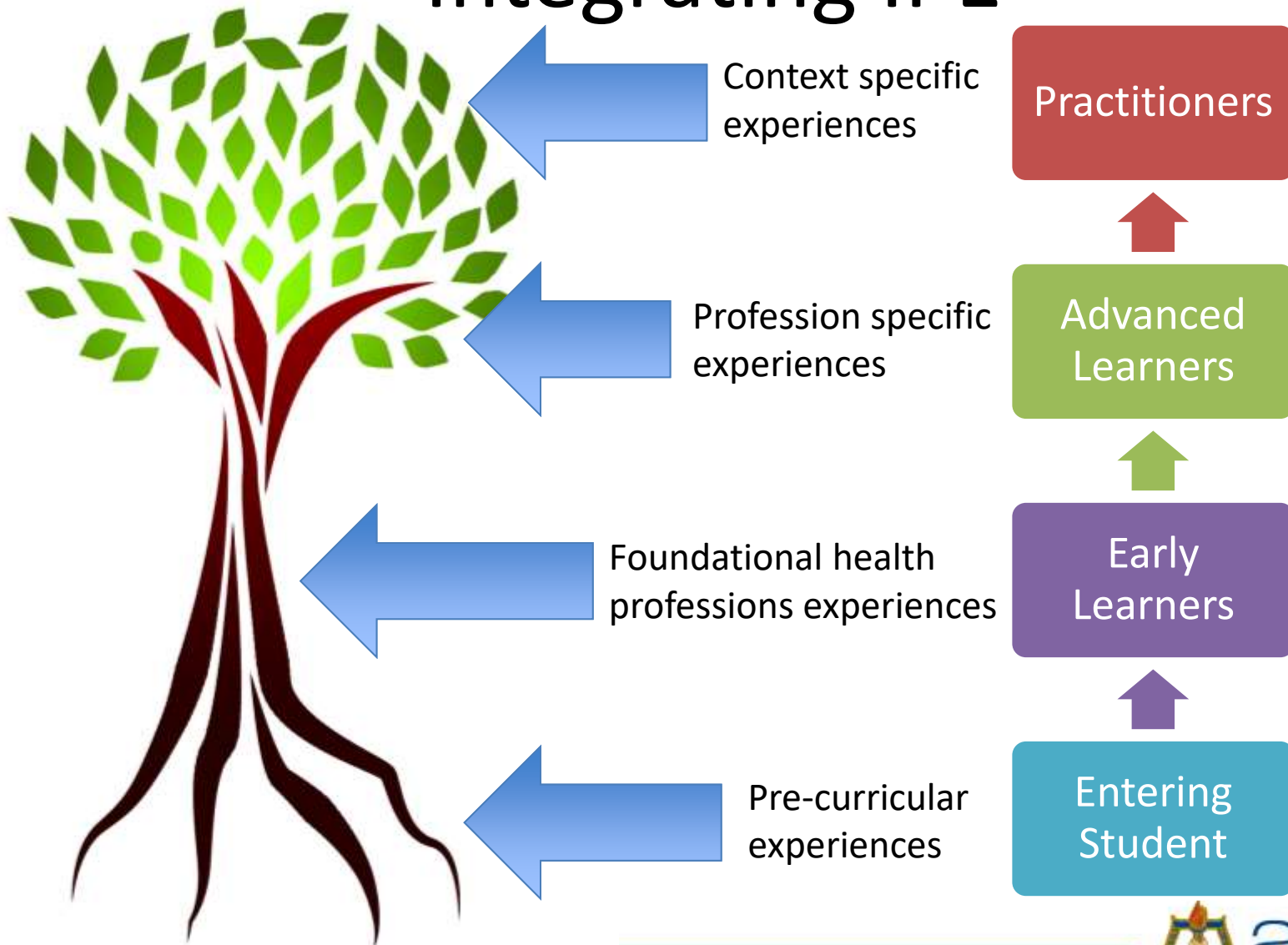
Central  
Experience  
(or media file;  
case study)



**Same experience disseminated  
to students for reflection**



# Integrating IPE



(IPE Collaborative, 2016)

# Partnering with Other Departments

ISSN: 2573-9506

Research Article

*International Journal of Women's Health Care*

## Birth to Discharge: Neonatal Simulation Clinical Experiences

Cheryl L. DeGraw

*Central Carolina Technical College, 506 North Guignard Drive,  
Sumter, South Carolina*

**\*Corresponding author**

Cheryl L. DeGraw, Central Carolina Technical College, 506 North Guignard Drive, Sumter, South Carolina 29150, Tel: 803-778-7808, E-mail: [degrawcl@cctech.edu](mailto:degrawcl@cctech.edu)

