



NANMT NEWS

Volume 4, Issue 2

spring 2004

President's Address

The Board of Directors wishes to thank our newest board members and state representatives for volunteering their time to help expand and advance the NANMT. As mentioned in the last newsletter, the regional directorships were divided into four areas. I am delighted to announce that Holly Casey of Spokane, Washington will be our North West Regional Director, and Kathy Noblet of Taylorville, Illinois the North East Regional Director. We still have openings for South East and South West Regional Directors. These new board members will be a liaison for the members and state representatives in their region. Planning an annual regional meeting and coordinating networking will be part of their activities. As mentioned before, the board decided to move to regional meetings in order to make them more available to more members at less expense.

In addition, we have three new state representatives. A big welcome to our team is Jeffery Budzek from Pennsylvania, Diana Risse from Iowa, and Deborah Meyers from Maryland. If you live in their state, please contact your state representative and offer to assist them with setting up networking and offer suggestions as to how, together, you can improve nurse massage therapy in your state. If your state does not have a representative, please consider writing/calling and let us know of your interest. We are all volunteers and together we can make anything happen.

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Here is a further update for those desiring to combine their nursing and massage liability coverage. Nursing Service Organization (NSO) is a sub group of Healthcare Providers Service Organization (HPSO). To access an online application, go to www.HPSO.com and click on professional liability insurance. Look for massage therapy and apply through your state. It is currently \$140. Then you can add your nursing as a secondary coverage for no additional charge. If you have any questions or just prefer calling, their number is 1-800-982-9491.

I hope this will help those of us who like to cover all of our areas of practice.

Please look at our website for all the latest in information and the possibilities for networking. We love hearing from you with questions, concerns and suggestions. Don't hesitate to call or write any of the board members or staff.

Cam Spencer, President

HELP WANTED

NANMT NEEDED One who is enthusiastic, outgoing, and computer capable and willing to give a few hours /month to promote the cause of NANMT. We have openings for Legislative, SE and SW Regional Directors, State Representatives and Nominating and Newsletter Committees.
REWARDS! Networking, new friends, sense of pride in accomplishing the goals of NANMT Apply NOW
THIS IS AN ELECTION YEAR ARE YOU READY ?

"WEB PERKS"

The NANMT website will soon be offering an online directory for the public. Yes, that's right, for work referrals. Every member will be contacted to see if he/she wants to be listed or not. AND THAT'S NOT ALL! For a mere \$25 per year, you can expand your listing to link to your very own personal/professional profile page! Our NANMT webmaster will design your page for you, and even include a photo if you wish. Then feel free to include the web address to your profile page on your business cards or brochures! Year-round advertising will be available at a very reasonable cost.

Also planned is a members-only access to a past NANMT publications archive. If you missed a newsletter or are just curious about years gone by, you'll have free access. Just another way to say thank you to our loyal members.

Andy Bernay-Roman Webmaster

State Representative News

From Alice Rainbolt, MO

This is a letter from the Missouri State Board re: the scope of practice and massage therapy.

Nurses can provide massage or bodywork within their scope of practice as it relates to patient care and pursuant to a doctor's order. However, if a nurse wishes to practice massage therapy independent of patient care, then the massage therapy license is required. What you need to do is obtain a massage therapy license. If you have a massage therapy license, then you can also obtain a massage therapy business license. You need to contact the Massage Therapy Board. Their web site is

<http://pr.mo.gov/massage.asp> you do not need to submit your CEU's to the Board of Nursing. You should keep them in your professional file as documented evidence of your training.

Lori Scheidt
Executive Director
Missouri State Board of Nursing
lscheidt@mail.state.mo.us

!! 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 to NANMT at:

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

As Education Director for NANMT, I am particularly interested in developing myself and others to create the "umbrella" for ceu providership for NMT's, emphasizing the nurse through ONA, and massage through NCBTMB. I have some experience with becoming a provider for ceu's, but need more for the umbrella capabilities. ONA offers free seminars in how to prepare the documents for ceu provider numbers as an umbrella. Probably all state associations offer this. If you are interested in personal/professional development in this area, would you please contact me at teresa@nanmt.org? We will need to be proficient at this as we move into holding regional conferences and providing ceu's

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A LETTER TO NANMT MEMBERS

As a state representative for NANMT, one of my responsibilities is to find out what our members need and how we can help them. You know the saying "Charity begins at home"? Well, could we please start with me? I'd like to network with the membership and ask for their thoughts and ideas on how I can obtain my "ideal" practice.

Several months ago I participated in a weekend retreat for women who have/had some type of GYN cancer. I was one of five massage therapists giving table massages to these women. It was arranged that the women would sign up for the massages and another person would assign the therapist.

