



NANMT

NEWS

Volume 3, Issue 4

autumn 2003

GOOD NEWS FROM YOUR PRESIDENT

So much has happened since the last newsletter. In August, five of your board members traveled to Washington DC for the conference honoring 25 years of the National Council of State Boards of Nursing (NCSBN). Please check out Angie's detailed information in this Newsletter. As a result of that conference, Teresa Ramsey and I went to Chicago to meet with the Executive Director of the NCSBN, Kathy Apple, to learn the appropriate ways to approach the individual state boards with our goals. The great news is that due to our membership in the Nursing Organization Alliance (NOA), the nursing specialty organization, NANMT is already acknowledged as an approved nursing specialty. Many state boards have released position statements regarding nurse massage therapy or nurses doing complementary/integrative therapies: some have not. Our job is to approach each state board and learn how they rule on issues concerning nursing license renewal. This will effect nurse massage therapists' third party reimbursement, liability insurance, as well as increased credibility in the allopathic medical community.

One of the most significant pieces of information Teresa and I learned from Kathy was how state boards are designed. Although each board may have different formats and the

makeup of the members may vary; their primary function is to determine if a nurse is performing within the accepted standards of practice. It is therefore the desire of the NANMT to be the recognized body of practitioners to assist the state boards in establishing the standard for nurse massage therapists. As nurses in each state approach their state board with a question concerning the practice of massage, the board must rule on the request. This will establish the policy in that state. Such questions maybe: Can I count massage continuing education hours toward my renewal CE requirements? Or, Do the hours I spend performing therapeutic massage in a private practice count towards renewal hours? Your board here at the NANMT is willing to help you make the contacts and appear with you before your state board. In the meantime, we will be contacting the state boards that have given us positive feedback, offering to dialog with their staff to provide information and a copy of our Standards of Practice.

As to the question of insurance, I have contacted the Nurse Service Organization (NSO) concerning the inclusion of massage in the malpractice/liability coverage for nurses. At this time, nursing insurance is \$89/year. Coverage for massage is \$140/year but combining nursing and massage is still only \$140/year. We are working with the underwriters for a better policy.

We want to hear from you about these actions we have taken on your behalf. Please e-mail at the addresses on page. If no e-mail please call one of us at the numbers listed in the directory or write to us at our P.O. box. We REALLY do want to know how we can best help you in the practice of a NURSE MASSAGE THERAPIST.

Cam Spencer, President

Board of Directors

INSIDE THIS ISSUE

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UPDATE ON EDUCATION

NANMT can act as an umbrella continuing education provider for MT's in Florida, or those who have a Florida MT license. NANMT's provider number is MCE-44_05. It costs \$250 every two years to maintain. What NANMT can offer you, if you are a continuing education provider or are developing a workshop and want to market in Florida to MT's, is assistance in doing that and lower the fee to \$100. Every two years. NANMT now has two program providers under its Florida umbrella: Baby's First Massage and Ohashiatsu Beginner I. This is a new venture for NANMT. We are open to expanding in Florida with MT's and other states. Please give us feedback.

Please contact the Education Director, Teresa K. Ramsey, BSN, LMT, if you would like further information at: 1-937-433-5000, or teresa@nanmt.org

SURVEY RESPONSES

Topics for future NANMT conferences: Traeger work: Charting; HIPPA; Cranial-Sacral therapy for birthing; Political Activism in State Govts.; Integrating Massage into workplace; Massage with Autistic, ADD, ADHD children; Marketing; Healing Touch; Post-Operatively, prevent adhesions; Research to present to MD's; Lymphatic Drainage; Cancer, Geriatric, and Chronic pain massage; and others.

Interest in serving as State Rep. 6 positive responses

Which other organizations do you belong to?

ABMP 12; AHNA 11; AMTA 24; ANA 3; AORN 2; NCBTMB 2; Emergency Nurses Assn. 2; and several others.

Joint membership with others organizations at "special rate" ABMP 4; AHNA 11; AMTA 15; NCBTMB 2; FNA 2; and some said it would be OK if other org. had a similar philosophy.

Concerns related to the practice of massage as Nurses today

Use of massage w/hospital patients; Grey areas of licensure, scope of practice issues, charting, HIPPA, insurance difficulties; Integrating massage into mainstream nursing and small communities; dual CEU offerings; Hospital written protocols for MT; Getting paid for MT in hospital setting; Marketing our specialty; Standards of Practice; Recognition as providers for insurance billing; Keep hospital based massage for nurses only; and lower status of the NMT.

