



NANMT

NEWS

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PRESIDENTS MESSAGE

Greetings from your President: May and June have been busy months for your NANMT Board with final preparations for our 2002 annual conference to be held in Bemidji, Minnesota, September 27-29. I am pleased to announce we will have two great choices for continuing education classes. In accordance with our theme, TOUCHING ALL OF LIFE, Conference attendees will choose from classes on Massage Therapy for Infants or the Elderly.

JOYCE GARLAND, RN, LMT, has worked exclusively with geriatric patients for the past 20 years. She is an instructor/therapist in the Day-Break Geriatric Massage Project and has a private practice with an emphasis on elderly clients with specific health needs. She offers 12 credit hours in geriatric massage. The Geriatric Massage Project is an institute that encourages and teaches the use of skillful hands-on-work to make life more enjoyable for the elderly by helping them to maintain their health and often regain physical capabilities that seemed forever lost.

TERESA RAMSEY, BSN, LMT, founder of Baby's First Massage, has worked as a nurse in all areas of obstetrical care. "Teaching infant massage was one of those ultimate joys for me. It was very exciting and rewarding to offer

families this ancient loving art, and see how the parents begin to feel more capable, more attuned to their babes." The program, Baby's First Massage has trained over 2500 instructors and is offered in hospitals, private practice, high schools and communities all over the USA. Attendees will receive 9 credit hours at the conference with an option to become a certified instructor.

For more information on these workshops, logon to either: www.daybreak-massage.com or www.teresa@babysfirstmassage.com

In addition to these dynamic workshops, speakers will include Sally Hacking, legislative consultant for our keynote address and Past President Jamie Listebarger speaking at our dinner banquet.

I hope everyone who enjoys networking with other nurse massage therapists, learning new skills, and loves the natural peace and beauty of northern Minnesota will join us for this exciting fall conference.

Cam Spencer, President NANMT



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BOTANICAL MEDICINE and TOUCH THERAPIES

For HEALING A HISTORICAL SURVEY

By Laraine Kyle, RN, MSN, CMT

In the fourth century, with the rise of Christianity in Europe, little was written about massage or aromatic substances as they were regarded with contempt as being decadent. A shining light in the middle ages was the herbalist, Abbess Hildegard von Bingen (1098-1179), who wrote four treatises on medical herbs. She recommended many aromatic plants, in particular, Melissa, Lavender and Helichrysum. The medieval Benedictine monasteries were noted for plant therapy including aromatic herbs and oils. They guarded their formulas for "Carmelite water" which contained Melissa, Angelica and other herbs.

The fumes of aromatic plants such as Rosemary and thyme were used to banish bad air in sick rooms. Pomanders, ball shaped perforated containers, of the 16th century were filled with aromatic material such as Musk, Sandalwood, Cloves, Nutmeg, Roses and were carried during epidemics and held up to the wearer's nose to ward off disease. (Seitz, 1998) The poorer public would tie up fragrant material such as Lemon peel, Juniper oil, Sweet Basil, Marjoram and Camphor in cotton fabric, worn on a belt around waist or around the neck.

When the plague broke out in southern France in 1720, "plague vinegar" replaced the pomander as the preferred disinfectant. Little sponges were soaked in the specially blended vinegar and smelled. The ingredients were Lavender, cinnamon, cloves, Nutmeg, garlic, Camphor, Mugwort, Wormwood, Calamus, and red wine vinegar.

Carl von Linne, a well-known physician botanist of the 18th century was very influential in encouraging the use of aromatic oils in healing and wrote about his theories of the human response to odors. He theorized that every disease emanated a particular odor, and also suggested a particular taxonomy to refer to all fragrant substances. At the beginning of the 19th century, a Swede by the name of Per Henrik Ling, developed a system of massage from his studies of the Chinese,

Egyptian, Greek and Roman techniques. In 1813 the first college of massage was established in Stockholm.

