

# NANMT



# NEWS

Volume 3, Issue 2

Spring 2003

The NANMT has continued to grow throughout 2002 by increasing our membership to 185 members; a 31% increase from 2001. This increase is due in large to our members spreading the work of our organization and the excellent job Sally Burns has done with our newsletters. Andy Bernay-Roman has sped down the information highway in increasing our website and keeping it filled with up to date news, surveys, and articles of interest. I extend my thanks to all the board for their hard work and perseverance this year.

In July of 2002, a letter was sent to all fifty State Boards of Nursing explaining our nursing specialty and establishing a relationship, thereby creating a dialog concerning the incorporation of therapeutic massage in each state's scope of practice for nursing. Recognition from our nursing boards will make the practice of nurse massage therapy a viable specialty and open doors into the allopathic medical community currently resistant in many parts of our nation. We will continue to pursue this area on your behalf and ask that each NANMT member call, write, or e-mail your state board of nursing asking questions or providing information regarding your practice.

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I hope each of you got a membership directory. It is also available on-line with all the up-to-date names and addresses of new members. Check out your state and consider contacting new or old members. State and regional representatives are needed to increase the impact we have in the development of our profession. If you should change your address or name, PLEASE call our 800 Number, write or e-mail us the new information.

We were all disappointed to have worked so hard to put together a conference for NANMT only to have to cancel it. As a result, we sent everyone a survey so we would know how the board could best meet the needs of our members. Please note the survey results following this letter. I want to thank everyone who took the time to respond and we appreciate and value your comments.

As the 2003 Board of directors begins its work, we welcome two new members and sadly say goodbye to two others. Jamie Listebarger has been President for two terms and served as Vice-President to complete my term this past year. She has been instrumental in formulating the strategic plan for NANMT, making contacts with nurse massage therapists around the country and beginning work on a Johns Hopkins grant supporting massage therapy with end of life care. Norma Harnack, Legislative Director, submitted this grant with Jamie and has also submitted her resignation for personal reasons. Our best wishes to you both.

New to our board is Teresa Ramsey of Baby's First Massage. Her back ground in massage and commitment to education makes her a perfect Education Director. See her biography in this newsletter. We also welcome Arlene Frederick from South Carolina. Arlene has two

cont. pg 3

## BIOGRAPHY

### **TERESA RAMSEY- EDUCATION DIRECTOR**

I've been married 34 years and have 3 children, (Amy, 32, married with 2 children Colin and Vivian, is a geneticist at Duke U: Mike is a journalist for the STATE NEWS in SC and married: David, 18 in college with a computer career ahead, nearly completing his black belt in Ninjitsu). My husband and I are both self employed. Wayne is a manufacturers sales rep, and I have a private massage practice "Family Massage Practice", a workshop, "Baby's First Massage Program", and am a manager for Jafra Cosmetics International. We have a Border Collie, 9, that we adopted out of a pet rescue 6 years ago, and are cat lovers at heart.

I became an RN in 1969, and started out in med-surg nursing in a hospital setting. With one foot in the "natural healing world" all my life, and the other in the traditional medical setting, the conflict became too much and I considered becoming a chiropractor in 1976. We moved away from the chiropractic college, back to Dayton, OH, so I started working on a general studies degree with 4 majors. I finished the philosophy and business classes and transferred to Wright State U to obtain the BSN, which was completed in 1984. I was working in a wonderful OB department at the time. I worked a couple of years in each area of OB. With the degree, my director encouraged me to take the Perinatal Education Coordinator's job. It fit me well, being a creative person and loving to teach. I nearly buried myself with new classes!

A friend in L&D told me she was starting massage school. I had used massage for some back problems experienced years previously, and something clicked...natural healing, too busy and stressed in the hospital...massage school. Two weeks later, I joined her in starting massage therapy training. I became licensed in 1988. I also became a certified infant massage instructor that year. So, the new career was born. I left the clinical setting in 1992 to teach the Baby's First Massage workshops and build my massage practice. I

wished I had stayed in the clinical setting, even for 2 days a month...now I have so much to relearn if I return. However, I love love love the blend of massage and nursing and feel such a kinship with other nurses that have made this choice.

