

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: HLTH 135
Course Title: Therapeutic Touch: Massage Techniques

Year: 2020-2021
Credit Hours: 2

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

This course covers massage techniques to address common and specific health concerns such as pain management, fluid retention, skin integrity, self esteem, depression, and anxiety. Student should be familiar with the concept of homeostasis as it pertains to health care issues. The class is open to health care professionals and students in the allied health care field. A general knowledge of anatomy and physiology, basic psychology and listening skills is required. Class hours are divided; on campus, online discussion, and clinical hours both on campus and at health care sites where students use massage techniques on clients. Prerequisites: Prior completion or concurrent enrollment in ENGL 100 and RDNG 116 if required by placement testing. 2 Cr. (1.5 Lec., 0.5 Lab.) Fall and spring semesters.

Course Context/Audience

Individuals who take this course will be able to augment their care-giving skills to address individual health care concerns. The benefits of massage have been recognized within the health care community to the extent that many acute and chronic care facilities are including massage as part of their care plans.

Basic Skills/Entry Level Expectations

Writing: WC College level writing skills are required. See course co-requisites or pre-requisites.
Math: M0 Very limited or no math skills are required.
Reading: R4 RDNG 116 if required by placement testing.

Course Goals

By successfully completing this course the student will be able to

1. Identify health concerns that massage techniques would appropriately address.
2. Introduce massage techniques as a viable means of addressing issues such as chronic pain, stress, anxiety, poor self-esteem and depression, loss of appetite, skin integrity, fluid retention, and relaxation.
- 3.-Understand a basic knowledge of the techniques and benefits of massage for personal use.
4. Incorporate massage techniques into the daily routine of patient care as a supportive non-pharmacological modality.

Course Objectives/Topics

Objective/Topic	# Hours
Lecture & Discussion: History & cultural applications of massage as a way of addressing health issues	1 Hour
Lecture & Discussion: Current use of massage in Western health care practices	1 Hour
Lecture & Discussion: Massage in healthcare: Professional & Legal issues; Communication , Past, Present, & Future	1 Hour
Lecture & Discussion: Massage styles	1 Hour
Lecture & Discussion: Physical, psychological, and emotional benefits & social concerns of massage	1 Hour
Lecture & Discussion: Steps to consider before you begin	1 Hour
Lecture & Discussion: Anatomy review	1 Hour
On-campus Lab: Massage strokes, routines, and body mechanics*	9 Hours
On-campus Lab: Assessment* & documentation	4 Hours
On-campus Lab: Approaching Treatment; head to toe*	4 Hours
Clinical Lab: Using massage techniques with clients in the clinical setting**	5 Hours
Online: Ethical Discussion ***	8 Hours

Notes: * Lab work will be demonstrations and practice sessions performed on campus in the Nursing Department.

** Clinical Lab will consist of practical on-campus lab and on-site applications of skills learned and demonstrated during on campus sessions with volunteer clients (faculty/staff & students).

*** Ethical Discussion takes place outside of class in an online format.

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. 	<p>The student will develop intake forms, plan of action, and clinical notes suitable for incorporation into a patient/client's medical chart or record.</p> <p>Using already existing progress or clinical notes, care plans and current evaluations, where applicable, as well as researched pathological conditions and the appropriate methods of touch, the student will establish goals, formulate a procedure and incorporate a massage regimen within the activities of daily living for his/her client/patient. The student will demonstrate clinical proficiency with clinical application of massage routine tailored to individual client case.</p> <p>Plan of action/clinical notes will reflect the student's efforts to design and execute a program of massage interventions for the patient/client they are working with in a clinical setting.</p> <p>The student will participate in online discussion that will reflect their personal experiences with their clients as well as social issues and ethical dilemmas surrounding massage therapy for culturally diverse clients. This will differ from the plan of action/clinical notes in that they are encouraged to be opinionated and focused on the moment of interaction as well as on the client/patient and their reactions.</p>

SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. 	Not addressed.

Instructional Methods

The course will be facilitated through lectures, online discussions, and labs including demonstrations and clinical applications.

Methods of Assessment/Evaluation

Method	% Course Grade
Class attendance and participation.	10%
Participation in weekly online discussion reflection	25%
Clinical Notes-The completion of a Plan of Action/Clinical notes appropriate to be incorporated into the patient/client's care plan	10%
Clinical Competency	25%
Touch history paper	10%
Midterm exams	10%
Final reflection paper	10%

Text(s)

Required:

Massage Therapy: Principles and Practice, Salvo, Susan, 5th edition © 2016: Elsevier, Saunders.*

Recommended, not required:

Condition-Specific Massage Therapy, Bucci, Celia, David © 2012: Lippincott Williams & Wilkins.

A Massage Therapist's Guide to Pathology: Werner, Ruth, 5th edition © 2013: Lippincott Williams & Wilkins.

Bibliography

Benjamin, B. & Sohnm-Moe, C. (2005). The Ethics of Touch. Arizona: SMA Associates.

Biel, A. (2005). Trail Guide to the Body: How to locate the body's muscles, bones and more. 3rd ed. Boulder, CO: Books of Discovery.

Bucci, C, & D. (2012). Condition -Specific Massage Therapy. Lippincott Williams & Wilkins.

Finando, D., & Finando, S. (2005). Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch. Vermont: Healing Arts Press.

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Fritz, S. (2013). Mosby's Fundamentals of Therapeutic Massage, 5th ed. Elsevier/Mosby

Hendrickson, T. (2002). Massage for Orthopedic Conditions. New York: Lippincott Williams & Wilkins.

McIntosh, N. (2005). The Educated Heart: Professional Boundaries for Massage Therapists, Bodyworkers, and Movement Teachers. New York: Lippincott Williams & Wilkins.

Montague, A. (1986). Touching: The Human Significance of the Skin. New York: Harper & Row Publishers

Mumford, S. (2009). The Massage Bible: The Definitive Guide to Soothing Aches and Pains. New York: Sterling.

Salvo, S. (2016). Massage Therapy: Principles and Practice. 5th ed. Elsevier, Saunders.

Walker, M., & Walker, J. (2003). Healing Massage: A Simple Approach. New York: Delmar Learning, Thomson.

Werner, R. (2013) 5th ed. A Massage Therapist's Guide to Pathology. Lippincott Williams & Wilkins

Other Learning Resources

Audiovisual Internet Sources
Electronic CINALH Health Resources Database
Other Evolve- online student resource