

TABLE TALK

www.amt.org.au

AMT NEWSLETTER

- October 2017

AMT gives birth to a bouncing baby blog!



www.blog.amt.org.au

The new AMT blog was officially launched in the middle of September, with a welcome message from AMT chairperson, Michelle McKerron. We trust you have all been tuning in to our regular, weekly updates and articles! At the time of going to print, the blog had already clocked up 8435 unique visitors for the month of October. That's a pretty impressive start.

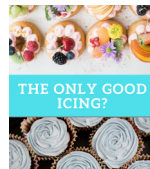
The AMT blog proved to be an excellent vehicle to keep AMT members (and all massage therapists across the country) informed of the sweeping health insurance reforms that were announced by Health Minister, Greg Hunt, on Friday 13 October. Given the potential impact of the removal of the private health insurance rebate for natural therapies such as massage, it was great to have the blog as a vehicle to widely disseminate updates as they came to hand.

Don't know the outcome of the private health insurance reforms? Better visit the blog ...

For those of you who may not have had a chance to stop by, we have reprinted Michelle McKerron's welcome post on the following page.

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Police Check FAQs	11
How to upload a police Check	13

AMT Blog



Questioning the Use of Ice for Injury Management

Back in college, a visiting professor described an injury and the application of ice as a first response...

Oct 24, 2017



From the Archives: A Brief History of the Underpant

Many, many moons ago, I had a telephone inquiry from a male member of the public asking...

Oct 18, 2017

Update: private health insurance rebates for remedial massage

The Department of Health Fact Sheets that have been published in connection with the announcement of sweeping private health insurance reforms confirm...

Oct 13, 2017

Announcement: private health insurance rebates for remedial massage

Health Minister, the Hon Greg Hunt, will be announcing a raft of sweeping reforms to private health insurance later today...

Oct 13, 2017



Massage and Mental Health

1 in 5 Australians are affected by mental illness, yet many don't seek help because of stigma...

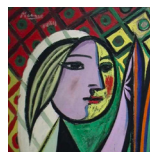
Oct 10, 2017



What is interoception (and why does it matter)?

According to Wikipedia, interoception is contemporarily defined as...

Oct 4, 2017



Pain versus Pain (a clinical experience)

Yes, you read that title correctly: pain versus pain. But let me clarify...

Sept 27, 2017

So why a blog for AMT

By Michelle McKerron

Massage therapists are such a diverse group of people. Age, gender, ethnicity, culture, training, access to resources, and client demographics and needs all mold us into really different therapists. But within this rich diversity we all share a single, unifying goal – to provide care for people that will help them move into a better physical or mental space.

So, how does AMT best provide information and support to members who are busy looking after their clients, while accommodating the need to keep things relevant and accessible? Moving forward, we believe it is in the form of a blog!

So, what's a blog? I am no expert – I trust my hands more than the internet most of the time! But here's a quick overview. The term 'blog' is short for 'weblog' which, simply put, is an online journal. Blogs consist of a series of posts made by one or more 'bloggers'. The posts appear in reverse chronological order, with the most recent post at the top of the main page. Readers can easily scroll back through the blog to read older entries.

It's an easy way for us to disseminate articles and information, and an accessible way for you to get that information. AMT can also use the blog to inform and educate the public about our Association and the valuable contribution that our members make within the healthcare domain. Blogging gives us the opportunity to connect and network, and even teach others. It also gives AMT a voice on the world stage; this was something that was difficult to achieve with AMT's print journal, *In Good Hands*, which could only reach a much smaller, local audience. We aim to inject some Australian voices into the international dialogue and join the conversation about where the practice of massage therapy is heading.

The great news is that the blog is free for everyone to read and, if you enjoy the articles or think they might even have value for your clients, you can easily share content on your social media pages or email them at the click of a button. Most importantly, if you don't want to miss a post, please subscribe using either of the subscription links in the right hand side bar next to this post and we'll make sure you're notified when every delicious post lands. (You can subscribe to the RSS feed or via email).

The AMT blog will bring you one fabulous article each week. Each article will be industry relevant, up to date and showcase what massage therapists have been discussing across social media. There will also be news from the AMT office and messages from the Chairperson, plus book/study reviews, case studies, clinical articles and profiles of members. You will be able to thoroughly digest individual posts over a quick cuppa or between clients.

Doesn't it sound great?

While we say hello to the AMT blog, we must say a fond "see ya later, alligator" to a faithful and familiar friend. The quarterly AMT Journal *In Good Hands* is leaving us for retirement. The format and look of the journal had become tired and dated, and was in dire need of a refresh.

In practical terms, though, the cost of producing and mailing *In Good Hands* is better spent on giving AMT members a better experience from their Association. In place of the Journal, we will be publishing a yearbook that will feature the best clinical articles from the AMT blog and longer, peer-reviewed articles that are better suited to a print format. We aim to make the AMT yearbook a publication that you will be proud to display in your clinic. The annual publication cycle will give you the time to dip in and out of articles at your leisure, and get full value out of the content.

Throughout the year, this blog will allow you access to more frequent, bite-sized and timely chunks of content, without AMT being constrained by publication deadlines. There's an immediacy and responsiveness in online publishing that we just cannot match in print.

