



## Position Statement: Intra-Oral Treatment During COVID-19

### **Position**

It was previously recommended that members refrain from practicing intra-oral techniques due to the increased risk of infectious disease transmission during the COVID-19 pandemic.

When deciding whether to include intra-oral in any treatment plan, it is the massage therapist's responsibility to use their professional judgement in each individual client situation to determine if the technique is indicated and the potential benefits outweigh the increased risk of COVID-19 transmission.

As of September 17, 2020, the MTAA Board of Directors is recommending that if members re-introduce intra-oral treatment into their practice while the COVID-19 pandemic continues, members adhere to the following guidelines:

### **Conditions:**

Given that the client's treatment plan indicates the need for intra-oral treatment and  
Given that the therapist determines the benefits of treatment outweigh the higher risk of transmission.

### **Task:**

Perform intra-oral treatment during the COVID-19 pandemic.

### **Standard:**

#### *Quality / Technical:*

- So that the Massage Therapist never treats past the larynx or engages the gag reflex.

#### *Quality/ Interpersonal:*

- So that the Massage Therapist sets up a non-verbal signal from the client with regard to pain and comfort level.

### **Safety:**

- So that the patient has screened negative on a COVID-19 screening questionnaire and denies any symptoms associated with COVID-19 or an infectious disease.
- So that the Massage Therapist dons the following PPE prior to treatment:
  - medical / examination gloves
  - an N95 respirator with protective goggles OR a level 3 surgical mask with a full-face shield
- So that the patient removes their face covering only when necessary
- So that treatment is discontinued if the client indicates.
- So that intra-oral treatment is not used or is modified if a contraindication to this treatment exists.
- So that the patient sanitizes their hands and dons a facial covering immediately after intra-oral work is completed.
- So that the therapist doffs their PPE after treatment has concluded in a manner fitting with the infection control and PPE guidelines.