



NANMT

NEWS

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Spring 2003

PRESIDENT'S REPORT GOOD BYE AND HELLO

It is always a sad time to say goo-bye to old friends but in this case we are not parting completely. Sonja Simpson, RN and her husband Richard have been the management company for NANMT for several years. They have been instrumental in helping our organization grow and they were available to answer questions from around the nation and abroad. This year Sonja is President Elect of the American Holistic Nurses Association and between her full-time job and AHNA business, she is quite busy. It has been a wonderful association and we wish Sonja and Richard our very best.

We now say "Hello" to Barbara Nichols. Barbara lives in Ohio and has benefited from massage through the expert hands of Teresa Ramsey. She has a home based business with years of experience in marketing. Now is the time for NANMT to take a giant leap forward in reaching out to nurse massage therapists and letting the medical and massage world know how special we are!

I hope all of you will join me in welcoming Barbara to our organization and watch for new material and information to flow forth. Please be patient while we make this transition and have new material printed with our current address. The 800 number is still the same as is our web site. Check out the box on the last page for information to reach us.

Fondly, Cam Spencer, President

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PRESS RELEASE

ARLENE FREDERICK EARNS HEALTHCARE CERTIFICATION

Arlene Frederick, RN, Ed.D, LMT of Columbia, SC has successfully completed Bruno Chikly, MD's basic Lymphedema/CDP Certification Program through the Upledger Institute Inc. The certification signifies advanced skill in the application of (CDP) complex decongestive physiotherapy in the treatment of lymphedema.

Lymphedema – excessive accumulation of tissue fluid due to a disorder of the lymphatic vessels or nodes – is a chronic condition that will usually worsen if left untreated. CDP is the conservative treatment of choice for lymphedema and is reimbursed in some states by medical insurance. CDP involves a regimen of manual therapy, medical compression, skin care, and isotonic exercises.

The CDP Certification Program was created in 1999 by Dr. Chikly and is designed to help build awareness of lymphedema and to ensure the quality of practitioners who provide manual lymphatic therapy and CDP. Two levels of certification are available: a 140 & 170 hour program involving extensive study, written exams, and hands on testing. Each level fulfills the requirements needed to sit for national Certification testing with the Lymphology Association of North America (LANA).

Arlene Frederick has earned the 140-hour Lymph edema Certification and is President of the Center for Health Integration which offers massage, CranioSacral, Lymph Drainage, Healing Touch and Quantum Healing Therapies. She is also Vice-President of NANMT.

We are very proud to have Arlene on our board and look forward to her contributions to NANMT.

BIOGRAPHY

BARBARA NICHOLS – TOTAL BUSINESS SOLUTIONS

This is Barbara in mostly her own words:

I spent too many years in corporate business world (aviation, manufacturing, real estate, law, investments) various positions, clerical, marketing, administrative, management. I was Senator DeWine's (R-OH) secretary when he was just a law clerk in the prosecutor's office in Greene Co. OH. Glad I never followed him into politics.

I owned my own wholesale gift/jewelry import business for 8 years with former spouse- designed jewelry.

I love to mentor children, not fortunate to have any of my own but grateful to those who have shared theirs with me.

My interests include listening to jazz, blues, and classical in that order, and I write poetry (couple published).

I have always volunteered in areas of domestic violence and human injustice.

I practice Nichiren Daishonin's Buddhism (from Mahayana teachings Shakyamuni Buddha) following the law of cause/effect and the belief that people can make their own human revolution, change their karma, overcome their obstacles, and live in peace.

I have been to Europe, love train trips. I prefer public radio/TV over all else (best enjoy the spirited McLaughlin Report on TV and This American Life on radio.

My favorite color is yellow and I want to own another black and white '57 Chevy like I had when I was 18!

I think we should have paid more attention to John Lennon and George Harrison's words.

I met Johnny Mathis, Bob Newhart and other celebrities when I interviewed them for the high school newspaper and a local Chicago newspaper

in my youth.

I personally know the benefits of a nurse massage therapist and am pleased to do work at home for this organization.

Welcome Barbara, we are glad to have you on our side.

??? NANMT KNOWS ???

QUESTION

I am an RN in New Jersey and have taken a nurse massage therapy course that included anatomy and physiology, ethics, assessment and infection control. I have about 200 hours since 1998. Since then I have opened a wellness center and have done both massage and nutritional therapy for 5 years.

I am moving to New Mexico and want to know if I can practice as a nurse massage therapist without having completed a 500 hour course. I was told by my instructor in New Jersey that we can practice here under our nursing license. What do you know about this?