We're excited about the upcoming articles we're going to share on this blog but we're looking for different voices to give us their perspective so we need **your help**. Do you have an article you're itching to write? Is there someone you want to hear from or read an article by? Is there a topic you want to know more about? Please let us know in the comments below or via info@amt.org.au

We will see you back here next week!

AMT police check scheme

Thank you to all those AMT members who have already uploaded a police check to the AMT database. Since the launch of the police check scheme on July 1, we have approved just over 300 checks from practising AMT members and students. That represents around 10% of the membership – an excellent start.

All new applicants to AMT are now required to provide a national police check to be admitted to membership of the Association. This includes student members of AMT.

Existing members of AMT will be required to provide a police check by 1 July 2018.

The requirement to undergo a national police check will operate on a three-year cycle. Although there is no expiry date on a police check certificate, AMT will set an expiry date that is exactly three years from the date of issue on the check. We will send out renewal reminders in a similar fashion to those that are currently in place for insurance, first aid and CEUs.

Please read our police check FAQs and instructions on how to upload a police check to the AMT database, which we have reprinted at the end of this newsletter.

Remedial massage therapy escapes the knife!

On Friday 13 October, Health Minister Greg Hunt announced that a range of natural therapies would no longer be eligible for the Government's private health insurance rebate. After several anxious hours of monitoring, AMT was able to establish that remedial massage had been retained within the PHI scheme. This is a significant victory that we should all be justly proud of: thanks to our hard work and dedication as healthcare practitioners, massage therapy has become so deeply embedded within the healthcare psyche of most Australians that neither the government nor the private health insurers could afford to lose us. Next time you see someone claiming on social media that the private health insurance companies don't want us, please set the record straight. Health funds don't like forking out money on claims for remedial massage but they know that they cannot afford to lose us or they will face a mass exodus from the massage-going public.



*Season's
Greetings*
from AMT

Mini-conference Wrap

From the moment that AMT Chairperson Michelle McKerron took to the stage to welcome delegates and announce that she had already been picked up, we all knew we were in for fun and excitement at the AMT mini-conference in Canberra.*

On the Friday morning, conference delegates were connected with our live webcast audience via the magic of the interwebs and social media. The in-house and webcast audience were treated to three adsorbing plenary presentations from Lisa Fiddes (patient engagement), Aran Bright (pain science) and Erina Low (slavery in the 21st century).

For the rest of the weekend, delegates were in breakout workshop mode. Judging by the smiling faces and enthusiastic chatter during the breaks, the workshops were a hit.

We look forward to sharing the footage of the plenary presentations on AMT's YouTube channel when it becomes available. In the meantime, here are a couple of perspectives on the conference from newish AMT member, David Wood and a non-member, Annette James.

**Editor's note: Michelle was literally lifted up by an excited fellow delegate.*

David Wood writes:

I have been a member of AMT for just six months and would like to share my experience of attending my first AMT conference. Being a new member, I knew nobody in the room when I took my seat at the start of the event. However, within minutes I was introduced to the friendly people around me and together we listened to the wonderful guest speakers who spoke with passion and knowledge about their individual topics.

Having been with a professional association for the last 17 years that has a broad representation of different therapies across the complementary medicine industry, I must say it was a delight to be in an environment that focused purely on massage and its wide ranging benefits.



Presenter Aran Bright, preparing to levitate a delegate during his back pain workshop.

As a group, we were able to celebrate the recent government decision to keep remedial massage under the Private Health Insurance rebate scheme - I think we all stood a little bit taller as we were reminded not to undersell ourselves as professional therapists and to recognise the importance of our place in the health industry.

I found the workshop that I participated in to be both interesting and, more importantly, relevant to what I do on an almost daily basis. I chose to do the Lumbar Pain workshop with presenter Aran Bright but each and every person that I spoke to over the course of the weekend agreed that the other workshops on offer were just as beneficial and fascinating as the one that I had chosen. The presenters were knowledgeable, accommodating and friendly, making for a perfect and relaxed environment for learning.

A heartfelt thank you to the committee and all the members of AMT. As a presenter at the mini conference in Canberra last weekend I can honestly say that I was so impressed with everything I saw. From the opening by Michelle McKerron through to the Gala Dinner I felt welcomed, included and appreciated. The AMT really are an association by the people for the people. The AMT members are lucky to be guided by such professional, dedicated and transparent leadership. And as for the members themselves, well you guys made it so easy to share knowledge and have a laugh as well. I absolutely loved it!

Michelle Vassallo

It was tremendous to see the AMT staff who, up until now, had been a faceless name at the end of an email. Coming from Adelaide it is not always practical to catch up with such dedicated people and I must say that everyone involved from the AMT staff, the guest speakers, the workshop conveners and the participants themselves all ensured a great weekend was enjoyed by all. I can highly recommend these opportunities to learn, meet and celebrate with people that have similar backgrounds to myself but are willing to share their own individual experiences as well.

I can't wait for the next opportunity to catch up with the peers that I can now call friends.