**Submitted:** 26 Oct 2018; **Accepted:** 29 Oct 2018; **Published:** 03 Nov 2018

(DeGraw, 2018)

# Finding Common Ground

## **Nonpharmacological Comfort Interventions**

- Identify client need for palliative/comfort care
- Assist in the care and comfort for a client with a visual and/or hearing impairment\*
- Assist in planning comfort interventions for client with impaired comfort
- Apply therapies for comfort and treatment of inflammation/swelling (e.g., apply heat and cold treatments, elevate limb)
- Use alternative/complementary therapy in providing client care (e.g., music therapy)\*
- Provide non-pharmacological measures for pain relief (e.g., imagery, massage or repositioning)\*
- Provide palliative/comfort care interventions to client
- Respect client palliative care choices
- Reinforce client teaching on stress management techniques (e.g., relaxation exercises, exercise, meditation)
- Reinforce client teaching on palliative/comfort care

# Simulations





# OPEN DISCUSSION

# Summary

- Initiative for all allied health professionals
- Importance of integration into entry level curriculum
- Future of massage therapy given the current opportunities
- Educator responsibility of skills competency

# References

- American Interprofessional Health Collaborative, (2018). Resources. Retrieved from <https://aihc-us.org/program-resources> .
- American Massage Therapy Association. (2018). CMS announces up to 270 Medicare Advantage Plans Will Include Massage Therapy in 2019. Retrieved January 1, 2019, from <https://www.amtamassage.org/articles/1/News/detail/3900/cms-announces-up-to-270-medicare-advantage-plans-will-include-massage-therapy-in-2019>
- American Massage Therapy Association. (2018). *Massage therapy in integrative care & pain management*. Retrieved from [https://www.amtamassage.org/uploads/cms/documents/mt\\_in\\_integrative\\_care\\_and\\_pain\\_management.pdf](https://www.amtamassage.org/uploads/cms/documents/mt_in_integrative_care_and_pain_management.pdf)
- Atkinson, G & Murrell, PH (1988). Kolb's experiential learning theory: A meta-model for career exploration. *Journal of Counseling and Development*, 66, 374-377.
- Boucouvalas, M & Lawrence RL. Adult learning. In: Kasworm C, Rose A, & Ross-Gordon J eds. *Handbook of Adult and Continuing Education*. Thousand Oaks, California: SAGE Publications, Inc.; 2010. pp. 39 – 41.
- DeGraw, C. (2018). Birth to discharge: Neonatal simulation clinical experiences. *International Journal of Women's Health*, 3(2).
- Department of Health and Human Services. (2018). *Pain Management Best Practices Inter-Agency Task Force*. Retrieved from <https://www.hhs.gov/ash/advisory-committees/pain/meetings/2018-09-25/summary-day-2/index.html>
- Forman, D, Jones, M, & Thistlewaite, J, (2014). *Leadership Development for Interprofessional Education and Collaborative Practice*. New York: Palgrave Macmillan.

# References

- Institute for Healthcare Improvement, (2018). IHI Triple Aim initiative. Retrieved from <http://www.ihl.org/Engage/Initiatives/TripleAim/Pages/default.aspx>
- Interprofessional Education Collaborative, (2016). Core competencies for interprofessional collaborative practice: 2016 update. Washington, DC: Interprofessional Education Collaborative (IPEC).
- Joint Commission. (2017). Requirement EP 2: The hospital provides nonpharmacologic pain treatment modalities. *R3 Report: Requirement, Rationale, Reference*, (11). Retrieved from [https://www.jointcommission.org/assets/1/18/R3\\_Report\\_Issue\\_11\\_Pain\\_Assessment\\_8\\_25\\_17\\_FINAL.pdf](https://www.jointcommission.org/assets/1/18/R3_Report_Issue_11_Pain_Assessment_8_25_17_FINAL.pdf)
- Joint Commission. (2018). Non-pharmacologic and non-opioid solutions for measures of pain. *Quick Safety*, (44).
- Learning Theories. (2017). Learning theories and models summaries: Educational psychology. Retrieved January 1, 2019, from <https://www.learning-theories.com/>
- National Center for Interprofessional Practice and Education, (2012). Competencies for Optimal Practice in Integrative Environments. Retrieved from <https://nexusipe.org/informing/resource-center/competencies-optimal-practice-integrated-environments-0>
- National Council for State Boards of Nursing. (2017). *NCLEX-RN® examination: Detailed test plan for the National Council Licensure Examination for Registered Nurses*.
- World Health Organization, (2010). Framework for action on interprofessional education & collaborative practice. Geneva, Switzerland: Health Professions Network Nursing and Midwifery Office, Department of Human Resources for Health; 12 – 20. Retrieved from <http://www.emro.who.int/health-topics/education-medical/index.html>