Upcoming legislation in your state?

AZ has passed legislation requiring licensing bill due 2004

Needs that NANMT may fill that are not currently met by us or other organizations?

Reeducation opportunities; CE courses (online or mail); Network members locally; Dual CE's Hospital protocols; Referrals; Networking; Liability insurance at reasonable cost; Specialty wage for NMT's; and more CE programs in NJ.

How often and why do you visit NANMT website?

Weekly 2; Monthly 5; Occasional 3; Rarely 6; Never 2; Don't have internet access 3; 2-3x per year; never but will consider it in future. WHY to see what's new with members 3; Curiosity; Look for other members; Updates, news; check out a member for massage on vacation; Mainly read newsletter.

What would you like to see on our website that is not currently available?

CEU courses; no follow up re: HIPPA; members only chat room; Networking opportunities, leadership assistance locally; State by state information re: changes in NPA to cover our therapies; Modalities used; Updates of legislative issues.

Cont. page 3

Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well

by **Andy Bernay-Roman**

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—Leonard Devidando, Spectrum Healing Press

SURVEY RESULTS, CONT.

We would like to add a listing of recommended schools of massage to the website. If you want to recommend yours, please provide information.

A Gathering Place Wellness Education Center Florissant and Creve Coeur, MO

Health Enrichment, Lapier, MI

Health Choices Massage School, Hillsborough, NJ

Baltimore School of Massage, Baltimore, MD

Boulder School of Massage Therapy, Boulder, CO

Santa Barbara Graduate Institute, Santa Barbara, CA

Upledger Institute, (great for CEU's)

Arizona School of Massage Therapy

Chicago School of Massage

Milwaukee School of Massage

Florida School of Massage

Blanchard Valley Academy of Massage, Findlay, OH

Dove Star Institute, Hooksett, NH (also in MA & SC)

Educating Hands School of Massage, Miami, FL

Sr. Rosalind Gefre's School of Professional Massage, MN

Center for Human Integration, Philadelphia, PA

SW Institute Healing Arts, Tempe, AZ

Shi Integrative Medical Massage, Lebanon, OH

Univ. Alaska, Anchorage AK

Mueller College of Holistic Studies, San Diego, CA

OTHER COMMENTS YOU HAVE MADE

Please take charge of licensing in this state (PA)

Member discounts for educational seminars, etc.

Offer CEU courses for both RN and MT renewals

Networking to get to know and support each other

Legislation re: including massage in nurse practice

Support MT's efforts to be licensed

I'd like ways to get more involved

I looked forward t last year's convention, got cancelled at last minute, please try again

Ways for visitor to website to be referred to member

I like being MN State Rep. and networking

Isolation in own practice, unconnected to other NANMT activities

Online courses for CEU's

Where is next conference/ seminar

Certification for NMT

NANMT needs Rep on other organization boards

Research needed on NMTS

We of the board would like to express our appreciation for all of your answers, comments, and suggestions. We value them highly. If you will read further in this issue, some of your ideas are already being addressed. If you do not see what you had hoped for, CONTACT US, GET INVOLVED AND BE A PART OF THE PROCESS. At the bottom of this page is a list of our needs. What we need mostly is one or more of you to care deeply enough to let us know that you want to help. It is after all, a member organization and YOU are the member. We are growing, slowly; we will grow faster with more input and ideas from you the MEMBER.

!! EXCLUSIVE !!

FOR NANMT MEMBERS

Thanks to the generosity of BONNIE MACKAY, MSN,ARNP,CMT, we are happy to announce that her documentation manual, THE CLIENT HEALTH RECORD is now available in limited quantities to NANMT members. She has donated them to assist NANMT in raising funds for our work. Once these are gone, no more will be available. This is in use by our board members and they count it an invaluable documentation tool for their sessions. Cost to members, \$25.00, includes shipping. Send check or money order and shipping address to NANMT at:

NANMT c/o Sally Burns
4271 S. Salida Way Unit 9
Aurora, CO 80013

!!! NANMT NEEDS YOU !!!