Annette James writes:

I first heard about the AMT conference when I tuned into a Facebook live interview with Aran and Sheree Bright on the Australian Massage Q&A group. I previously attended a workshop presented by Aran and really enjoyed the way he taught so I quickly jumped on board to get involved. As a latecomer and non-member, I was lucky to even get a place at the conference but I benefitted from another person cancelling their registration so was over the moon to sneak in. I just had to be there!

Once I was registered, I was counting down the days and looking forward to my first massage conference.



Some very focused delegates at the neck and shoulder workshop.



AMT Chairperson was picked up by Derek Zorzit before the conference had even started, but strictly in the literal sense.



ACT secretary Jessica Cameron trying out her best dad jokes.

The conference started with AMT speakers discussing what has been happening in the health industry, how it can affect us and, more importantly, what we can do about. Thankfully, I made some friends quickly: I was surprised by how approachable everyone was! Some of the fellow therapists I linked up with have been in the industry for 20+ years and they're still going strong! Imagine that - all the people/bodies/muscles and lives that these therapists have eased, helped, and ironed out.

I attended Aran's breakout workshop on low back pain. It actually helped me reassess and reflect on how I had been treating and working as a therapist (i.e. working hard, not smart). We also had some input from yet another experienced therapist who spoke about chronic pain and how it can affect major systems of the body.

I learnt how to apply specific tests to pinpoint muscle/s and the best way to treat them, using techniques that are easier on the client and therapist. We also touched on how massage affects not just the muscles but the whole person: what is going on in their lives, the physical, whole body systems, and how the nervous system comes into play when someone is in a lot of back pain.



A representative sample of happy, satisfied customers at the manual lymphatic drainage workshop.

I also attended and thoroughly enjoyed the post-conference workshop on interoception. It was jammed packed with loads of theory (medical terminology, anatomy), which was then broken down and given clinical and practical relevance. Aran Bright and Colin Rossie make a great team!

This was my first conference, surrounded by like-minded therapists. Boy did I learn a lot!

Blue Mountains

by Ariana Mackay

Our last Branch Meeting was held on 7 September at the CWA, Penrith. Our guest speaker, chiropractor Ondreji Knedl, talked about Protocols, Assessments and Treatments for Common Lower Limbs Conditions.

The guest presenter at our July workshop, massage therapist and AMT member Kirsty Sinclair, talked about "Don't Forget The Hands". Kirsty primarily focused on massage for the hands, not only for clinical practice but as self care. The session included a review of the anatomy, assessment, treatment and self-massage components.

We will wrap up the year with a fun Meet & Greet / Christmas Get Together on the 7 November at Red Cow Inn, Penrith! Hope to see you there.

Illawarra

by Linda White

Our Annual General Meeting will be held on Tuesday 28 November commencing at 6.30pm at Murphy's Bar and Grill, Princes Highway, Unanderra. This will be followed by our Christmas Party Dinner and a celebration of thanks to every member who has given so generously of their time and skills in the past year.

We have had great turnouts at our presentation evenings throughout the year, with an average of 21 people attending. Our first topic was "Working with Knee and Ankle Injuries" which focused on the role of the massage therapist in the treatment of injuries and rehabilitation of the client.

For one of our presentation evenings, a local AMT member volunteered to give a demonstration of a technique that he has adapted and found beneficial in his own practice.

Last month, we were reminded about the importance of our client's ability to cope with stress (and our own stress management as therapists!). We were shown the value of head massage and sinus drainage using a combination of aromatherapy, shiatsu and Swedish techniques.

AMT Illawarra will hold its next formal meeting on Tuesday, 31 October in the Bottlebrush Room, Corrimal Community Centre, Short Street Corrimal commencing at 7pm. Any inquiries should be directed to Linda White on 0417 671 007 or to lindamassage@bigpond.com. We look forward to seeing you!

ACT

by Irina Ivankovitch

The ACT branch had its most recent gathering on 27 August. There was no particular theme or formal presentation, rather we had a social interaction, catching up on news, welcoming a new local member and planning activities for the rest of the year over a hot cup of double shot coffee!



ACT Branch members

Our final 2017 meeting will be held at the Darryl's Den, Holt on November 19. It will be crowned with a small presentation on Tai Chi for massage therapists by our local member Geoff Miller.

Sunshine Coast

by Lesley Carter

The Sunshine Coast group meets four times a year in March, June, August and October. Meeting dates for 2018 are March 11, June 10, August 12 and October 14. We will kick off 2018 on March 11 with Robyn Haynes presenting a workshop on foot joint mobilisation.

In 2017 we hosted a range of workshops. Robyn Haynes presented a session on treating sciatica to start the year. Dr Mark Deal presented a workshop on treating the back, including assessment techniques for the cervical, thoracic and lumbar spine. In August, we all benefited from a workshop on self-care for bodyworkers presented by Gayle Aitken. Gayle shared how she has kept herself able and fit enough to work as a massage therapist for the past 27 years. The October gathering featured a session on treating Morton's Neuroma. This included a number of exercises that could be of benefit to clients with this painful condition.

In October, we also presented Ralph Williams with a gift in recognition of his many years of service to the development of a support network for therapists on the Sunshine Coast.

