



TECHNICAL COLLEGE
OF THE LOWCOUNTRY

Technical College of the Lowcountry
921 Ribaut Rd.
PO Box 1288
Beaufort, SC 29901-1288

Denise Van Nostran
50/221
843-470-6020
dmvannostran@tcl.edu

MTH 123
Massage Clinical I
Spring 2019

Course Description

MTH 123 Massage Clinical I
LEC 1, LAB 6, CR 3.

This course provides a clinical massage setting for experience in all aspects of delivering therapeutic massage.

Prerequisites: BIO 112, MTH 120, MTH 121, MTH 132

Co-requisites: MTH 122, MTH 126, MTH 137.

Course Focus

This course provides a clinical massage setting for experience in all aspects of delivering therapeutic massage.

Text and References

No text required.

Course Goals

The following list of course goals will be addressed in the course. These goals are directly related to the performance objectives. (*designates a CRUCIAL goal)

1. observe clinical schedule requirements
2. observe clinical uniform requirements
3. bring required linens
4. bring required lubricant holder
5. observe standard precautions*
6. organize clinical lab workspace
7. organize clinical session forms
8. prepare clinical binder
9. prepare clinical supplies
10. practice pre-session warm-up
11. define client scheduling protocol
12. define pre- and post-session protocols
13. follow pre- and post-session protocols
14. define TCL clinical payment protocol
15. perform 60 minute demonstration massage
16. give constructive partner feedback

17. delineate personal technical deficiencies
18. correct personal technical deficiencies
19. write pre-clinical experience self-assessment
20. complete 30 required 60 minute clinical massage sessions*
21. greet massage clients
22. direct incoming clients
23. perform client intake interview*
24. protect pre- and post-session client privacy*
25. identify local contraindications
26. identify absolute contraindications
27. identify massage cautions
28. check pathology reference books
29. check pharmacology reference books
30. request intake interview help
31. request visual assessment help
32. employ active listening skills
33. employ unconditional positive regard
34. assess pre-session client gait
35. assess pre-session client posture
36. assess pre-session client ROM
37. assist special needs clients
38. enumerate personal session goals
39. develop basic individual treatment plan*
40. demonstrate improved physical coordination
41. determine appropriate massage table height
42. set appropriate massage table height
43. set appropriate face cradle angle
44. position prone clients
45. position supine clients
46. examine client skin condition
47. position side-lying clients
48. drape massage client*
49. apply appropriate massage lubricants*
50. apply appropriate massage strokes*
51. employ correct body mechanics*
52. demonstrate interpersonal maturity
53. demonstrate sustained clinical session focus
54. delineate specific bony landmarks
55. delineate specific muscles
56. palpate hypertonic tissues
57. palpate myofascial restrictions
58. incorporate basic Western massage techniques
59. include basic hot and cold applications

60. include basic stretching techniques
61. incorporate basic technique variety
62. incorporate basic session variety
63. apply appropriate massage tools and techniques
64. adapt special needs massage applications
65. maintain professional hygienic standards*
66. maintain quiet clinical environment
67. manage clinical session time
68. remove excess massage lubricant
69. measure post-session gait
70. measure post-session posture
71. measure post-session ROM
72. explain client self-care
73. receive client feedback
74. follow TCL clinical payment protocol*
75. follow client scheduling protocol
76. cultivate positive ongoing client relationships
77. develop back-up client list
78. obtain clinical session form signatures
79. provide session transition support
80. perform technically efficient session transitions
81. document clinical massage sessions*
82. utilize SOAP note format
83. use appropriate abbreviations
84. write legible session notes
85. use 1-10 pain scale scale
86. utilize anatomical diagrams
87. utilize correct anatomical terms
88. receive instructor feedback
89. review clinical notes
90. discuss therapeutic goals
91. evaluate personal session goals
92. discuss specific massage applications
93. practice myofascial techniques
94. maintain confidential client record storage
95. clean massage equipment
96. communicate unsafe conditions
97. refill massage media
98. practice chair massage techniques
99. complete scheduled chair massage sessions*
100. set-up chair massage equipment
101. obtain chair massage release form signatures
102. manage chair massage session time

103. complete one supervised volunteer off-site massage activity
104. write post-clinical experience self-assessment
105. discuss client pathologies

Student Contributions

Classes are designed to employ a variety of teaching techniques. In order to maximize learning, required readings and Web enhanced sections should be done prior to class. If a student is falling behind in clinical performance and/or academic achievement, it is imperative to seek immediate assistance from the instructor.

