

Massage, Bodywork and Somatic Therapy Examining Committee

July 11, 2001

Regular Open Meeting Minutes

A meeting of the Massage, Bodywork and Somatic Therapists was held on July 11, 2001 in the 10-C Conference Room on the 5th Floor, 124 Halsey Street, Newark, New Jersey. Carol J. Alexander, Chairperson called the meeting to order at 9:00 a.m.

ROLL CALL

PRESENT

Present were Committee Members: Carol Alexander (Chairperson), Donda Kraus-Sternberg, Deborah Overholt, Alan G. Vonderahe.

ALSO PRESENT

Deputy Director, Anthony Miragliotta; Regulatory Analyst, Charles Manning; Executive Director, New Jersey State Board of Nursing, Patricia Polansky; Deputy Attorney General, Kathy Rohr.

A QUORUM WAS DECLARED PRESENT

In accordance with Chapter 231 of P.L. 1975, more commonly referred to as the Sunshine Law, adequate notice of this meeting was provided by mailing on February 1, 2001. A schedule of all 2001 Regular Open Board Meetings of the Massage, Bodywork and Somatic Therapy Examining Committee to be held during 2001 was provided to the Office of the Secretary of State, Star Ledger, Trenton Times, The New York Times, Camden Courier Post, and The Philadelphia Inquirer. The schedule has also been posted on the bulletin board at the New Jersey State Board of Nursing Office.

A. A reading and approval of the Minutes for the regular open meeting on June 6, 2001.

THE COMMITTEE, UPON A MOTION MADE BY ALAN G. VONDERAHE AND SECONDED BY DEBORAH OVERHOLT, VOTED FOR APPROVAL OF THE JUNE 6, 2001 REGULAR OPEN MEETING MINUTES.

Election of a New Chairperson and Vice-Chairperson:

The Committee discussed a letter from Patricia Polansky regarding the election for a new Chairperson and Vice-Chairperson. The election was held and a motion was made to nominate Alan Vonderahe as the new Chairperson and Deborah Overholt as the Vice-Chairperson. The Committee unanimously voted to nominate Alan Vonderahe as Chairperson and Deborah Overholt as Vice-Chairperson. They then voted unanimously to elect Alan Vonderahe as Chairperson and Deborah Overholt as Vice-Chairperson.

Correspondence: Barbara Benson resignation

1. The Committee discussed the statutes of the Committee in light of Barbara Benson's recent resignation. Discussion ensued regarding the composition of the Committee by specialty area.
2. CMT - Certified Massage Therapist. The Committee received two letters regarding use of the title Certified Massage Therapist. Kathy Rohr, Deputy Attorney General stated that there is a on going problem when a Massage Therapist

uses the word "certified". The statute states that the word certified can only be used by people that are certified by the Committee. Schools and the National Council tell their students when they graduate that they are certified. Kathy Rohr has developed two form letters to address these issues. One letter is for schools in New Jersey and the other is for individuals regarding use of the word certified in advertising.

The Committee was advised that they might want to create an interim title for those people who are holding themselves out as being certified, including what the law is and what term can be used.

Breast Massage:

Kathy Rohr, Deputy Attorney General, discussed with the Committee the status of Breast Massage Therapy for inclusion in their regulations.

Kathy Rohr, Deputy Attorney General discussed the "... Standards of Practice regarding competence for massage and the breast." She cited literature that states that a physician prescription documenting clinical indication by a therapist who holds certification or advanced training in techniques related to therapeutic treatment of mammary tissue should be the standard. Carol Alexander discussed with the Committee the article entitled "Why We Don't Do Breast Massage?" She discussed with the committee six questions included in the article.

Training for breast massage that can best be accomplished in advanced training workshops specific to the issue. Since attendance is voluntary and requires a financial investment, it would be attended by therapists who are motivated to do the work. This would help to ensure proper intent on the part of the therapist.

Clear intent and written informed consent from both the client and therapist are needed. The use of a waiver form also is suggested.

The client should request the procedure after being made aware of its availability by brochures or other appropriate literature.

Therapist (s) who do breast massage need extensive training in the ethical, legal, emotional, and psychological issues involved.

Female breast massage should not be done by male therapists.

