

# **Appendix D**

## **Mean Task Ratings and Standard Deviations by All Respondents**

**APPENDIX D: MEAN TASK RATINGS AND STANDARD DEVIATIONS BY ALL RESPONDENTS**

	<b>Mean</b>	<b>SD</b>
<b>Domain 1: Intake of Information</b>		
1 Screen clients prior to intake interview to determine appropriateness for therapeutic massage and/or bodywork	3.21	0.91
2 Conduct intake interview with client to obtain and document medical history (e.g., presenting complaint(s), conditions, injuries, surgeries, medications)	3.72	0.55
Obtain information regarding (Task statements 3-9):		
3 --previous massage and/or bodywork history	2.51	0.89
4 --lifestyle habits	2.71	0.87
5 --occupational patterns (e.g., ergonomics, repetitive movement)	3.17	0.68
6 --mental and emotional states	3.00	0.80
7 --stress factors	3.06	0.78
8 --life stages/age (e.g., adolescent, middle aged, geriatric)	2.78	0.87
9 --client condition from other health professionals, as appropriate	3.09	0.84
10 Obtain informed consent	3.48	0.76
11 How well do the tasks in Domain 1 cover important aspects of Intake of Information? 1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well	4.26	0.75
<b>Domain 2: Assessment Procedures</b>		
12 Examine posture (e.g., bilateral comparison, imbalance, asymmetry)	2.97	0.86
Perform assessment of (Task statements 13 - 24):		
13 --pain or discomfort	3.71	0.47
14 --breathing	2.95	0.78
15 --gait	2.77	0.83
16 --range of motion and flexibility (e.g., active ROM, passive ROM)	3.21	0.75
17 --soft tissue quality (e.g., density, temperature)	3.10	0.81
18 --muscle tone (e.g., hypotonic, hypertonic)	3.07	0.81
19 --muscle strength/weakness (e.g., resisted isometric contractions)	2.73	0.86
20 --coloration, pallor, and integrity of skin	2.99	0.79

Rating Scale:

0=Of no importance 1=Of little importance

2=Of moderate importance 3=Important 4=Very Important

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	<b>Mean</b>	<b>SD</b>
21 --involuntary contraction (e.g., spasm, trigger point)	3.30	0.74
22 --parasympathetic and sympathetic nervous system responses	2.90	0.83
23 --abnormal sensation (e.g., numbness, tingling)	3.58	0.58
24 --soft tissue response during the massage/bodywork session	3.45	0.67
Perform assessment using principles of (Task statements 25 - 27):		
25 --Western models	2.89	0.93
26 --Asian models	[REDACTED]	1.03
27 --other models (e.g., energetic, psychophysical, somatic, holistic)	[REDACTED]	1.03
28 How well do the tasks in Domain 2 cover important aspects of Assessment Procedures? 1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well	4.10	0.80
<b>Domain 3: Client Relations and Communications</b>		
29 Establish rapport with client	3.56	0.62
30 Discuss assessment findings with client	3.21	0.79
31 Define goals of session and desired outcomes with client (e.g., relax, decrease pain)	3.36	0.70
32 Explain practice philosophy, policies, and procedures	2.96	0.89
33 Explain technique and outcomes (e.g., soreness following massage) and provide therapeutic massage and bodywork options	3.39	0.70
34 Design plan(s) based on session goals and assessment of client's condition (e.g., bodywork technique, number of sessions)	2.90	0.86
35 Advocate client self-care as it pertains to achieving optimal therapeutic outcomes	3.37	0.71
36 Provide information about resources for continuing health maintenance (e.g., literature, education, classes)	2.77	0.88
37 Maintain mindful intent and stay focused on client's needs throughout session	3.76	0.48
38 Establish safe and respectful boundaries with client	3.87	0.36
39 Encourage client to express if anything is uncomfortable in any way	3.87	0.36

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	<b>Mean</b>	<b>SD</b>
40 Ask for specific verbal feedback from client while applying a therapeutic massage or bodywork technique, as appropriate	3.55	0.66
41 Ask for client participation when applying therapeutic massage or bodywork technique (e.g., PNF, contract-	3.25	0.83
42 Follow-up with client at end of session to assess client satisfaction	3.35	0.75
43 Refer clients to other health professionals as needed	3.42	0.75
44 Re-assess session plans and goals as necessary	3.14	0.78
45 Identify when maximum therapeutic effect has been achieved and adjust strategy of care accordingly (e.g., referral, termination of care)	3.18	0.79
46 Model healthy lifestyle for client	3.01	0.89
47 Follow-up with referring health care provider if client was referred	3.02	0.97
48 How well do the tasks in Domain 3 cover important aspects of Client Relations and Communications? 1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well	4.38	0.71
<b>Domain 4: Therapeutic Massage and Bodywork Application</b>		
49 Maintain supplies and equipment in proper working order	3.68	0.56
50 Perform therapeutic massage and/or bodywork technique based on client assessment information (e.g., preference, medical condition)	3.72	0.54
51 Adjust therapeutic massage/bodywork to client's needs and preferences (e.g., pain level, comfort level)	3.85	0.40
52 Instruct client regarding proper breathing during session	3.06	0.85
53 Perform ongoing self-assessment of body mechanics	3.41	0.73
54 How well do the tasks in Domain 4 cover important aspects of Therapeutic Massage and Bodywork 1 Very Poorly 2 Poorly 3 Adequately 4 Well 5 Very Well	4.20	0.75

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## APPENDIX D: MEAN TASK RATINGS AND STANDARD DEVIATIONS BY ALL RESPONDENTS

	Mean	SD
<b>Domain 5: Professional Standards, Ethics, Business and Legal Practices</b>		
<b>A. Professional Standards and Ethics</b>		
55 Maintain personal hygiene	3.89	0.33
56 Perform self-care practices	3.64	0.53
57 Maintain sanitary and comfortable environment for client	3.89	0.34
58 Remain within scope of practice	3.85	0.42
59 Adhere to NCBTMB Code of Ethics and Standards of Practice	3.81	0.47
60 Protect and respect client's right to modesty	3.90	0.31
61 Maintain confidentiality of client records and disclosed information	3.90	0.34
62 Establish a pool of health professionals to whom you can refer clients	3.15	0.79
63 Perform case review with other health professionals involved in client care when appropriate	3.05	0.87
64 Perform and advertise only the therapeutic techniques in which you are trained	3.75	0.51
65 Maintain professional client/practitioner relationship (e.g., do not date clients)	3.71	0.59
66 Maintain liability insurance	3.71	0.67
<b>B. Business and Legal Practices</b>		
67 Ensure compliance with state and/or local regulations (e.g., maintain registration, certification and/or licensure)	3.79	0.51
68 Conform to business ordinances (e.g., zoning, signage)	3.55	0.70
69 Maintain financial records and file income tax forms	3.66	0.63
70 Maintain client records (e.g., session notes, medical records, intake forms, referral prescriptions)	3.57	0.67
71 Provide accurate reports and billing statements to clients as needed	3.49	0.75
72 How well do the tasks in Domain 5 cover important aspects of Professional Standards, Ethics, Business and Legal Practices?	4.40	0.74
1 Very Poorly    2 Poorly    3 Adequately    4 Well    5 Very Well		

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