Course Evaluation

Thirty (30) completed clinical massage sessions	300 points
Documentation of all clinical massage sessions	100 points
Class participation and professional behaviors	<u>100 points</u>
Total	500 points

Course Schedule

Lecture/Lab: Thursday, 8:30 am - 4:30 pm

ADA STATEMENT

The Technical College of the Lowcountry provides access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities at (843) 525-8228 during the first ten business days of the academic term.

ATTENDANCE

1. The College's statement of policy indicates that students must attend ninety percent of total class hours or they will be in violation of the attendance policy.
2. Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
3. Students taking an online/internet class must sign in **and** communicate with the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
4. Reinstatement requires the signature of the division Dean.
 - a. In the event it becomes necessary for a student to withdraw from the course **OR if a student stops attending class, it is the student's responsibility to initiate and complete the necessary paperwork.** Withdrawing from class may have consequences associated with financial aid and time to completion. Students are strongly encouraged to consult with Financial Aid prior to withdrawing from any class, particularly if the student is currently on a warning or probation status.
 - b. When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor MUST withdrawal the student with a grade of "W", "WP", or "WF" depending on the date the student exceeded the allowed absences and the student's progress up to the last date of attendance

or

- c. under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.
 - d. Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.
5. A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.
 6. Students are expected to be in class *on time*. Arrival to class after the scheduled start time or leaving class prior to dismissal counts as a tardy. Three tardies and/or early departures are considered as one absence unless stated otherwise.
 7. It is the student's responsibility to sign the roll/verify attendance with instructor upon entering the classroom. Failure to sign the roll/verify attendance results in a recorded absence. In the event of tardiness, it is the student's responsibility to insure that attendance is marked. **The student is responsible** for all material/ announcements presented, whether present or absent.
 8. Continuity of classroom and laboratory (which includes clinical experiences) is essential to the student's progress in providing safe and competent patient care. Students are expected to use appropriate judgment for participating in clinical activities. To evaluate the student's knowledge and skills, it is necessary for the student to be present for all clinical experiences.
 9. If student is ill or an emergency occurs that requires the student to be absent from the clinical course, the student must contact the course instructor by telephone no later than 30 minutes prior to the start of the scheduled clinical class time. Instructor: Denise Van Nostran; mobile phone number: 843-301-7343. Informing the instructor of clinical absence is the responsibility of the student. Messages sent via other students will not meet requirement.
 10. **IMPORTANT:** No call/no show policy for clinical courses – refer to page 16 in the Division of Health Sciences Handbook. Any student whose status is no call/no show for a clinical day is immediately withdrawn from the program and may not progress in co-requisite courses.

A copy of TCL's STATEMENT OF POLICY NUMBER: 3-1-307 CLASS ATTENDANCE (WITHDRAWAL) is on file in the Division Office and in the Learning Resources Center.

ONLINE ATTENDANCE PROCEDURE

For all online courses, students must complete an assignment designated by the instructor during the first week of classes. The instructor will drop the student from the course if the initial assignment is not completed.

Instructors will withdraw students from the class when 90% attendance is not maintained. Attendance in an online course is defined by regular course access and by timely completion of assignments as required by the instructor. Each student will be expected to access the web

class at least once a week and complete 90% of assignments on time. Additional access is encouraged and may be necessary for successful completion of classes.

Failure to log in and complete assignments will result in the student being withdrawn from the course. The instructor will assign a grade of “W,” “WP,” or “WF” based upon the student’s academic standing as the last date of attendance, which is the last login. Students are responsible for any financial matters associated with an administrative withdrawal. If a student fails to email the instructor (using the my.tcl.edu email account) requesting to be dropped from the course and has not submitted the initial assignment required during the first week of class, the instructor will assign a “Never Attended” code in the student information system no later than ten calendar days after the first day of the class. Students who are dropped as a result of never attending the course are still responsible for all fees associated with the course.