Female breast self-massage should be taught to clients by female therapists. Male therapists could refer interested clients to females trained to teach the technique.

Deborah Overholt discussed with the Committee another article from Massage and Bodywork regarding "The male massage therapist should always offer to refer the client to a female practitioner for breast massage and should have available a list of suitable referrals".

The Committee discussed whether a third party shall be in the room when someone is receiving Breast Massage. Potential sexual misconduct issues may arise and the number of current articles the Committee has reviewed should assist in further addressing the subject overall.

Discussion of 13:37-16.6 Scope of Practice

Charles Manning, Regulatory Analyst stated that he will check with the CDC (Center for Disease Control) for their written standard precautions. In 13:37-16.7 Standard precautions; the sentence reading "... required to wear gloves ...," was omitted.

Regulations, Regulatory Language:

Kathy Rohr, Deputy Attorney General and the Committee discussed selected sections of the Committee on the Standards of Practice regulations for the State of Missouri. They are as follows:

- Utilize universal precautions at all times as defined in 4 CSR 197-1.010 (4). This includes before and after each client and not knowingly exposing clients to contagious diseases;
- Maintain all equipment used to perform massage therapy services in a safe and sanitary condition, which shall include but not be limited to:
 - Covering any massage or steam equipment that does not have an impervious barrier with a single service material;
 - Repair all cuts and nicks in upholstery;
 - Cleans all equipment coming in contact with a client;
 - Cleans after each use and keeping well maintained all ice and heat pack equipment;
 - Store and dispense from suitable containers all massage lubricants, which shall include but not be limited to oils, soaps, alcohol, powders, lotions, shampoos and salts in order to prevent contamination;
- Remove lubricants from containers in a sanitary manner;
- Keep multiple use containers, such as pump bottles and tubes, free of debris and sanitize between each client use and before refilling;
- Store massage lubricants separately from cleaning supplies;
- Store massage lubricants in a fashion to preserve their integrity;
- Use only clean linens and drapes;
- Store all single service materials and linens off the floor in closed or covered shelves, containers, cabinets or closets;
- All soiled linens and drapes shall be professionally laundered or washed on a hot water setting with detergent and at least one (1) cup of bleach or an antibacterial agent used in accordance with product label instructions in a clothes washing machine and dried on a high heat setting in a dryer;
- No massage therapist shall store dirty linens, trash cans, or refuse in the closed shelves, containers, cabinets or closets containing clean linens and single-service materials.

There was also a discussion regarding the Tennessee Rules and Regulations. The selected issues from Tennessee's rules and regulations are as follows:

- Massage therapy may be conducted only in rooms which are adequately lighted and ventilated, and so constructed that they can be kept clean. Floors, walls, ceilings and windows must remain free of dust, and other unclean substances.
- Rest Rooms - such facilities and all of the foregoing fixtures and components shall be kept clean, in good repair, well-lighted, adequately ventilated, and free of pests.
- Maintain toilet facilities in a common area of the establishment.
- Reasonable effort for sanitation shall be maintained for temporary locations such as athletic events or public

service fund raisers in temporary venues.

- If equipped with a whirlpool bath, sauna, steam cabinet and/or steam room, maintain adequate and clean shower facilities on the premises.
- Draping - before proceeding with a massage to the client, each massage therapist shall have explained to the client expected draping techniques and provide the client a clean drape large enough for the purpose of draping the buttocks and genitalia and in the case of a female client the breasts.

On page 8 draft rules: the Committee decided to change organ movement to internal movement.

General:

Discussion took place regarding:

- sanitation for alternative sites used by practitioners
- hand washing and definitions of same
- the nature, types and description of what is meant by "equipment"

Equipment:

Kathy Rohr, Deputy Attorney General suggested that the Committee create a form for use by an inspector sent into a facility to inspect the space and equipment.

Public Comment:

Alan Vonderahe, Chairperson invited comments from the public.

Adjournment:

The Committee made a motion to go into executive session to approve the June 6, 2001 executive minutes.

On July 11, 2001 the Regular Open Examining Committee meeting was adjourned at 2:40 p.m. The next regular open Massage, Bodywork and Somatic Examining Committee will be held on August 1, 2001.

Respectfully submitted,

Alan Vonderahe
Chairperson