A letter (on view at the Nightingale Museum, London) was sent on April 7, 1856, a week after the end of the Crimean War, ordering six 4-ounce bottles of Tincture of Myrrh from the Principal Medical storekeeper at the Balaclava General Hospital. It is unclear how Ms Nightingale planned to use the Myrrh, but she likely knew its properties for wound healing as well as for emotional calming and anointing.

In a Nursing journal, Helen Ference (1995) described Ms Nightingale purchasing her floral fragrances from a purveyor of perfumes in Jermyn Street. She undertook a simple study to see if essential oils potentiated energy in the human energy field, using the commercial scent of **Joy** de Jean Patou, applied topically to the upper lip and paranasal skin creases of ten nurses. She reported, "Energy field expansion began within 30 seconds. Vaporization of these volatile oils had the biological effect of enhancing the energy fields as much as 10^{cubed} in all subjects." (Ference, p3)

Massage plays an important role in Aromatherapy. It was Madame Marguerite Maury (1895-1968), from France, a former surgical nurse who later became the first president of CIDESCO, (the international organization for estheticians) who introduced the use of essential oils with massage techniques. She was uneasy with the internal uses of essential oils, and established the first aromatherapy clinics in Paris, England and Switzerland using essential oils in combination with massage. Her method of massage has become what is now known as the "aromatherapy Massage", a combination of Swedish massage, acupuncture, lymphatic work, reflexology, polarity and techniques that work with subtle energy. This is the system of massage that is taught by such English teachers of aromatherapy as Madame Arcier, Patricia Davis, and Shirley Price. It is believed that deep tissue massage, such as neuro-muscular, can be too stimulating with the use of essential oils, as they contain their own healing energy, and as such, represent a significant part of the treatment.

Maury pioneered the idea of the 'Individual Prescription' which represented a unique blend of essential oils for each client's use. She wrote The Secret Life and Youth (1964), which described early aromatherapy thinking of her day, mainly with regard to rejuvenation properties of essential oils. (Note: Laraine Kyle received training in the traditional aromatherapy massage by both P. Davis and S. Price and is available to teach this system of massage.)

As a modern therapeutic, aromatherapy is considered to be about 70 years old. In the late 1930's, Dr. Renee Gattefosse, coined the term aromatherapy. Dr. Valnet, a French army surgeon, experimented with essential oils during World War II and continued his research following the war. He wrote The Practice of Aromatherapy in 1964, which has undergone several publications since then. Dr. Valnet introduced aromatherapy to the French medical profession and it is now well-integrated in French health care where it is commonly available within hospitals and is prescribed medically by physicians trained in the uses of essential oils. (Schnaubelt, 1999). Skilled health care providers are learning the art and science of aromatherapy through formalized study, and are increasingly including the use of essential oils in conjunction with massage and other holistic therapies.

References and Recommended Reading

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LETTERS

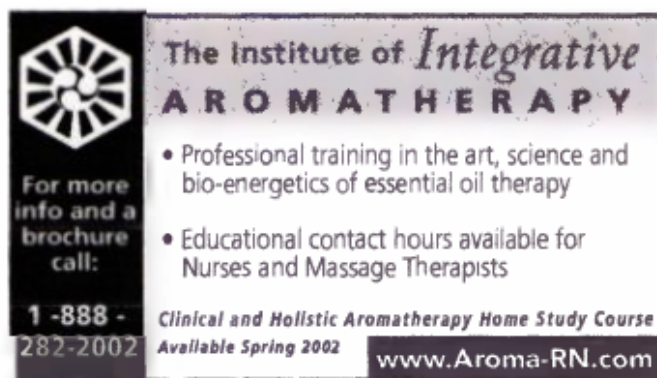
Dear Cam,
Thanks for your thoughtful letter. It's nice to hear from readers of *Massage Today*! Congratulations on making change in your nurse practice act. I've always practiced massage with the philosophy that I'm fortunate to give the best nursing care in the best possible situation-one on one with out the constraints of distraction and externally imposed time restraints. I practice privately in my home office.