My first client was cancer free for two years; however, she was left with lymphedema in her legs that was extremely painful at times. Lynn was so relieved that I was a nurse and familiar with lymphedema. As a matter of fact, she said she almost didn't sign up because she was concerned that the massage might be painful. During the massage, I used gentle Swedish massage techniques and some lymphatic drainage strokes. She talked about many things she endured during her treatment and how her lifestyle has changed. Lynn does her own grocery shopping but it takes her at least two days because she will have to stop and sit down due to exhaustion and leg pain. Her doctor told her there was nothing to do about the lymphedema and that she was "lucky to be alive with the cancer she had." Fortunately, she now sees another physician and I gave her the name of a local hospital that has a lymphedema clinic. Incidentally, she loved the combined massage and Reiki.

After she went downstairs, ladies started coming to the area and asking for the "nurse" massage therapist. One lady I massaged was wheelchair bound since her chemotherapy. She had Spina Bifida and used to ambulate with the aid of leg braces. This spunky lady wheeled herself around and hopped up on the table. I didn't realize she had Spina Bifida until I looked at her feet and then felt the telltale sign on her spine. When I was in nursing school, more than a few years ago, my pediatric rotation was on a neurology floor and this particular hospital received the Spina Bifida cases from the regional area. As I looked at her face and her misshapen feet, I realized she was probably one of my patients I had as a

Student nurse. How's that for serendipity?

As things turned out, I did twice as many massages as the other four therapists. Those were only two of the women I met that day. They all had more in common than cancer. They were all positive and referred to themselves as "survivors", they all were well informed about their disease process and treatment, and they all loved the gentle relaxing massage.

I have a budding private massage practice, do some per diem massage at a spa and senior citizen centers and volunteer massage/Reiki services at a local hospice. I love my "work", but that afternoon at the retreat I realized working with that type of clientele is what I am supposed to do. Now, please help me figure out how to do it and still pay my bills.

Thank you for your insight, input and ideas.

Alice Rainbolt

Missouri

Welcome New Members

FEBRUARY

Judith A. Landers
Joan H. Fox
Mary Breslin
Mary Louise Nicholas

Phoenix, AZ
Missouri City, TX
Running Springs, CA
N. Wales, PA

MARCH-APRIL

Teresa Bent
Perry L. Evans
Sr. Mary Em McGlone
Rita Slater
Eileen Ebert
Sarah Schmidt
Shelley Reeland
Debra Vierling
Margo Gonzales

Enon, OH
Baltimore, MD
Philadelphia, PA
Derwood, MD
San Antonio, TX
Valparaiso, IN
Waterloo, NY
Batesville, IN
Addis, LA

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 KNOWS ??

QUESTION: Is a NMT a Clinical Nurse Specialist?

This is my understanding:

NANMT represents the nurses who have been trained in massage and who use it in their specialty practice as Nurse Massage Therapists. NANMT is recognized by the NOA as a nursing specialty organization, just like the group of IV nurses or enterostomal care nurses are. One of NANMT's purposes is to set the standards for this specialty, and perhaps one day provide certification for its' members to use as a credential to verify fulfilling those standards of competency. Right now no such certification is happening for our specialty practice. We therefore do not qualify for the technical label of "Advanced Practice". We do qualify for the label "nursing specialty practice".

Certification of our specialty practice involves hiring a testing corporation the help us go through the vigorous process of establishing a valid way to set and test standards of our specialty practice. That costs at least \$30,000, and we actually had an offer from a reputable testing company to do it if we signed a contract to give them the first \$30,000 we collect. It's still possible without the \$30,000 up front.

Andy Bernay-Roman, Founding President

NANMT PLEASES

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

STATE LEGISLATION AFFECTS OUR MEMBERSHIP

Diana Rogers, NY state representative shared her recent experience at a state nursing meeting. Her experience is encouraging and we encourage all members to seek our legislation in your state that may affect you as a Nurse Massage Therapist.

Here is Diana's experience.

I would like to share my experience with other NYS massage therapists. I had the opportunity to meet with NYSNA's members, and lobby with my local assembly members and senators regarding specific nursing issues. I never knew how easy it was to get involved until I actually did it! I would like to share with all NYS members who are practicing massage under our licenses that there was a law passed and later enforced regarding third party reimbursement and RN's back in 1984! There are bills that cover our very practice right now waiting to be enacted into law as we "read" this, or I should say "REINFORCED". I would like to mention that many of the nurses I networked with including those who are doctorate prepared didn't even know that there are nurses who are doing massage! We have work to do regarding education to the public and our peers. Let's get together in Albany in the future and lobby about 3rd party reimbursement and practice issues that directly affect us. New York members, please contact me.

