



NANMT

NEWS

Volume 4, Issue 1

winter 2004

President's Address: 2004

2003 was a significant year for the NANMT. We added 45 new members, two new board members, Teresa Ramsey and Arlene Frederick, and said goodbye to Angie Melton, secretary. We welcomed Barb Nichols as our management company and Gail Whipple as graphic artist who designed our new brochure. Andy continues to improve and expand our website with more information for guests as well as secure areas for members. He is planning to design a personal advertising page for members who would like to have additional exposure for their business.

Attendance by five board members to the conference of the National Council of State Boards of Nursing (NCSBN) and a follow up meeting with the executive director, Kathy Apple, provided the necessary thrust we needed with information, guidance, and focus to proceed in obtaining support for our members from their local state boards. We now have 10 states with solid supportive statements for the NMT, and we are currently working with a few state boards that have not given any opinion statement. It is our goal to have the scope of nursing practice accepted as a national standard that NMT's are a specialty of nursing with our own standards of training and of practice. This is an achievable goal and will take the support of all members. I am grateful for those members who have remained with us through these growing years and your continued support of NANMT. We continue to interface with AHNA and will have more information on that later.

The board of director's 2004 meeting in January which set forth the budget and agenda for this year, worked diligently to clarify areas in our By Laws that were cumbersome and out dated. Two significant changes were the election schedule of the President, Vice President, and Treasurer. The reformed By Laws allow the two-year terms of President and Vice President to begin and end in the same year. This makes for a smooth transition when the VP is elected to the job of President.

In the second change, the new By Laws allow for regional meetings instead of always having a national meeting. Our concern that the national meetings were limited in their availability to all our members and travel expenses prohibited many, who would like to come, from being able to afford the necessary time and costs. Four regional meetings will be offered in the coming year according to the needs and desires of the regional members. Four regional directors will serve on the board of directors and communicate the ideas and concerns of their area members to the entire board. Other areas addressed in the By Laws were a matter of separating out policies and procedures from By Laws.

Teresa Ramsey continues to expand the education component of the NANMT by drawing in teacher/providers under the NANMT umbrella providership for massage and in the future, nursing CE's as well.

I would like to thank the board of directors and state representatives for all the hard work in 2003 and the commitment to help us grow and meet the challenges in 2004.

Cam Spencer, President

Board of Directors

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“ 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

News in Brief

From massagetoday.com

Nurses Look Forward to a Future in Massage

Representatives from the National Association of Nurse Massage Therapists (NANMT), the entity that educates and assists state boards with standards of practice for nurse massage therapists, recently met with the National Council of State Boards of Nursing to discuss the status of massage therapy as a recognized nursing specialty.

Several states, including South Carolina, Minnesota, Arizona, Nevada and Kentucky, among others, have incorporated massage therapy into the nursing scope of practice, or have written opinion statements regarding the use and inclusion of alternative therapies in nursing. The NANMT is a member of the Nursing Organizations Alliance (NOA), the recognizing body for nursing specialties the necessitates additional training and licensing procedures

It is the hope of NANMT advocates that an increasing number of states will recognize massage therapy as a valid nursing specialty since patients often need medical information to complement their respective massage sessions.

For more information on the NANMT, visit www.nanmt.org.

**!! 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:

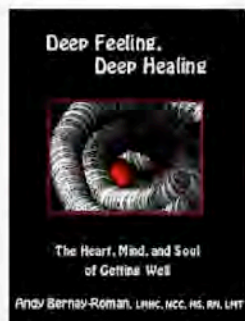
NANMT
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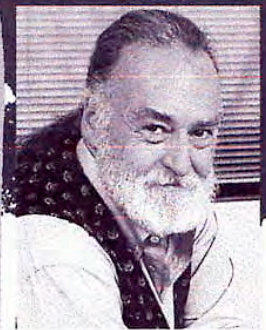
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John F. Barnes, P.T., renowned physical therapist, international lecturer, author & authority on Myofascial Release, has trained over 50,000 nurses and therapists and will be personally teaching these seminars.

Nurses Learn . . .

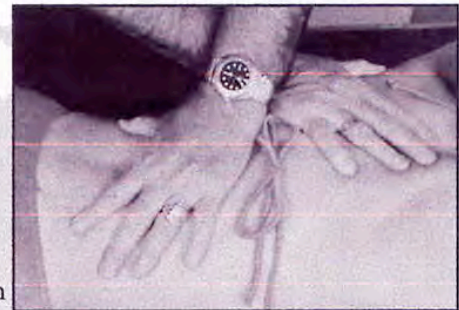
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Cincinnati, OH

May 14, 15, 16, 2004

Kauai, Hawaii

June 24-27 (1/2 days), 2004

Ocean City, MD

July 29 - August 1 (1/2 days), 2004

Green Bay, WI

August 20, 21, 22, 2004

Cape Cod, MA

September 9-12 (1/2 days), 2004

Valley Forge, PA

(Philadelphia Area)

November 12, 13, 14, 2004

Orlando, FL

December 3, 4, 5, 2004

Little Rock, AR

December 10, 11, 12, 2004

**For Your FREE Seminar Brochure Call 1-800-FASCIAL
or Visit our Website at www.myofascialrelease.com**

?? NANMT KNOWS ??

Question: Help! I want to be a NMT, and actually make a good living at it. I practiced nursing for 18 years, was mom to an adopted angel for 8 years, and on disability for bipolar and ADHD for 9 years, with some overlap. I need to know how I can make a living as a NMT, probably hospital based.

