

BMSS4001 – Sports Massage

Professionalism

Professionalism

- Appearance
- Hygiene
- Set Up
- Behaviour
- Legal responsibilities
- Ethical Standards’?

Appearance

- Uniform:
- University Kit (OR blue/black tracksuit bottoms, white or blue polo shirt)
- Long hair should be tied securely away from the face and short hair should be of tidy appearance.
- Jewellery – should be discrete. No rings, watches or bracelets when performing any treatments or when in contact with a patient.
- Body piercing – Only one stud earring can be worn. All visible body piercings should be removed.
- Footwear – trainers may be appropriate but should be in a suitable condition befitting a professional. Flip flops or sandals are not appropriate for practical session.

Hygiene

- Personal Clothing should be clean and ironed
- Hands washed prior to every massage
- Illness?
- Environmental:
- Couch covers, towels and pillows must be clean and regularly laundered.
- Clean surfaces and facilities.

Set-up

- Equipment:
- Plinth is secure/correct height/clean
- Have equipment at hand (Trolley)
- Safety checks
- Environment:
- Room size
- Temperature
- Privacy
- Facilities (Access)
- Chairs, wall hooks and hangers for clients belongings
- Shelving for laundry items/ Laundry basket

Professional Behaviour

- Professional Behaviour
- Appropriate language
- Respectful (privacy)
- Confidentiality (social media)
- Personal interactions
- Punctuality

Professional Behaviour

- Time Keeping:
- Appointments diary
- Sufficient time between appointments
- Record contact numbers: let them know if you're running late/ill/unforeseen changes
- At event: event schedule/programme and co-ordinate

Legal Responsibilities

- Insurance:
 - Public Liability
 - Building/Owner Operator
 - Masseur
 - Professional Indemnity
 - Governing body (SMA, SST)
 - Additional: Travel, Car, Clinic/Equipment

Legal Responsibilities

- Health and Safety at Work (HSE): Clinic
 - Risk Assessment
 - Exits and Fire escapes
 - 1st Aid procedures
 - Reporting of incident (1st aid or otherwise)

Legal Responsibilities / Note Taking

- Clients Details (Name, Address, Telephone, DOB, Occupation, Gender)
- GP Details (Name, Address, Telephone)
- Clients Sport, Level, Stage of Training
- Contraindications
- Reason for Visit
- Details of Specific Problem (pain, duration, frequency or occurrence)

Assessment

- Observations:
- General
 - Skin, Surgical Scars, Deformity, Posture, Lumps etc
- Specific
 - Comparison with other side, numbness, P+N, Loss of Power, Grip, etc
 - Palpation
 - Temperature, Hypertonicity (muscle fasciculation etc), Pain.
 - Movement
 - Active ROM, Passive ROM and Resisted ROM

Assessment

- Proposed treatment – Is client suitable for massage?
- What do you propose to do?
- Consent?
- Aftercare advice
- Immediate Client Feedback
- Subsequent Client Feedback

Subjective Assessments

- Preliminary Information
 - Name, age, address, occupation, GP, other HCP, reason for visit
- Contraindications
 - Health, medications, allergies, surgery, medical conditions
- Current medical condition
 - Symptoms, period of problem, what makes it worse/better, pain level
- Body Chart
- Previous medical history of problem
 - Only if relevant – How was it treated previously
- Observations
- General symmetry, ease of undressing, inflammation, refer to previous visits

Objective Assessments

- The objective assessment is able to identify signs and symptoms which are measurable by the sports massage practitioner.
- Objective examination may enable the sports massage practitioner to identify dysfunctions that the client is unaware of, since they are not currently exhibiting any symptoms.
- Any objective assessments must be relevant to the individual and the signs and symptoms they have reported.
- Informed consent must be obtained prior to any physical assessment taking place.

Objective Assessments

- Palpate
 - Skin temperature/texture/colour
 - Muscle tone
 - Swelling/inflammation
 - Muscle spasm
 - Compare Limbs
 - Record details & observations
- Movement (problem area & surroundings)
 - Relevant to joint assessment (Record degrees of movement %)
 - Flexion/extension, abduction/adduction, internal/external rotation
 - Sore/tender
 - Hypermobility
 - Stiffness

Treatment Decision

- Can you treat or do you need to refer
- Explain details to the client
- Treatment
- Aims & objectives of treatment
 - What is planned end result
- Informed consent from client
- Client signature

Record Keeping

- Writing is legible
- Writing is in permanent ink
- Record all entries within 24hours
- Written in 3rd person
- Don't use correction fluid
- Corrections should be crossed through and initialled
- Use a clear logical format
- Don't make judgemental statements of a personal nature
- Forms should be dated and initialled
- Attendances should be initialled and dated
- Make clear your full signature on each page of the patients notes
- Record any advice you give to the patient

Record Keeping

- Notes should be: Treated as confidential " Kept in secure place Properly safeguard. Not accessible to third party
- Computer files should be password protected
- Register your records with the Protection Act
- Patients must have access to records November 1991
- Professional Codes:
 - Kept for 7 years for adults
 - For children, keep until the child is 21 years
- Legal Profession:
 - Keep all client notes for 8 years
 - Or up to the age of 25 for children
- Dispose of notes by shredding

Record Keeping

- Methods of notation:
 - SOAP notes
 - Subjective
 - Objective
 - Assessment
 - Plan

Ethical Considerations

- Informed Consent:
- Make sure you have the patients consent for whatever form of intervention you are going to use.
- 3 questions
- Do you understand the treatment?
- Do you have a questions?
- Are you happy for me to proceed?
- Ask the patient to sign
- If patient has communication difficulties or does not understand what is being proposed, then signed consent must be obtained from the adult in charge
- U-18 (England and Wales) or U-16 (Scotland) CHILD and informed consent must be given by parent or guardian (CHILD PROTECTION)

Ethical Standards

- Client protection (and practitioner): Chaperones
- Most cases brought against practitioners 'One on One'
- Their word against yours!
- Working with children (u18s): You must have a DBS.
- Working with opposite gender
- Sign explaining patient is welcome to invite a chaperone to be present

Ethical Standards

- Duty of care:
- You have a duty of care toward any person that asks for your help or advice
- If someone asks you in an ‘out of business’ environment you can still make notes however
- Safest to say “sorry, I only consult at my practice”

Resources/ Library/ Online

- Reading - Journals/ Books
- Each other – Mentors/ Group development
- Your VLE
- Podcasts

References

- Paine, T. (2007). The complete guide to sports massage (2nd ed.). London: Bloomsbury Publishing ltd.