I am so grateful to Andy Bernay-Roman for what he has done in founding the NANMT, and for holding the vision all these years. It is with great pleasure I renew the relationship with NANMT and get acquainted with you. Yes, I mean YOU! I am here to help NANMT grow up to be a strong and healthy organization able to serve its members and take its valuable place in the world of healing arts. We are counting on you to help spread the word, to bring new members in and grow together.

Warmly,

Teresa Kirkpatrick Ramsey

## **ANNOUNCEMENTS**

### ELECTION RESULTS

Ballots have been counted and results indicated that all those nominated have been elected:  
Arlene Frederick is our new Vice-President  
Sally Burns has been re-elected treasurer  
Teresa Ramsey is our new Education Director

Thank you all for voting/participating in our organization.

### WEB SITE

Andy Bernay-Roman our founder is also our web site manager and is in the process of redesigning and updating our look on the internet. We can renew and pay by credit card, we can view the membership directory and check out all the links pages for what's new and exciting in our field. We our many thanks to Andy for his ongoing efforts for NANMT!!!

THANK YOU ANDY

ANNUAL REPORT cont.

Masters degrees, nursing and business, as well as a doctorate in education. She has been elected Vice-President. I look forward to her help and expertise.

No report would be complete without my letting you know of the incredible work done by our secretary, Angie Melton. She has kept all the telephone-conference minutes beautifully, compiled the information, and much more. Thank you Angie for keeping all of us on track with your excellent recording. To view pictures of your board at work, check out our web site, [www.nanmt.org](http://www.nanmt.org), and click on pictures.

As 2002 is now behind us and we are already into 2003, I encourage each of you to dedicate some time to reaching out to other nurse massage therapists, supporting their practice and helping each other in building the network of nurses who are paving the way into the world of health care with massage.

Respectfully submitted:  
Cam Spencer, RN, LMT  
President, NANMT

**!! 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 to NANMT at:

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

CONFERENCE SURVEY RESULTS

I would like to thank all the members who responded to our conference survey. We received twenty-six cards, which were very helpful in determining the needs and desires of our members. Your board is here to serve you so it is important for us that we know how to best do our job.

The response to the first question reflected a desire for a conference every other year. It takes at least nine months to get everything organized so we will be working towards a conference in 2004. Several members wrote in suggesting that we affiliate with another group such as AHNA or AMTA. This is something we have been considering for sometime.

Springtime was the top choice with winter least favorite. May, June and July were most frequently requested.

As for region, the Southeast had triple the votes of any other part of the country. One requested the islands! I can't wait until we are large enough to do that. Several members suggested we alternate locations to accommodate the membership. Local, city versus rural, got an even split.

The overwhelming request for continuing education was for geriatric and medical massage with an emphasis on treating clients with cancer or those terminally ill. Due to our long time close relationship with AHNA, your board is currently assessing the feasibility of holding our next conference as pre or post sessions to AHNA's annual meeting in 2004.

We need members to volunteer to work with us in planning this conference. Please e-mail me at: [www.cam@nanmt.org](mailto: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.

**!!! NANMT NEEDS YOU !!!**

COMMITTEES

- Standards of Practice
- Public Relations
- By-Laws
- Membership
- Research
- Certification
- Nursing Diagnoses
- Fund Raising
- Budget
- Newsletter

- REGIONAL DIRECTORS
- LEGISLATIVE DIRECTOR
- STATE REPRESENTATIVES

## HIGHLIGHTS OF ANNUAL BOARD OF DIRECTORS MEETING

The Board of Directors for the NANMT met in Atlanta, GA, January 17-18<sup>th</sup> to discuss organizational business and prepare for 2003. Although we meet monthly via teleconference and frequently by e-mail, an all day and evening meeting resulted in amazing progress. Here is a summary of areas we addressed and the challenges that lie before us. It is my sincere desire that every NANMT member become and advocate for our elite and specialized profession and can find an area of interest in which to become more involved.