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LEGISLATIVE DIRECTOR

STATE REPRESENTATIVES

WHAT'S HAPPENING

1 BIG CUT IN AD RATES see below !!!!

2. Research Survey Notice... This fall you will receive a survey from our Past President, Jamie Listebarger, requesting information that will be essential for the Johns Hopkins Grant she received to evaluate the efficacy of massage therapy in palliative care. The End of Life research project, sponsored by the School of Nursing at Johns Hopkins Univ., is the first significant research that applies to NMTs. Please take a few moments to complete that survey and return it to Jamie. Take part in shaping our future.

3. **Diana Rogers** (NANMT state Rep. NY) has recently opened a new business. *Richmond County Massage Therapy and Registered Nursing Services* is located on Staten Island, NY. Call Diana at 718-351-0503 for more information. Best wishes to you Diana.

4. **Lorrie Dobrowski** of Milford, PA took a family illness and turned it into a fund raising event. Lorrie's sister, also a MT, suffering from cancer, inspired Lorrie to start the first Milford, PA "MASSAGE FOR A CURE" to benefit ACS. A salon donated space and she and other therapists offered 20-minute sessions for a suggested \$30 donation to ACS. Way to go Lorrie!

5. **Bonnie Lester** of Avoca, MI recently presented to the MI Brain Injury Conference on "Integrating Massage Therapy with Brain Injury Rehabilitation.

6. Board approved Press Release for Members

Your board recently approved a Member Press Release for use for new members and continuing members when you want to promote yourself, your business and NANMT in your local newspaper.

7. We have arranged with AHHA (ahha.org) to have visitors who check their website to contact us if they are looking for a nurse massage therapist in their area. Visitor information will be sent to us and forwarded to NANMT members in their area. Contact the office if you have any questions.

8. **Membership cards** Please check your card, if the date has expired, we encourage you to renew. It is easy to do on line and can be done before notices are sent to you. The **Membership Directory** also has your renewal month by your name.

NANMT PLEASURES

PLEASE be sure to inform us if you have moved, or changed phone, fax or e-mail

PLEASE check our website regularly for news

PLEASE support the organization with volunteer opportunities we offer.

PLEASE speak well of your organization and encourage new members.

PLEASE let us know what you have been doing that may be of beneficial interest to other members for possible inclusion in our newsletter.

PLEASE inform us if you have added or changed your licensing

PLEASE keep us informed of NANMT relative legislative actions in your state

PLEASE BE WELL

Contact: 1-800-262-4017 or nanmtadmin@nanmt.org

Cam Spencer, President cam@nanmt.org

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Angela Melton, Secretary angela@nanmt.org

Sally Burns, Treasurer sally@nanmt.org

Teresa Ramsey, Ed. Director teresa@nanmt.org

Jamie Listebarger, Past President Jamie@nanmt.org

Andy Bernay-Roman Founding Pres. andy@nanmt.org

State Representatives: Holly Casey, WA; Paulette (PJ) LePine, SC; Karen Mader, MN; Kathy Noblet, IL; Alice Rainbolt, MO; Teresa Ramsey, OH; and Diana Rogers, NY We want to hear from you, the board can be reached by the above e-mails or the 800 # and messages will be relayed to state representatives. Your suggestions, thoughts and ideas are most welcome. As always we are guided by your input. Make this your organization.

Advertising Rates 2003

	1X	2X	4X
Full Page	\$200	\$350	\$650
_ Page	\$100	\$150	\$250
_ Page	\$50	\$125	\$200
Business Card	\$25	\$45	\$85

This newsletter will be published quarterly on Jan. 30, Apr. 30, July 31, and Oct. 30. Requests for ads, articles, or suggestions for inclusion, must be submitted one month prior to publication. Can accept electronic or mail copy, send to:

NANMT
4271 S. Salida Way, Unit 9
Aurora, CO 80013 or sally@nanmt.org

The mission of the National Council of State Boards of Nursing (NCSBN) is to lead in nursing regulation by assisting member boards, to promote safe and effective nursing practice in the interest of protecting the public health and welfare. Their role is to serve as consultant, liaison advocate, and researcher to member boards and as an education and information resource to public and policy makers. www.ncsbn.org.

With this in mind, your board of directors attended the meeting in Alexandria, VA in September. Our major objective was to educate state representatives about NANMT, our scope of practice for NMTs and our desire for each state to endorse Nurse Massage Therapy as a nursing specialty.