I've always been able to renew my RN license in NH with massage as my practice and massage continuing ed. Units.

I've always kept in mind that massage is a sub-specialty of nursing! I have been a member of NANMT in past but lost touch when changes occurred in the org. several years ago.

I enjoyed seeing your web site.

Regards, Claudette Laroche



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INTERVIEW

Washington State Representative
Holly Casey RN LMT by Andy Bernay-Roman

Holly graduated from Huron Road Hospital School of Nursing in 1985. Specialty areas include: Med/Surg, Adult Psychiatry participating in research protocol of new medications to be approved by the FDA, as adult, and adolescent and geriatric psych.

Holly graduated from Inland Massage in Spokane, WA in 1994. Treatment focus: injury rehab, somatoemotional therapy, cranial/sacral, and myofascial release.

Holly's goals for Washington State: To see that NMT's are paid the same per unit of massage as are PT, Chiropractors and MD's. Chiropractors and MD's are reimbursed \$20.39/unit (15 min) of massage. LMT's and NMT's are paid \$13.25/unit in comparison and depending on the insurance company can be as low as \$10.00/unit.

I am going to begin with the insurance commissioner. If anyone in NANMT has experience, advice or suggestions in this matter please let me know, she writes.

REMEMBER

**SEPTEMBER, 27 – 29 2002
NANMT
ANNUAL CONFERENCE**

BEMIDJI, MN

Our annual conference this fall will be held at Concordia Language Villages in northern MN. Come see the fall colors and enjoy the wonderful hospitality of Concordia. Eat Vegetarian if you like, network with old and new friends and get CE's for both massage and nursing at the same time. More information will be available in the summer newsletter and a special mailing. We at NANMT are going places and we'd love to have you come and join us. Be sure to get your reservation in early so we can have the pleasure of your company, experience and skill, and we'd love to meet you.

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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 tool for documentation of their sessions. Cost to members is \$25.00 and includes shipping. Check or money order payable to NANMT can be sent along with address to:

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This newsletter will be published quarterly on Jan. 30, Apr. 30, July 31, and Nov. 30. Requests for ads, articles, or suggestions for inclusion, must be submitted one month prior to publication. Correspondence should be addressed to:

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Mid-Columbia Medical Center was the first hospital in the United States to implement the Planetree philosophy of patient-centered care, hospital wide. Over 400 hospitals from throughout the United States and as far away as Japan and New Zealand have sent representatives to study MCMC.

The Planetree philosophy promotes humanizing, demystifying, and personalizing healthcare in order to facilitate healing and promote individual responsibility for health. MCMC has received national recognition in Bill Mores acclaimed "Healing and the Mind" series as well as articles written in such diverse publications as Hospitals, Prevention, and Consumer Reports.

A recent LA Times article notes, "leading healthcare experts say Mid-Columbia offers lessons for hospitals large and small with its emphasis on patient education, preventive care and medical approaches that emphasize the emotional as well as the physical aspects of healing".

We have these state reps currently serving:

Paulette (PJ) Lepine of South Carolina
Karen Mader of Minnesota
Holly Casey of Washington
Sharon Burch of Hawaii

They all may be contacted through simpson@nebi.com and e-mails will be forwarded to them.

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SPOTLIGHT

In most cases we nurse massage therapists go about our daily routines without fanfare or recognition. So it is wonderful when our work is recognized and published and doubly so when done by one of our own, another nurse.

A recent article published in NurseZone.com on June 2 by Debra Wood RN spotlights Nurse Massage Therapists. It is a well-done article and members will see many familiar names. Check it out to see what our colleagues are accomplishing in their day to day routines.

Go to:

www.nursezone.com/SpotlightOnNurses.asp?articleID=8930

Enjoy!!

HOSPITAL BASED

MESSAGE 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 P.O. Box 267, The Dalles, OR 97058

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.

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