Riverina

by Jodee Shead

The Riverina Branch has been active in 2017. At our first meeting, we hosted a physiotherapist who presented on Parkinson's disease and the benefits of massage therapy to ameliorate some of the symptoms. The region also hosted a 2-day myofascial release workshop. Our next meeting will be held on Sunday 19 November in Deniliquin (we are hoping to reach more members from lower and inner NSW). We will be planning next year's workshops, discussing the recent AMT conference and addressing any other general business that may arise. It will also be our Christmas lunch/celebration to round out the year.

AMT has released its Research Round-Up - a summary of open access massage therapy research released over the preceding quarter, including hyperlinks to the full free text articles available online. Here is the latest list of current open access research:

Fracture-dislocation at C6-C7 level with Quadriplegia after Traditional Massage in a Patient with Ankylosing Spondylitis: A Case Report

Abilash K, Mohd Q, Ahmad Z, Towil B.

Malays Orthop J. 2017 Jul;11(2):75-77. doi: 10.5704/MOJ.1707.013.

Ankylosing spinal disorders (ASD) tend to result in fractures and/or dislocations after minor trauma because of the altered biomechanical properties. The relative risk of traumatic vertebral fractures in patients with ankylosing spondylitis has been estimated as three times higher than in the general population. These spine traumas, which are located at cervical level in 81% of patients with ankylosing spondylitis, are complicated by neurological lesions in 65% of patients, due to the high inherent instability of these fractures. Traditional massage is an ancient practice in many parts of Asia. It has many benefits that are currently recognized world-wide. However, it can be dangerous and even lethal if practised without adequate knowledge and skill. We report a case of C6-C7 fracture-dislocation with complete neurology and neurogenic shock in a middle aged man with undiagnosed ankylosing spondylitis.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5630057/>

Massage Alleviates Delayed Onset Muscle Soreness after Strenuous Exercise: A Systematic Review and Meta-Analysis

Guo J, Li L, Gong Y, Zhu R, Xu J, Zou J, Chen X.

Front Physiol. 2017 Sep 27;8:747. doi: 10.3389/fphys.2017.00747. eCollection 2017

The purpose of this systematic review and meta-analysis was to evaluate the effects of massage on alleviating delayed onset of muscle soreness (DOMS) and muscle performance after strenuous exercise. Seven databases were searched up to December 2016. Randomized controlled trials were eligible and the outcomes of muscle soreness, performance (including muscle maximal isometric force (MIF) and peak torque) and creatine kinase (CK) were used to assess the effectiveness of massage intervention on DOMS. Eleven articles with a total of 23 data points (involving 504 participants) satisfied the inclusion criteria and were pooled in the meta-analysis. The findings demonstrated that muscle soreness rating decreased significantly when the participants received massage intervention compared with no intervention at 24 hours, 48 hours, and 72 hours after intense exercise. The current evidence suggests that massage therapy after strenuous exercise could be effective for alleviating DOMS and improving muscle performance.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5623674/>

A Case for Mixed Methods Research in Massage Therapy

Baskwill A

Int J Ther Massage Bodywork. 2017 Sep 13;10(3):14-16. eCollection 2017 Sep

Massage therapy (MT) research is sometimes thought of by massage therapists as more about proving to other health care providers that massage therapy is effective than creating a better understanding of what massage therapists do and how they do it. This may lead to a preference for quantitative research results that have also been valued by other health care providers. Ninety-five percent of massage therapists believe that research can help massage therapists to become more highly valued professionals. Unfortunately, the body of literature for MT is described by the National Centre for Complementary and Integrative Health as "preliminary" and "conflicting" and may be a barrier to enhancing the credibility of MT. The potential of MT research to support the profession's image in the eyes of other health care providers and the public requires MT researchers to reconsider current methods. This article discusses the potential of mixed methods research to contribute to what is known about MT.

In the clinical decision-making model used by massage therapists, collecting both subjective and objective information from a patient is the foundation of the evaluation phase. This, combined with the complexity of MT care (patient-therapist interaction, provision of intimate care, inconclusive research on mechanisms of action for techniques, and variation in naming and application of massage techniques), makes the argument for mixed methods research compelling.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5593309/>

What Did I Do? Practitioner Awareness of Ethical Issues in Scientific Publishing

Kennedy AB, Moraska A, Rich G.

Int J Ther Massage Bodywork. 2017 Sep 13;10(3):1-3. eCollection 2017 Sep

Massage therapy practice as well as research in massage therapy is guided by ethical principles and boundaries of professional behavior. Scientific publishing is also guided by a set of ethical standards, about which all aspiring scientific authors should be aware. Honesty, integrity, and conflicts of interest are issues in science and these issues can also impact scientific publishing. Historical ethical issues and current events are discussed.

<https://www.ncbi.nlm.nih.gov/pubmed/28912903>

The Effects of Massage and Breastfeeding on Response to Venipuncture Pain among Hospitalized Neonates

Zargham-Boroujeni A, Elsagh A, Mohammadizadeh M. Iran J Nurs Midwifery Res. 2017 Jul-Aug;22(4):308-312. doi: 10.4103/ijnmr.IJNMR_119_13

Untreated procedural pain leads to long-term and short-term complications in neonates. Preventing pain in sick infants and neonates, whose conditions are getting worse, not only is a professional and legal duty but also a prevention measure to decrease future psychological and even neurological complications. The aim of this study was to compare the effects of massage and breastfeeding on the pain of the neonates.