HAZARDOUS WEATHER

In case weather conditions are so severe that operation of the College may clearly pose a hardship on students and staff traveling to the College, notification of closing will be made through the following radio and television stations: WYKZ 98.7, WGCO 98.3, WGZO 103.1, WFXH 106.1, WWVW 106.9, WLOW 107.9, WGZR 104.9, WFXH 1130 AM, WLVH 101.1, WSOK 1230 AM, WAEV 97.3, WTOC TV, WTGS TV, WJWJ TV, and WSAV TV. Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. www.tcl.edu/textalert.asp

ACADEMIC MISCONDUCT

There is no tolerance at TCL for academic dishonesty and misconduct. The College expects all students to conduct themselves with dignity and to maintain high standards of responsible citizenship.

It is the student’s responsibility to address any questions regarding what might constitute academic misconduct to the course instructor for further clarification.

The College adheres to the Student Code for the South Carolina Technical College System. Copies of the Student Code and Grievance Procedure are provided in the *TCL Student Handbook*, the Division Office, and the Learning Resources Center.

Health care professionals hold the public trust. Academic misconduct by health science students calls that trust into question and academic integrity is expected.

It is a fundamental requirement that any work presented by students will be their own. Examples of academic misconduct include (but are not limited to):

1. copying the work of another student or allowing another student to copy working papers, printed output, electronic files, quizzes, tests, or assignments.
2. completing the work of another student or allowing another student to complete or contribute to working papers, printed output, electronic files, quizzes, tests, or assignments.
3. viewing another student’s computer screen during a quiz or examinations.
4. talking or communicating with another student during a test.
5. violating procedures prescribed by the instructor to protect the integrity of a quiz, test, or assignment.
6. plagiarism in any form, including, but not limited to: copying/pasting from a website, textbook, previously submitted student work, or any instructor-prepared class material; obvious violation of any copyright-protected materials.

7. knowingly aiding a person involved in academic misconduct.
8. providing false information to staff and/or faculty.
9. entering an office unaccompanied by faculty or staff.
10. misuse of electronic devices.

All students are required to remove ALL watches and hats of any kind during exams and quizzes and place them in the front of the classroom with personal belongings and electronic devices.

Honorlock Online Proctoring and Technology Requirements

TCL uses an online test proctoring service called Honorlock to monitor some online tests as an alternative to in-person proctoring. You must have the ability to install the Honorlock extension on Google Chrome. Your instructor may elect to have some of your tests proctored using Honorlock. If so, you will need to make sure that you have access to the necessary equipment in order to take your online-proctored tests:

1. A computer with access to a high speed Internet connection
2. A webcam and microphone. A functioning webcam and microphone are required to complete proctored online tests.
3. Microsoft Office. Microsoft Office can be downloaded for free by accessing the Office 365 link in you TCL email account.

GRADING POLICY

Grading scale	
90% - 100% A	W withdraw
82% - 89% B	WP withdraw with passing grade
75% - 81% C	WF withdraw with failing grade
70% - 74% D	I Incomplete
Below 70% F	

Grading Methodology. The final grade must be 75.000 or more in order to pass the course and progress in the program. Students absent from an examination or presentation will receive a "0" grade for the examination unless other arrangements are made with the individual instructor prior to the examination or presentation day or on the examination or presentation day before the test/presentation is scheduled to be given. It is the responsibility of the student to contact the appropriate instructor to arrange to make up the examination. Arrangements may be completed by telephone. If the instructor is not available, a message should be left on the instructor's voice mail AND with another member of the faculty or administrative assistant. The instructor will decide the time and method of make-up examinations on an individual basis. Messages sent by other students are unacceptable. The student is responsible for notifying the instructor of the reason for the absence. Grades are posted on Blackboard within one week of administration of tests and examinations.

Instructor's Name: Denise Van Nostran
Office Location: New River Campus, Room 221
Phone Number: 843-470-6020 (office)
 843-301-7343 (mobile)
Office Hours:
Email: dmvannostran@tcl.edu