KE, CA

Hello KE, and thanks for contacting NANMT with your hopes and dreams. All of us are still pioneering some things out there in the world.

I am the Education Director for NANMT and have a workshop business called Baby's First Massage Program. (Just for your info, I am coming to San Francisco April 25 to give a workshop..) and felt the need to respond to you about what's involved in taking the steps to become a NMT.

First, check out the school and make sure it's accredited. See how the school does with the number of students becoming nationally certified in massage. How many hours is the program, you want to be sure it's at least 500 hours. That is the minimum for the national certification exam and also for membership in NANMT. CA has very uneven credentialing laws for massage, so you want to have strong foundations to build on.

Next, recognize that you have to market yourself since insurance coverage is slow to acknowledge our good work. In an odd way, we interrupt the big medical machinery by helping people get well. So, as you go through training, be entrepreneurial, look around, build contacts so that you can step into a job or create a job by the time you are finished with your training. The biggest area of demand will be with the geriatric community. They have the money and need the massage, and the demand is there and will only increase with our "aging" population. Spa massage is nice, but I imagine there are not as many jobs there now, and there is no focus on the medical aspects of massage in that setting. There are areas in the hospital setting where massage usage is increasing, such as Pain Management, Stress Reduction, and also in Labor and Delivery. It is even used routinely in pre-operative settings in some hospitals. Hospice is another area where massage is very useful for it's calming and stress relief effects. We hope to focus on these areas in our upcoming conferences.

I have been involved with NANMT for many years. It is a fine organization. As we grow, we can help all other nurse massage therapists by representing them to the state boards of nursing. We are actively making contacts with State Boards to get strong supportive statements that massage given by specialty-trained nurses is within the scope of nursing practice. Down the road, if you become a NMT, then perhaps you would like to join our efforts in this regard. I wish you the best. Let us know if we can help you.

Warm regards,
Teresa K Ramsey, Ed. Director

Welcome New Members

NOVEMBER

August, Geraldine	Antioch, IL
Pitt, Angela J	Henderson, NV
Lalone, Judith	Waterford, MI
Cluxton, Linda K.	Columbus, OH
Walter, Lorraine	Bay Shore, NY
Vallardita, Denise	New York, NY
Van Verst, Lillian I.	Victorville, CA
Stork, Karen	Oley, PA

DECEMBER

Chapman, Nancy	San Diego, CA
Lorenze, Frances	Tompkins Cove, NY
Zimmerman, Jason	New York, NY

JANUARY

Riddle, Leslie	Fort Worth, TX
Embrey, Joette	Bozeman, MT
Lawson, Theresa	Sterling Hts, MI
Boden, Debra	O'Fallon, MO
McDonnell, Theresa	Bristol, RI
Lawrence, Amy	Indianapolis, IN
Burrow, Karol	Fayetteville, AR
Reinking-Hanf, Arlene	Courtlandt Manor, NY
Topeka, Gordon J.	Reynoldsville, PA
Shields, Deborah	Orlando, FL

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 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

Cam Spencer, President cam@nanmt.org

Arlene Frederick, Vice-President arlene@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.

Directory and Member Updates

- Absey J. Add: jabseyrn@socal.rr.com
- Andreano, L Correct Spelling, Add: 908-689-4140 and laura@andreno.com
- Harrison, Theresa Add: 970-259-3208 Fax Change: dtharrison@cs.com
- Chapiewski, Terri Add: peterpan1212@aol.com 734-434-6550 Work
- Damukaitis, Christine Add: 440285-4262 W/Fax
- Dobrowolski, Lorraine Change only Street Add. 2424 Gold Key Estates
- Packard, Amanda 412 Blackstrap Rd. Falmouth, ME 04105 207-707-4941
- Poole, Teresa Add: 479-443-4301 x 5087/5079 W
- Reynolds, Kathleen, Sr. Address: 44 West 56th Street # 1 Bayonne, NJ 07002
- Risse, Diana Change: 515- 233-1139 W
- Stork, Karen Add: 610- 987-8035 W 610-242-0103 Fax
- Strader, Wendy Add: 760-242-1551 W 610-242-0103 Fax hombiru@earthlink.net
- Tekippe, Maureen Add: 563-387-3031 other
- Thompson, Linda C. Add: 919-782-3211 x 256 W
- Vellardita, Denise Add: 212-929-4059 H 646-638-2251 Fax
- Watt, Barbara Change: 816-404-6308 W wattbj@aol.com
- Walter, Lorraine Change listing from L to W section
- Wells,Chris IL Add: 309-937-2770H 309-945-3501 W
- Wilson, Wendy K. 615-248-3850 H 615-474-6971 W

Thank you, everyone, for sending us these changes so that we are able to keep in touch and you are able to continue receiving this publication.

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

State Representative Report

I just wanted to touch base with all of you and hope you are having a marvelous new year. Back in November I wrote to the State Board task them for clarification regarding nursing and massage therapy. I have yet to hear from them, and so will write again.

By the way, there is a very interesting article in the latest edition of Massage and Bodywork magazine regarding Reiki and hospice. The article also includes massage therapy. Since I have been doing some work at a local hospice, I found this particular article reaffirming.

Next month I am scheduled to give a talk at one of our local nursing schools regarding massage and energy work. I plan to leave some NANMT brochures at the school. If any of you are planning to participate in any promotional activities or benefits, please contact Barbara Nichols and she will be happy to send some brochures to you.

I would love to hear from you regarding what you are doing.

Alice Rainbolt, State Representative Missouri

NANMT CONTACT INFORMATION

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