

Clinical Impression
in massage therapy practice
in Ontario

What is the Clinical Impression in massage therapy practice in Ontario

1. The concept of Clinical Impression
2. Samples of Clinical Impression in massage therapy practice in Ontario
3. Principle of Clinical Impression at massage therapy practice

The concept of Clinical Impression

- The clinical impression is both an ongoing process and declaration of the “state of the individual”. It is a combination of the evaluation of the presenting problem and any other issues that the practitioner discovers during the assessment process.

<https://www.yourceus.com/pages/psa8389-section-v-clinical-impression>

What is the difference between DIAGNOSIS and IMPRESSION?

- Clinical Impression is the initial opinion of a massage therapist by interview and assessment .
- Diagnosis is the opinion of a doctor about the disease.
- For example if a patient comes with right shoulder pain and right rib cage aching for massage therapy, after interview and assessment, the RMT will get an impression it MAY be shoulder joints / intercostal fascia restriction (just example) . But further medical exam, the diagnose it finally as Gallstones and Cholecystitis, the inflammation of the gallbladder. Inflammation of the gallbladder causes referral pain and restriction of fascia over the right rib cage and shoulder.

RMT Scope of practice in Ontario

- The practice of massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

<https://www.ontario.ca/laws/statute/91m27>

What Conditions Do RMT Treat

- Registered Massage Therapy is the manipulation of the body's soft tissues, including muscles, fascia, connective tissues, tendons, ligaments, and joints. Massage Therapy is a clinically-oriented regulate healthcare professionals in Ontario that helps alleviate musculoskeletal disorders associated with everyday stress, muscular overuse, physical manifestation of mental distress and many persistent pain syndromes.

<https://secure.rmtao.com/massage-therapy/benefits-of-massage-therapy>

Goals of RMT

- Reducing or eliminating pain
- Improving joint mobility
- Improving lymphatic drainage
- Reducing muscular tension

<https://www.rmtao.com/massage-therapy/benefits-of-massage-therapy>

Samples of Clinical Impression in massage therapy practice in Ontario

- Arthritis
- Carpal Tunnel Syndrome
- Chronic Fatigue Syndrome
- Edema
- Fibromyalgia
- Headaches
- Inflammatory Conditions
- Lymphoedema
- Muscle Tension and Spasm
- Plantar Fasciitis
- Post-Surgical Rehabilitation
- Pregnancy and Labor Support
- Sciatica
- Scoliosis
- Sports Injuries
- Strains and Sprains
- Stress-Related muscular Conditions
- Tendinitis
- Whiplash

Principle of Clinical Impression at massage therapy practice

1. Performing a clinical history and interview;
2. Conducting an assessment, performing special testing. RMT assessments commonly use physical examination to determine abnormal states of tissue texture, joint position, and tenderness as an indication of somatic dysfunction.
3. Referring or consulting with other clinicians.

The clinical information-gathering approaches can be employed at different times, and clinical impression information can be obtained in different orders. The continuous process of information gathering, integration, and interpretation involves hypothesis generation and updating prior probabilities as more information is learned.

Taking a history and interview

History-taking needs to be tailored to suit the individual patient but it is sometimes difficult to get a clear idea of the complaint. Initial questions should allow patients to speak at some length and to gain confidence.

It is usually best to start with an 'open' question.

Type of question

Open

Closed

Leading

Example

Tell me about the pain?

What does the pain feel like?

Does the pain feel like an electric shock?

Summary of taking a history and interview

1. Introduce yourself and greet the patient by name
2. Put patients at their ease
3. Start with an open question
4. Mix open and closed questions
5. Avoid leading questions
6. Avoid jargon
7. Explain the need for specific questions
8. Assess the patient's mental state
9. Assess the patient's expectations from treatment

Consent

- Client is told the nature and purpose of the proposed assessment /reassessment and/or treatment including the areas of the body involved
- Client is informed of any risks, benefits, possible complications and any contraindications of the assessment / reassessment and/or treatment
- Client is informed that assessment / reassessment or treatment will be stopped or modified at any time, at his/her request.
- Tell the client that you will be checking periodically to determine the client's level of comfort.
- Client is given an opportunity to ask any questions.
- In the event of a finding of incapacity, or the need for a substitute decision maker, refer to the current legislation and College Policies.

Assessment

The assessment must include an examination of the following (if indicated):

- any acute/ sub-acute and chronic conditions and/or any acute or chronic pain, so that it is described as to location, type, duration, origin, pattern, triggering phenomena, intensity and quality.
- central nervous system lesions and/ or conditions.
- peripheral nervous system lesions and/ or conditions.
- range of motion of joints and muscles (active, passive, and resisting) without forcing movements beyond the client's current abilities.
- flexibility of the soft tissues so that you identify any limitations to movement.

- The assessment includes evidence of tenderness, tension, temperature, tone, and texture.
- All testing is done bi-laterally.
- Identify any physical conditions that are treatable by massage therapy.
- Identify any physical conditions that may preclude general or local massage therapy treatment, or require treatment adaptation.
- The assessment must include the identification of potential risks associated with massage treatment in the presence of a contraindication.
- The effectiveness or completion of the treatment plan can be determined, based on the original goal of treatment.
- A decision can be made to continue, modify/change, or stop the treatment plan.
- The results of the assessment / reassessment are recorded in the clients health record as soon as possible, within 24 hours of assessment / reassessment.

Questions and Answers

1. What is the concept of clinical impression?
2. What is the RMTs' scope of practice ?
3. What need to be included during the assessment?
4. What is the treatment goals of massage therapy?