After a review and approval of the December minutes, Sally Burns gave the treasurers report. This included a review of the 2002 budget and a proposed 2003 budget. In addition to normal operating expenses, we approved funds to be used for advertising in massage and nursing journals. Our membership is growing, but there are still many NMT's that are unaware of our association. Our strength is not just in numbers but bringing together NMT's from all over our nation, working to educate state boards of nursing and the medical community regarding the incredible benefits of massage in the hands of a professional nurse.

This newsletter was the next topic of discussion. An addition to the work of treasurer, Sally has compiled, designed, published, labeled, stamped and mailed it out to all our membership. Our thanks to her are beyond words !

Someone who enjoys desktop publishing and editing might consider volunteering to assist in the important part of NANMT's work. Is through our newsletter that we communicate with you, bring teaching articles related to NMT and provide an avenue for you to express your ideas and concerns. As a new feature, we are beginning a column called NANMTKNOWS? This is in response to the many e-mails NANMT receives from members and non-members alike. We thought you would be interested in our answers and that you might have more current information. We hope this will be of interest and may answer similar questions others may have regarding their practice.

The biggest challenge was a review of our STANDARDS OF PRACTICE developed by Barbara Harris in 1996. After much discussion, it was decided to develop a separate policy and procedure manual.

We worked on with analyzing the annual conference survey. See the above article with the results. A joint conference with possibly AHNA was proposed and we will be contacting their leadership. We are still in the process of communication with all 50 state boards of nursing. With the resignation of our Legislative Director, Norma Harnack, our survey to the boards has not been completed. Our best wishes to Norma and our thanks for her contribution. Norma was also working on the John's Hopkins END OF LIFE project. Jamie Listebarger is now in charge of this project and would welcome any one who is interested in this area to contact her. She can be reached by e-mail at Jamie@nanmt.org.

Once again Liability insurance for the NANMT practitioner was the topic of discussion. Jamie Listebarger will continue negotiations with Nurses Service Organization (NSO). We have earnestly been trying to negotiate a reasonable rate to offer our membership.

This is a brief summary of some of the issues your board deals with in the ongoing workings of the NANMT. We are all volunteers and are trying to make a difference for nurse massage therapists everywhere. We need you to be a part of this wonderful team.

### **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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_ 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 !!!!**

Laura Andreano, Bridgewater, NJ  
 Lisa Gratschmayr, Milwaukee, WI  
 Terri Chapiewski, South Lyon, MA  
 Sherry Sanders Galloway, Monterey, CA  
 Sheila Garnet Parks, Palm Beach Gardens, FL  
 Arlene Frederick, Columbia, SC  
 Marguerite Hotz, Centerville, OH  
 Karen Stork, Oley, PA  
 Cindy Yager, Ozark, MO  
 Laurel Ward, Fayetteville, AR  
 Carmen Kealey, Iowa City, IA  
 Dawne Hughes, Arlington, MA  
 David Lovins, New York, NY  
 Tereasa Poole. Roger, AR  
 Francoise de Ganahl, Windmere, FL  
 Cherie Edmonds, Houston, TX  
 Deborah Austin, Friendswood, TX  
 Alice Rainbolt, Creve Coeur, MO  
 Vicki Grabicki, Port Townsend, WA  
 Marylou Ford, Concord, NH  
 Gail Kozlowski, Scranton, PA  
 We are proud to have these new members.  
 If you need information or brochures,  
 contact us at nanmt.org or our 800 number.

**?? NANMT KNOWS ??**

Question

I am an RN with 500 hours of massage education and National Certification. Do I qualify for membership in NANMT? Also is there a state designation for Nurse Massage Therapist? G in Florida

Dear G.

I also live in Florida. With the credentials and certification you will have as an RN with 500 Hours of approved massage study, along with National massage certification, you definitely qualify as a potential NANMT member in the ACTIVE category. To date, Florida, or any state, has no official recognition of the "Nurse Massage Therapist". That's our job, to get that done. So we start by setting standards within our unique field, and then lobbying the State Boards of Nursing, and insurance companies. Won't you join us in our efforts?

Sincerely,  
Andy Bernay-Roman, RN, MS, LMT

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*A New Column*

*Give it your Best Shot*

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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](http://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**

**2203 WOODRIDGE COURT  
GRAND ISLAND NE 68801**

**<http://www.nanmt.org>**

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