This was a clinical trial conducted among 75 full-term and near-term infants who underwent venipuncture. The newborns were randomly allocated to the following groups (n = 25 for each): group 1, breastfeeding; group 2, massage; and group 3, control. In the first group, venipuncture was done 2 minutes after breastfeeding. In the second group, massage was done with effleurage technique for 3 minutes and venipuncture was done 2 minutes after massage. The Neonatal Infant Pain Scale (NIPS) was used for pain measurement in the first 30 seconds of venipuncture.

The lowest mean pain score recorded in the massage group (0.92) whereas it was 4.84 in the breastfeeding group and 6.16 in the control group. ANOVA test and post-hoc statistics revealed that both interventions resulted in a significant reduction of the pain scores. Considering that massage and breastfeeding are natural, useful, and cost free interventions and do not need any special facility, these methods are suggested in pain management and pain control during painful procedures administrated for infants.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5590362/>

Effect of Massage Therapy on Labor Pain Reduction in Primiparous Women: A Systematic Review and Meta-analysis of Randomized Controlled Clinical Trials in Iran

Ranjbaran M, Khorsandi M, Matourypour P, Shamsi M. Iran J Nurs Midwifery Res. 2017 Jul-Aug;22(4):257-261. doi: 10.4103/ijnmr.IJNMR_109_16

Pain is a common experience for women during labour. This meta-analysis was conducted to evaluate the efficacy of massage therapy on labor pain reduction in primiparous women.

In this meta-analysis, the databases of Web of Knowledge, PubMed, Scopus, Cochrane, Iranmedex, Scientific Information Database (SID), and Magiran were searched for published articles in English and Persian language up to January 2016. Among the studies, with regard to the inclusion and exclusion criteria, 10 studies were selected. Data were analyzed by using Stata software version 11, and standard mean difference (SMD) of effects of massage therapy was calculated. The heterogeneity among studies was evaluated by the Chi-square based Q-test and I² statistics. Results showed that massage therapy reduces labor pain in the latent phase (SMD = -1.23, 95% CI: -1.73 to -0.74), active phase (SMD = -1.59, 95% CI: -2.06 to -1.12), and transitional phase (SMD = -1.90, 95% CI: -3.09 to -0.71). This study provides valid evidence for the effect of massage therapy in Iran for labor pain relief. Therefore, the use of massage therapy can be recommended in the primiparous women.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5590352/>

Effects of the application of therapeutic massage in children with cancer: a systematic review

Rodríguez-Mansilla J, González-Sánchez B, Torres-Piles S, Martín JG, Jiménez-Palomares M, Bellino MN.

Rev Lat Am Enfermagem. 2017 Jun 8;25:e2903. doi: 10.1590/1518-8345.1774.2903

The objective of this review was to examine the effects of the use of therapeutic massage in children with cancer. A systematic review of controlled clinical trials was undertaken. The search was conducted in November 2014 in the following databases: Pubmed, CSIC, Dialnet, Scopus, Cochrane and PEDro. Inclusion criteria were: clinical trials, published in English or Spanish, analyzing the effects of massage on the different stages and types of childhood cancer (between 1 and 18 years old). 1007 articles found of which 7 met the inclusion criteria. Their authors use different massage techniques (Swedish massage, effleurage, petrissage, frictions, pressures), obtaining benefits in the symptoms present during the illness (decrease of pain, nausea, stress, anxiety and increase of white blood cells and neutrophils). This review found that therapeutic massage improves the symptoms of children with cancer, but there is a need for more research that may support the effects attributed to it.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5492650/>

The effects of aroma massage and foot bath on psychophysiological response in stroke patients

Lee JH, Seo EK, Shim JS, Chung SP.

J Phys Ther Sci. 2017 Aug;29(8):1292-1296. doi: 10.1589/jpts.29.1292. Epub 2017 Aug 10

This research aimed to examine the effects of back massage and foot bath with blended essential oil on psychophysiological response in stroke patients. The subjects were 14 adult stroke patients randomly divided into the experimental group (7 patients) and the control group (7 patients). Physical and psychological stress, mood state and sleep satisfaction was measured using evaluation instruments and body temperature was measured with infrared thermography (T-1000). Measurements included physical and psychological stress, and mood state of the experiment group became significantly lower than that of the control group. The body temperature and sleeping satisfaction of the experimental group became significantly higher than that of the control group. The present study suggested that aroma therapy and foot bath that can be used as alternative physical therapy that offers an overall beneficial effect on psychophysiological response such as reduced stress, mood state and increased body temperature, sleeping satisfaction of stroke patients.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574341/>

Comparison of Deep Tissue Massage and Therapeutic Massage for Lower Back Pain, Disease Activity, and Functional Capacity of Ankylosing Spondylitis Patients: A Randomized Clinical Pilot Study

Romanowski MW, Špiritović M, Rutkowski R, Dudek A, Samborski W, Straburzyńska-Lupa A.