Sincerely DF in New Jersey

Dear DF

Every state is different in how they deal with therapeutic massage and required hours. Some states require licensure and a certain number of hours to practice massage. (NM requires 650 class hours or 300 class and 350 hours qualifying experience as well as jurisprudence exam and NCETMB as of '91 < from ABMP>) You need to check the state that you practice in for both how they approach massage therapy (who controls it at State level) and how the State Board of Nursing views massage within the scope of Nursing Practice. Answered by Sonja Simpson.

PS. By Andy Bernay-Roman NANMT is working to lobby the Nursing Boards to make favorable statements about massage being within the scope of nursing practice for those nurses with specialty training. IT will Happen!

Your Board of Directors

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All of us can be reached at the above e-mail addresses or by calling our 800 # and messages will be relayed to us. We want to hear from you, your thoughts, ideas and suggestions. All are welcome.

!!! NANMT NEEDS YOU !!!

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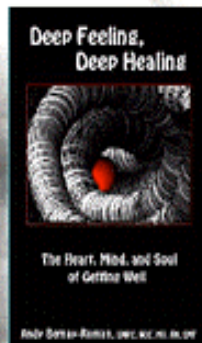
We need members to volunteer to work with us in planning this conference. Please e-mail me at: www.cam@nanmt.org or call me at home, 842-971-6226 with your ideas, suggestions, and willingness to serve. Your board of directors and state representatives are all hard working men and women just like you who volunteer their time to make this organization possible. We need your involvement. Look over the list in this Newsletter indicating the positions and committees open for you to find a place where you can be of assistance and benefit to the NANMT. Your association needs YOU.

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

by Andy Bernay-Roman
LMHC, NCC, MS, RN, LMT

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!! EXCLUSIVE !! FOR NANMT MEMBERS

Thanks to the generosity of BONNIE MACKEY, 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 payable to NANMT at:

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

A MASSAGE THERAPY BUSINESS

Last month I was contacted by a nurse massage student who asked me to participate in a survey. The primary focus was to obtain information regarding a massage therapy business. What follows are some questions and my answers.

What was my nursing career like before massage?

I have been an RN for 28 years, working full-time in various medical settings, staff nurse in community hospitals (med-surg and ER), outpatient renal dialysis and home health supervisor. In 1990 myself and two other colleagues incorporated and started our own Medicare Certified Home Health business. This was an exciting time, growing to 50 full-time employees in three years. Our staff was making home health visits in 5 southern counties of rural West Virginia. I was director of Patient Care. By 2000 I was getting tired of dealing with Medicare and third party insurers. I longed to return to direct patient care. I enrolled in a 510 hour massage course and graduated in January 2002 and was certified by NCTMB in June 2002.

What interested me about massage?

The fact that I would be working and providing direct patient care was very enticing to me. I knew enough about hands on healing to know that massage was a very beneficial form of therapy. Also I believed it would be an asset to my nursing career.

What kind of response did you get from your nursing colleagues about massage and incorporating it into your practice?

My colleagues were very envious. They too, were looking for different alternatives to working in the confines of government regulations. I did not incorporate massage into home care due to the fact that it was not a Medicare covered service.

What barriers did you run into bringing massage into facilities? How did you overcome them?

I approached the CEO of the hospital about the possibility of providing massage to patients and/or staff as a pilot project (HBMT). I had done my homework before I met with him. He was not interested in pursuing massage as a benefit to patients due to the fact that there would be no revenue produced. I asked him to ask for feedback from physicians, but he never got back to me. By May 2002, I had been researching different massage businesses and employment options and decided to leave the hospital, and government regulations, and start my own massage business.

How has massage changed your nursing practice?

I graduated in Jan. 2002 and passed the NCBTMB in March. I also became certified in Dr. Vodders School of Manual Lymph Drainage, a 160 hour course. This MLD has been a wonderful addition to my practice.

In July, I opened the doors to my new business, Angela's Therapeutic Massage Services. I live in Pearisburg, a small rural town in SW Virginia. The medical community has readily accepted my practice and is very supportive. I have a web page that explains who I am, my education, as well as my experience. I screen all my clients with a health history intake form prior to their massage. I have a wonderful software program that I use to keep up with the "bookwork". I developed my own business cards, brochures, and newspaper ads using my computer.

How did you connect to NANMT? How has it helped you?

