

Common Course Outline

MASS 231

Level 1 Student Clinic

1 Credit

Community College of Baltimore County

Description

MASS 231 – Level 1 Student Clinic provides the opportunity for students to apply theory and laboratory skills practice in a professional setting through working as a student practitioner in the on-campus massage therapy clinic. This course is the first of three clinical based courses.

1 Credit: *45 hours of clinical practice*

Prerequisites: MASS 210, MASS 110, and ALHL 115 with a grade of “C” or better, or permission from the Program Director

Overall Course Objectives

Upon completion of this course, students will be able to:

1. assess clients using professional standards and resources in order to effectively and safely apply massage therapy techniques in a clinic setting;
2. analyze a client’s health history through written and verbal examination to determine therapeutic goals for a bodywork session in a clinic setting;
3. create a therapeutic massage session for a client in a clinic setting while using appropriate massage techniques and skills, proper draping, and professional communication;
4. demonstrate ability to complete three (3) 50-minute bodywork sessions during each scheduled clinic shift;
5. evaluate therapeutic outcomes of a client session and document it appropriately in a clinic setting;
6. recognize their own use of proper body mechanics while providing therapeutic massage in a clinic setting and exercise elements of therapist self-care;
7. create appropriate documentation for each client session in a clinic setting;
8. explain Health Insurance Portability and Accountability Act (HIPAA) documentation standards and determine its application to massage therapy clinical operations; and
9. summarize general massage therapy clinic operations.

Major Topics

- I. Designing Client Sessions
 - A. Client Health Screening, Interview, and Assessment

- i Health History, General Pathologies, and Medications
 - ii Cautions and Contraindications
 - iii Client Needs
 - iv Short and Long Term Goal Setting
- B. Intersession Communication and Check-Ins
 - i Stroke Pressure and Comfort
 - ii Positioning
 - iii Draping and Privacy
 - iv Discussions in the Treatment Room
- C. End of Session
 - i Re-evaluate Goals
 - ii Wellness Recommendations for Client
- II. Session Documentation
 - A. SOAP (Subjective, Objective, Assessment/Action, Plan) Note Charting
 - B. Wellness Model Approach
 - C. Health Insurance Portability and Accountability Act (HIPAA) compliance
- IV. Clinic Operations
 - A. Utilizing Standard Precautions and Creating a Safe Environment
 - B. Professional Standards and Working with a Team
 - C. Understanding the Client Experience

Course Requirements

Grading procedures will be determined by the clinical coordinator and/or faculty member but will include the following:

Grading/exams:

- 100% completion and attendance is required
- Individual student performance for each scheduled clinic shift based on professionalism, skills and technique, and documentation and treatment planning. A student must meet or exceed 70% of all required performance elements for each scheduled clinic shift
- Documentation and charting completed by each individual student graded for quality, completion, and accuracy
- Reflective journaling and final summary paper

Written Assignments: Students are required to use appropriate academic resources. Students are required to keep a reflective journal documenting their clinic experiences throughout the semester and complete a final summary paper at the end of the semester.

Other Course Information

This course is a required course in the Massage Therapy Program. This course is the first course in a required three-course clinical sequence. A grade of “C” or better is required for all Massage Therapy courses in order to progress within the program. Students must pass all components in

order to satisfactorily complete this course. This course may not be offered in all semesters; see registration schedule.

Date Revised: 09/04/2018