Evid Based Complement Alternat Med. 2017;2017:9894128. doi: 10.1155/2017/9894128. Epub 2017 Aug 6

This study aims to compare the effectiveness of deep tissue massage (DTM) and therapeutic massage (TM) in the management of ankylosing spondylitis (AS) patients. This was a small, randomized clinical pilot study. Subjects were 27 men with diagnosed AS, randomly assigned to DTM group or TM group. Subjects in each group had 10 sessions of massage. Outcomes included the Bath Ankylosing Spondylitis Disease Activity Index (BASDAI), the Bath Ankylosing Spondylitis Functional Index (BASFI), Modified Schober Test, Finger to Floor Test, chest expansion, and pain intensity of lower back. There are no statistical significant differences between groups, except for BASDAI and pain intensity of lower back. This study suggests that massage may have clinical benefits for treating ankylosing spondylitis patients. Additional scientific research in this area is warranted.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5563410/>

Physician perspectives on education, training, and implementation of complementary and alternative medicine

Patel SJ, Kemper KJ, Kitzmiller JP.

Adv Med Educ Pract. 2017 Jul 25;8:499-503. doi: 10.2147/AMEP.S138572. eCollection 2017

Over recent decades, the demand for complementary and alternative medicine (CAM) has continued to rise in the US. Like the practice of traditional Western medicine, CAM is associated with not only significant health benefits but also significant risks. Unlike traditional Western medicine, however, much of CAM use is less regulated and often occurs unbeknownst to a patient's medical doctor. The use of herbals, dietary supplements, and over-the-counter (OTC) medications can result in adverse effects, and many significant interactions can occur when their use is combined with allopathic medications. Even the more peripheral CAM practices (e.g., acupuncture, massage, yoga, and Reiki) have associated risk (e.g., adverse effects or worsening of physical injury and conditions). There is, however, impetus for change: both patients and physicians favor increasing physician knowledge of CAM and the synergistic implementation of CAM into routine clinical practice. Although improvement has been achieved from contemporary physician educational efforts, recently published results from patient and physician surveys strongly indicate that additional effort to increase physician knowledge of CAM is needed. Utilizing a 37-item survey and convenience-sampling methodology, we collected detailed information from 114 physicians, fellows, and residents from the Ohio State University Medical Center regarding impediments to increasing physician knowledge of CAM and its implementation in routine clinical practice. The aggregate results of our survey data showed that most physicians 1) desired to increase their knowledge of CAM, 2) believed that less than half of their patients were spontaneously reporting their use of CAM therapies, 3) were not aware of available evidence-based resources on CAM, 4) preferred case-based lectures for learning about CAM, and 5) reported insufficient time during patient encounters as the primary barrier for increasing the implementation of CAM in routine clinical practice.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5536234/>

The Effects of Aromatherapy Massage on Sleep Quality of Nurses on Monthly Rotating Night Shifts

Chang YY, Lin CL, Chang LY.

Evid Based Complement Alternat Med. 2017;2017:3861273. doi: 10.1155/2017/3861273. Epub 2017 Jul 6

The goal of this study is to examine the effects of aromatherapy massage on sleep quality of nurses with monthly rotating night shifts. Subjects were enrolled at a medical center in central Taiwan with overall score ≥ 5 of Pittsburgh Sleep Quality Index (PSQI) and randomly assigned to the treatment or control groups. They were validated by pretests during their first graveyard shift in the trial period and the sleep quality information was collected by using the PSQI and sleep detectors. During the second graveyard shift, the treatment group received aromatherapy massage and the control group rested in the same aromatherapy room after work. All subjects filled out the PSQI surveys and the sleep quality information was collected during massage or resting and the following night. We found that the total PSQI was significantly decreased in the treatment group following the aromatherapy massage. Specifically, the components such as subjective sleep quality, sleep disturbance, and daytime dysfunction were significantly decreased. However, there were no significant changes of average PSQI scores between the two groups before and after intervention. Taken together, our study suggested that aromatherapy massage could improve sleep quality of nurses with monthly rotating night shift.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5518528/>

Treating individuals with amputations in therapeutic massage and bodywork practice: A qualitative study

Shue S, Kania-Richmond A, Mulvihill T, Munk N.

Complement Ther Med. 2017 Jun;32:98-104. doi: 10.1016/j.ctim.2017.04.004. Epub 2017 Apr 24

Best practices for massage therapy and bodywork (TMB) treatment of individuals with amputations are not well established. Although anecdotal observations are available, they have limited applicability for informing effective massage therapy and bodywork approaches for individuals with amputations. This study is part of a multifaceted research program seeking to establish a foundation for education and investigation of TMB for amputation related conditions/symptomology. The purpose of this study was to understand how TMB practitioners approach and treat individuals with amputations and their perceptions of outcomes. The TMB practitioner perspective is important in informing the development of a TMB practice framework for people with amputation.

The methodology of this study was informed by the phenomenological approach to qualitative inquiry. Semi-structured telephone interviews were conducted between June and September 2015, recorded and transcribed. Analysis consisted of descriptive coding and themes emerged through an iterative process. Codes and themes were discussed and verified with the research team. Participants were invited to review developed themes to indicate the extent to which results accurately encompassed their experiences as TMB practitioners.