During the week we were able to meet with Kathy Apple Executive Director for NCSBN. Ms. Apple was very informative and open to a separate meeting in her office in Chicago with our board members to discuss effective methods to use in approaching state boards. (see Presidents message, page 1)

Also during the week, we were able to meet many exhibitors. There were several companies represented that we felt could benefit NANMT in the near future. For your information they were: The National Association of Clinical Nurse Specialists at www.nacns.org, Publishing Concepts at www.compassvision.com, Professional Credentialing Services at www.pcshg.com and NCSBN Products & Services at www.nclex.com.

In summary, although we were not able to distribute written materials, we were able to network individually with many of the state representatives. It was enlightening to learn that many states were not aware of our organization. We felt that it was very beneficial to be among the "leaders of nursing regulation". At the very least, NANMT was recognized as a nursing specialty organization among so many nurse regulators. Even the keynote speaker, Leah Curtin, DSc(h), RN, FAAN, Clinical Professor of Nursing at the University of Cincinnati College, in her keynote address, reiterated that nursing specialties were on the rise. She also concluded in her speech the need for stress reduction and that the latent genetic expression for various illnesses may be related to how much stress a person experiences. This concept is directly related to what we have to offer in massage therapy. You can also learn more about her and her support for the future of nursing at her website www.curtincalls.com.

By Angie Melton, Secretary, NANMT

?? NANMT KNOWS ??

Question: I am an RN working in an OP Surgery Center, and enrolled in a 500 Hour massage course. Part of my class project is to interview a nurse massage therapist with at least 5 years of experience. Could you help me? MM, CA

INTERVIEW with Theresa Harrison, former NANMT SEC.

1. What made you decide to become a massage therapist?

TH.. I graduated from a "Holistic" BSN program. It seemed an addition to my skills and a natural evolution when CO changed the Nurse Practice Act to a broader definition.

2. How many years have you been practicing and how long did it take to get established?

TH.. It takes a commitment to get a practice going, at least two years, as well as a financial investment.

3. Are you self-employed? TH.. Yes.

4. How many hours per week do you work in Massage? In Nursing?

TH.. This question is at the core of the distress most NMTs are dealing with. As a NMT, I define myself as a NURSE SPECIALIST, inseparable and more complete to practice care giving. It is my nursing skills that tell me to refer when out of my depth and alert me to assess for certain etiologies and my holistic background to look for a more complete view of the client and their environment.

5. Do you target a specific group of patients?

TH.. Yes, mostly those who want to share the commitment of touch therapy as a tool for long-term adaptive health.

6. What massage modalities do you offer?

TH.. I like a good tool kit of many modalities, but can only be skilled in a few things. I refer for acupressure. Mostly I use soft tissue mobilization as a goal, and my hands have been "certified" with MFR, NMR, Swedish, and Craniosacral.

7. In which way has your experience in nursing been beneficial to giving massage therapy?

TH.. Refer to the above, but I would add that my science and liberal arts nursing education helped over time to give me confidence and leadership.

8. Have you ever had to deal with work related health problems or injuries from doing massage therapy?

TH.. Yes. I do not do outcalls anymore because lifting my massage table into cars, and carrying up and down stairs takes too much toll.

9. What advice would you give to future massage therapists?

TH.. Do you mean NMTs? Define yourself. Love what you do for people.

10. What do you like best about being a massage therapist?

TH.. I love how people find peace in my treatment room and in my touch, and the trust we have in one another.

Welcome New Members

Susan Becker	Saddlebrook, NJ
Linda Bowsman	Ruby, MI
Linda Davis	Santa Rosa, CA
Karen Fink	Lakewood, OH
Milly Foss	San Antonio, TX
Delecia Ingram	Mandeville, LA
Patricia Julius	Tipton, IN
Bonnie Lester	Avoca, MI
Nancy Ann Markel	New Bern, NC
Elsie McCombs	Christianburg, VA
Jeannine McSorley	Columbia, SC
Lisa Schwartzberg	Baton Rouge, LA
Linda Szafran	Brighton, MI
Lisa Valerio	Cranston, RI

NANMT BROCHURES Have you seen the new brochures? If you are attending a conference and can distribute brochures, please contact our office for quantity needed and where we can send them. This works well also for Massage/Nursing schools in your area that may not be aware of NANMT. Help us
SPREAD THE WORD.

NANMT CONTACT INFORMATION

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