

EVIDENCE-INFORMED DECISION MAKING

Introduction

This information is from the MTAM Standards of Practice and should be considered in conjunction. It is based on nationally-accepted standards of practice and applies to all MTAM Members. It is reviewed annually and subject to change. Last revised: 10/2016

Details

Evidence-informed decision making involves integrating the best available research evidence into the decision-making process when developing treatment goals and plans. Evidence integrated into massage therapy practice may include quantitative and qualitative research findings from a variety of disciplines; including but not limited to, kinesiology, sports medicine and physiotherapy. Massage therapists are also able to interpret and apply relevant research within the environment in which they practice.

It is the goal of MTAM, as we move towards regulation, to have its members understand and have access to research that enables them to make evidence-informed decisions regarding their clinical practice.

Current opportunities regarding evidence informed research include:

- **massageforlife.ca** website includes research supporting the efficacy of massage therapy
- Articles in the *Massage Therapy Canada* magazine, or other similar publications
- MTAM Journal Club
- MTAM Resource Library
- Continuing Education Courses
- Online research articles on medical sites, such as, WebMD and PubMed
- MTAM Webinars
- MTAM Research Symposium