Twenty-five community practicing, professional TMB practitioners from 16 states consented to participate and all completed one interview. Analysis identified four themes which indicated TMB practitioners: value touch and consider it a core aspect of treatment for individuals with amputations; operate under a core belief that individuals with amputations greatly benefit from TMB; and consider relief that stems from TMB to be multidimensional, including physical, mental, and emotional aspects; and, certain components of treatment approach are unique to amputation clients.

Findings support that individuals with amputation benefit from TMB, at least from the perspective of TMB practitioners. Findings of this exploratory research identify important questions regarding approaches to treatment and potential TMB effectiveness hypotheses for amputation populations. Next steps will consider TMB approach and effects from the perspective of those with amputation(s).

<https://scholarworks.iupui.edu/handle/1805/12821>

National Police History Check FAQs

Why do I need to get a criminal history check?

The commitment to introduce mandatory criminal checks is part of AMT's broader commitment to public safety. It will bring AMT members more in line with the regulatory requirements for registered health professionals and, along with the AMT Code of Ethics and Code of Practice, will help us to promote AMT members as a safe and ethical choice for members of the public. It will send a clear and unequivocal message that AMT is committed to the highest possible preventive measures to protect the public from inappropriate conduct.

Furthermore, scrutinising yourself to an independent, third party regulatory body will send a message to your clients that you truly hold ethics central to your professional responsibilities as a massage therapist.

When do I need to supply the certificate to AMT?

AMT requires all current practitioner and student members to supply a national police history check by **1 July 2018**. If you are a current practitioner or student member of AMT and you already hold a national police history certificate, you can supply your check to AMT at any time leading up to 1 July 2018. You will be required to redo the check three years from the date on the certificate you supply to AMT.

New applicants to AMT membership need to supply a national police check now to be admitted to AMT.

Where do I send my National Police History check certificate when I have received it?

You need to send your certificate to AMT via one of the following methods:

1. Upload your certificate via your AMT login portal - <https://members.amt.org.au/>
2. Email your certificate to info@amt.org.au
3. Post it to Association of Massage Therapists, PO Box 826, Broadway NSW 2007

Is this a one off check?

No. AMT members will be required to submit a new national police certificate every three years. The renewal process will be analogous to renewing first aid certification.

I have a record due to a minor offence. Will that impact on my ongoing AMT membership?

The requirement is not designed to pick up minor offences like shoplifting, road traffic offences, or minor drug and alcohol offences. It is designed to screen for serious indictable offences that may impact on your capacity to practise massage therapy safely and honestly, for example, a sexual assault conviction or a dishonesty offence such as one involving fraud.

How will AMT determine if an offence has implications for fitness to practice as a massage therapist?

The AMT Board has formally resolved to adopt the Australian Health Practitioner Regulation Agency (AHPRA) criminal history standard to determine the relevance of an offence. You can download the AHPRA criminal history standard here:

<http://www.ahpra.gov.au/Registration/Registration-Standards/Criminal-history.aspx>

In broad terms, the following factors will be taken into account when determining the relevance of an offence:

1. The nature and seriousness of the offence
2. The period of time since the offence was committed
3. The sentence imposed for the offence
4. The practitioner's behaviour since the offence was committed.

I have lived in one or more countries other than Australia for more than a year in the past ten years. Do I need a special kind of police check?

If you have lived overseas for twelve months or longer during the past ten years you will also need to provide a national police record check from the relevant country/ies.

The check/s must:

- cover the whole time you lived in the country
- be issued by the national police service of the country.

As it often takes some time to receive an overseas check you should apply early. The deadline for supplying police check documentation to AMT is 1 July 2018.

I am a student member of AMT. Do I need to supply a national police certificate to AMT?

Yes. All practitioner and student members of AMT will be required to provide the check. The only class of membership that will not be required to participate in the criminal check process is auxiliary members of AMT. Student members have been included in the scheme for a number of reasons. Students have considerable exposure to members of the public through mandatory clinical supervision requirements within the national competency standards. Also, some students enter into clinical practice before they have completed their studies.

AMT anticipates that completing a police check as a student member of AMT will also substantially facilitate the transition to full practitioner status.

How much will it cost to obtain a national police certificate?

Based on current rates, it will cost around \$50.00 to obtain a certificate. This works out at roughly \$16.00 per annum on the three-year renewal cycle.

What if I don't supply or renew my national police certificate?

AMT will be forced to downgrade you to the non-practitioner level of membership (auxiliary). You will not be eligible for status as a health fund provider or be provided with the same level of benefits and support as practitioner members of AMT.

I already have a working with children check/working with vulnerable people check/blue card/ochre card. Will that be enough to submit to AMT as evidence of a criminal history check?

No. Although these kinds of checks generally include a national police check, each State and Territory has its own laws, and different exemptions and exclusions apply. Additionally, each State and Territory has different renewal cycles for these checks.

AMT needs a checking system that is nationally coherent and one that will work with the designated three-year renewal cycle.

How do I obtain a national police certificate?

AMT requires a 'Name Only' Police Certificate. This is a certificate that is based on a search of your name against the criminal history records held by police services Australia wide.

To see what information is captured in the certificate, you can download a sample here:

<http://ww1.cvcheck.com/NPCSecurityFeatures.pdf>

There is a range of ways to apply for the certificate. You can apply via the police department in your state (this will involve an in-person visit to a police station). There is also a range of accredited online suppliers that make it possible for you to apply from the comfort of your own home and then download the certificate onto your computer/device.