Diana Rogers RN

Richmond County MT & Registered Nursing Services
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Staten Island, NY 10306 718=351-0503
Drogers1@si.rr.com

Advertising Rates 2003

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_ 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

DIANA ROGERS, STATE REP FOR NEW YORK IT IS SPRING AND BUSINESS IS BLOOMING

Diana, how long have you been a nurse? 19 years, 17 were spent working in a hospital, 4.5 in neonatal ICU and the rest in Level 1 trauma centers in NY and NJ.

What brought you to where you are today, owning your own business? I, like many nurses, started to get "burnt out" from the stresses every nurse faces and decided it was time to "move on". I had missed one on one nursing care with patients and after a while felt as if I was an "equipment technician". I also began getting sick with multiple "stress related" illnesses and decided it was time to change my lifestyle. I began receiving massage therapy for back pain and pain reduction. Massage therapy helped heal my body and woke me to a new career path! I enrolled in massage school at Institute of Therapeutic Massage in NJ and upon graduation was asked to teach anatomy and physiology at the school. Later, my teaching experience included hands on Swedish and medical massage. I truly loved teaching. At the same time I was still working in the ER and I started a practice out of a chiropractors office that was successful for a year.

When did you begin your own business? All along I had wanted my "own place", a nurses center so to speak. After 2.5 years of getting my feet wet and learning as much as I could about business, I took one of the biggest steps in my life. I lessened my hours teaching and stopped working in the hospital. I rented a medical suite at a busy intersection and opened my business Richmond County Massage Therapy and RN Services, PLLC on September 8 2003. I had 8 patients then. I utilized my slow days speaking to all the doctors I knew and meeting people in other businesses. I seemed to eat, sleep and dream massage. I educated anyone I could about the benefits of massage therapy from a nurse. That is where I made the difference. It was a struggle paying my rent, so I began bringing chair massage to the hospitals. I started giving 10-minute chair massages charging \$1 per minute. They loved it!

Where are you with the business today? I now have a steady clientele, all of whom have been from word of mouth and satisfied clients that return on a regular basis. I am still learning about business and will be speaking at future seminars about the benefits of massage. I pay most of my bills, but rent in JY is high and it's still hard to make ends meet some months. There are some days when it is easy to feel like throwing in the towel and just going back to the hospital and collecting a paycheck. But, I have learned that as long as I continue to be patient, things always work out. The true joy is that I have brought pain relief, hope and happiness to my clients, and at this point how could I let them down or myself? I have learned so much from this experience and have found my true purpose in life. I don't let anything stand in my way of teaching about such a *basic non-invasive intervention, massage*. Yes, I have had many doors closed in my face but I have been persistent. When you feel strongly about something, it shows to all around you and you just stick with it. Of course, money is nice and that does come, if not sooner then later. I won't say money isn't a struggle, but then when isn't it? I now see the light, as far as my nurses' center. I am considering changing the business name to Richmond County's Massage and Wellness Center, offering IV Chelation, Colon Hydrotherapy, acupuncture (done by a LaC RN), auricular therapy, aromatherapy, yoga, nutritionally therapy and skin care. These are all future modalities that could be offered under one roof.

How has this affected your personal life? I have 3 daughters and one just told me she wants to be a nurse. I'm proud of them and I'm sure this has all been an example for them from which to learn.

Have you faced insurance reimbursement issues with the business? Of course, there are issues with getting reimbursed from insurance companies but I have also realized that when people are desperate to be free of pain they will pay for our services. I would still like to see NMT more recognized as a nursing specialty.

What words do you offer our members? Remember, we must not only perform to our highest standards, we must educate others about nurse massage therapy and its' value as much as we can. Get out there, become speakers for this specialty, become recognized, and take that leap of faith. Thank you for this wonderful opportunity to share my experiences. I look forward to meeting my peers who are NMT's. If you are in the area, please plan to visit with me at my business. Feel free to contact me anytime with questions or information.

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NANMT IS GOING TO AHNA

WHAT DOES THIS MEAN???

The American Holistic Nurses Association is holding its annual conference in Scottsdale, AZ from June 17-20.

Your board has decided that this is an ideal opportunity for outreach and education, so a board member has been designated to attend as a vendor. This means she (me) has the opportunity to talk with and educate nurses and others already into holistic modalities about our organization. If you are planning on attending, come and visit our booth, if you want to attend, you can join me and even partake of some of the classes offered. It would be great to see YOU there.

Later in the year, your board is also going to be a vendor at the annual AMTA conference. You can join us there too.

Sally Burns, Treasurer

NANMT CONTACT INFORMATION

1-800-262-4017

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<http://www.nanmt.org>

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