



Massage Therapist Association of Alberta

Standards of Practice

Standard 6

Category: COMMUNICATION / PUBLIC HEALTH

Ratified: September 13, 2008

Amended:

Rescinded:

Obtain, Update and Record the Client's Health History

Conditions:

In a treatment area, given a client who comes to you for Massage Therapy

Task:

Obtain/update and record the client's health history.

Standard:

Quality / Technical:

- Health history information must be requested from the client to identify indications and/or contraindications to treatment. Information requested must include, at the minimum:
 - date on which health history was taken or updated
 - general health status
 - client name, address, date of birth, telephone number, occupation, source of referral
 - name and address of primary care physician
 - current involvement in treatment with other health care practitioner(s)
 - current medication(s) and condition(s) they are treating
 - timing and nature of injuries or accidents
 - timing and nature of surgical procedures
 - history of Massage Therapy
 - primary complaint
 - location and nature of soft tissue and or joint discomfort
 - vision or hearing loss/ loss of sensation
 - possible cardiovascular insufficiency, for example:
 - high blood pressure
 - low blood pressure
 - chronic congestive heart failure
 - heart disease
 - history of myocardial infarction
 - phlebitis / varicose veins
 - history of cerebro-vascular accident
 - presence of pacemaker or similar device
 - family history of cardiovascular difficulties
 - possible respiratory insufficiency, for example:
 - chronic cough
 - bronchitis
 - shortness of breath
 - asthma
 - emphysema
 - family history of respiratory difficulties known
 - allergies or hypersensitivity reactions
 - diabetes, cancer, epilepsy, skin conditions
 - arthritis, family history of arthritis



Massage Therapist Association of Alberta Standards of Practice

- presence of infectious conditions for example:
 - infectious skin conditions
 - infectious respiratory conditions
 - hepatitis
 - HIV
 - herpes
- pregnancy, gynecological conditions
- other diagnosed diseases or medical conditions, for example: digestive conditions,
- hemophilia, osteoporosis, mental illness etc.
- presence of internal pins, wires, artificial joints or special equipment
- history of headaches or migraines

Quality / Interpersonal:

- So that you inform the client of the need to inform you of any change in his/her health status.
- So that you inform the client of the reason why an accurate health history is needed before massage begins.
- So that you provide the client with an opportunity to ask questions to better understand health history questions being asked.
- So that you inform the client that all client information is confidential and written authorization will be obtained prior to release of information.
- So that you inform the client that all client information is confidential within the limits identified in the Confidentiality Statement in the Introduction.
- So that any infectious disease are recognized and Routine and Additional Precautions are taken.

Timing:

- Before initial treatment begins.
- After a client absence of one year from the last treatment.
- Every year, at a minimum.

Safety:

- So that you inquire as to any allergies and/or sensitivity to hydrotherapy additives and lubricants that the client may have.
- So that any contraindications for Massage Therapy or Massage Therapy technique(s) are recognized.