During my two years attending massage school, I read every thing I could get my hands on, (no pun intended). I discovered NANMT while searching on the Internet for information regarding nursing, massage and hospital based massage. I joined the organization and attended a national conference in Oct. 2001. While at the conference, I was nominated secretary, and the rest is history. NANMT has helped me t network with other RN's working as massage therapists as well as using massage in their practice. Because of my location, I do not have any nursing massage therapist colleagues with whom I can network. Also NANMT has given me much insight on how I want to set up my practice.

What is the mission statement for your practice?

My business mission is to serve the general public in my area by providing therapeutic massage and self-help education at a reasonable cost with flexible hours at an easily accessible location. My goal is for each client to feel empowered to improve his or her own health and well being in order to become self-reliant, more productive and energetic.

How are you planning your fee structure? Insurance, workmen's comp., sliding scale with prescriptions, flat fee?

For my fee structure, I have chosen to use the \$1.00 per minute concept in charging for the 30-minute sessions. I charge \$55.00 for a one-hour massage and \$75.00 for a 90-minute session. When I recommend that a client should receive one-hour therapy weekly for three to four weeks, I call those massages, "series massages" and charge \$45.00 per session. Because of my experience in the past with third party payers and workmen's comp, I have decided to accept cash only. I have a policy that I will supply the client with the necessary paper work for them to submit the claims to their appropriate insurance company for reimbursement. There are many resource books/manuals on the market to assist massage therapists with insurance reimbursement policies and procedures. I located two very good books at the American Massage Therapy Association web site.

Cont. pg. 5

Business cont.

What is the most rewarding aspect of massage for you?

The most rewarding aspect of massage for me is that I am actually making a difference for each client's health and well being. It is such a wonderful complement to hear your client voice how much better they feel after you have given them therapy. I only with I had discovered massage therapy as a career years ago. Secondly, just knowing that I am able to give my undivided attention to a treatment session, full of care and compassion is very fulfilling. The inner peace that I feel after each massage is my reward. And thirdly, because I have a cash only business, there is very little governmental regulations dictating how I provide my services.

Angela Melton, RN, LMT, NANMT Secretary

NEW STATE REPRESENTAVIVES

New are Diana Rogers of New York and Alice Rainbolt of Missouri

Joining Paulette (PJ) Lepine of SC, Karen Mader of MN, Holly Casey of WA, and Kathy Noblet of IL

All may be reached through the 800 # or nanmt.org our website or check your membership directory to get in contact.

Advertising Rates 2003

	1X	2X	4X
Full Page	\$425	\$750	\$1325
_ Page	\$250	\$450	\$800
_ Page	\$140	\$250	\$450
1/8 Page	\$75	\$135	\$250
Business Card	\$50	\$80	\$160

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. Correspondence should be addressed to:

NANMT
4271 S. Salida Way, Unit 9
Aurora, CO 80013

New Members Welcome to NANMT !!!!

- Lonnie Lane Honolulu, HI
- Jackie Diller, Pandora, OH
- Jeanne L Brinkley, Church Creek, MD
- Yolanda Talbert, Chugiak, AK
- Diana Rogers, Staten Island, NY
- Janet Boyer, Phoenix, AZ
- Lillian Mansoor, Dryden, MI
- Holly Nadal, Elmhurst, NY
- Ann Ferrell, Charlestown, SC
- Mary R. Patchett, Verona, WI
- Elaine Young, Annapolis, MD
- Oladeinde Aridegbe, Laurel, MD
- Ilene M Jenkins, Olney, MD
- Kathy Noblet, Taylorville, IL
- Kelli Campbell, Gilbert, AZ
- Nadine Y Chevalier, Paulden, AZ
- Cindy Corby Salisbury, NC
- Deborah VanEtta Mt. Vernon, WA

We are proud to have these new members. If you need information or brochures, contact us at nanmt.org or our 800 number.

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HOSPITAL BASEDMASSAGE NETWORK

HBMN.com is alive and well on the net. Our good friends there have provided us with the remaining printed copies of back issues of their quarterly newsletter. Issues are available as follows in limited quantities:

One of '95-96 issues, first 6 newsletters @ \$15.00 and 11 '95-'97 @ \$25.00 and 3 '98-2000 @ \$25.00. Mail orders to: NANMT
4271 S. Salida Way Unit 9 Aurora, CO
80013

HBMN website will continue to provide a Message Board, a Links Page, a Hospital Program Survey, and a Colleague Survey online. Also available are 3 publications from HBMN and these are available through Information for People at 1-800-754-9790 or online at www.info4people.com. Check it out. There is lots of help out there for those wanting to integrate massage into the mainstream medical establishment.

NANMT CONTACT INFORMATION

1-800-262-4017

or

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<http://www.nanmt.org>

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POSTAGE

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