Below are links to the police departments in each state and to a range of accredited online suppliers where you can obtain a national police certificate:

ACT

<https://afpnationalpolicechecks.converga.com.au/>

Northern Territory

<https://forms.pfes.nt.gov.au/safent/Apply.aspx?App=CHC>

NSW

<https://npcoapr.police.nsw.gov.au/asp/dataentry/Introduction.aspx>

Queensland

<https://www.police.qld.gov.au/apps/reports/policeCertificateName>

South Australia

<https://www.police.sa.gov.au/services-and-events/apply-for-a-police-record-check>

Tasmania

<http://www.police.tas.gov.au/services-online/police-history-record-checks/>

Victoria

http://www.police.vic.gov.au/content.asp?a=internetBridgingPage&Media_ID=72672

Western Australia

<https://smarteform.auspost.com.au/aponlineforms/servlet/SmartForm.html?formCode=auspost-npc-avk>

Accredited online check providers

Please note that this is just a sample of online suppliers of national police certificates. To check that the online entity you have chosen is accredited, please refer to this list:

https://www.acic.gov.au/sites/g/files/net1491/f/2017/06/acic_national_police_checking_service_-_full_list_of_accredited_organisations_23062017.pdf

Providers

<https://www.nationalcrimecheck.com.au/>

<https://cvcheck.com/national-police-check>

<https://policecheckexpress.com.au/>

<https://www.fastpolicechecks.com.au/about-fast-police-checks/>

How to upload a police check to the AMT database

STEP 1

Log into your personal AMT member portal via <https://members.amt.org.au/>

STEP 2

Click on the hyperlink in the top right hand corner that says 'Police Checks'. You should see a screen that looks like this.

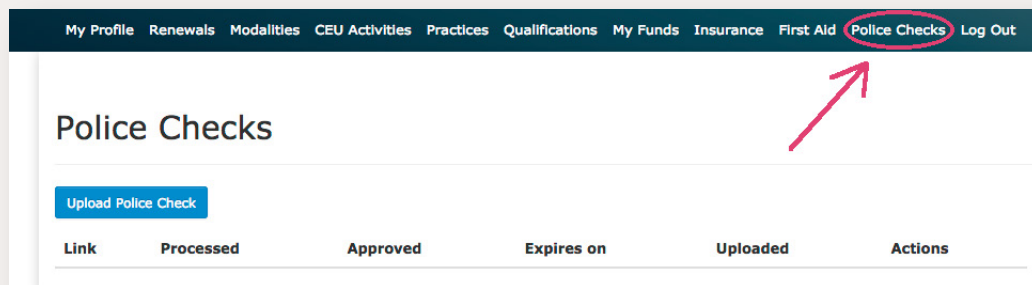


Figure 1: Police check navigation in your personal member portal (Step 2)

STEP 3

Enter the expiry date of the police check. This is exactly three years from the date that appears on the police check certificate. For example, if you obtained your certificate on 1 August 2017, the expiry date would be 1 August 2020.

STEP 4

Click on the browse button to locate the certificate on your computer.

STEP 5

Add a file description. (Criminal history check will do. You could put any description you like here but we'll be a bit confused if you write 'Orange juice convention pillbox'). Click Save once your file has been uploaded.

 A screenshot of the 'New Police Check' upload form. The form has three main sections: 'Police Check Expires On' with a date input field showing '26/06/2020' and a calendar icon; 'Police Check Evidence' with a 'Browse...' button and a text field containing 'Criminal History Check Rebecca Barnett.pdf'; and 'File Description' with a text field containing 'Criminal History Check'. A red text note next to the date field states: 'The expiry date you enter needs to be three years from the date on the certificate.' At the bottom are 'Save' and 'Cancel' buttons.

Figure 2: Police check upload screen (Steps 3, 4 and 5).

STEP
6

You're done. A confirmation screen will appear. An AMT staff member will approve your uploaded documentation within three business days.

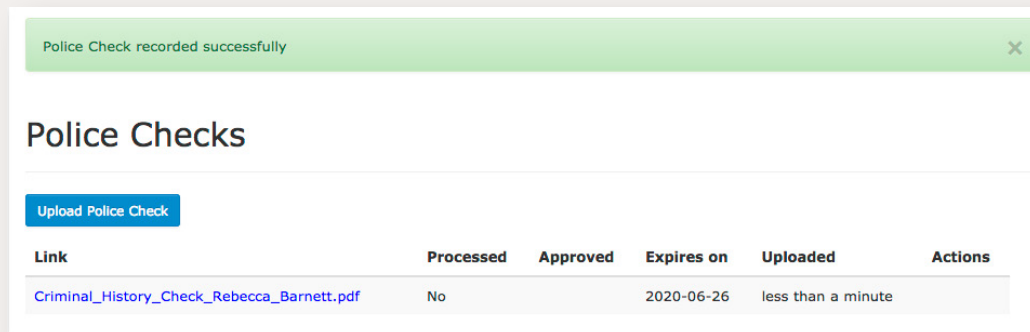


Figure 3: Confirmation screen. You're done!



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