

Massage Therapy



Association of Manitoba Inc.

CODE OF ETHICS

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611-428 Portage Avenue
Winnipeg, Manitoba
R3C 0E2

Telephone: (204) 927-7979
Fax: (204) 927-7978
Email: info@mtam.mb.ca
Web Site: www.mtam.mb.ca

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College of Massage Therapists of Ontario

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Preface Statements

What is a Code of Ethics?

A Code of Ethics is a statement that expresses the primary ethical values, obligations and goals of the profession. It is a commitment that serves to bear witness to our promise as a profession to uphold the values and ethical obligations expressed in the Code.

Why do we need a Code of Ethics?

A Code of Ethics gives definition to our commitment to practice in ethical terms. As health professionals, we have made a promise to society to accept the responsibility and maintain the trust with which we have been invested.

What does a Code of Ethics do?

It lays out clearly the massage therapy profession's values and explains what they are in terms of what we ought to do in order to protect and promote the public good, and what we must avoid doing in order to prevent harm to the public.

To whom does this Code apply?

MTAM members are expected to maintain a commitment to massage therapy values and to follow the principles outlined in this Code.

What is Massage Therapy?

Massage Therapy means the art, philosophy and science of treatment by systematic manipulation of the soft tissues of the body and includes the following practises:

1. Various techniques of assessment, massage and manipulation of the soft tissues of the body, but without the intended or attempted use of high velocity thrust of the bony structure of the body;
2. Hydrotherapy or the application of water in all forms;
3. Thermal-therapy or the application of heat and cold;
4. Remedial exercises;
5. Use of vibrating and/or oscillating machines; and
6. Use of electro-modalities, provided the massage therapist has met the training and qualification standards, as adopted and approved by the MTAM.

What is the Massage Therapy Scope of Practice?

The practice of massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.

MTAM Mission Statement and Mandate**Mission Statement**

The mission of the Massage Therapy Association of Manitoba, Inc. is to promote and enhance the art, science and philosophy of massage therapy in a professional and ethical manner to ensure the highest level of competency-based practice for massage therapy within the province of Manitoba.

Purposes

1. Protect the public by ensuring safe, competent and ethical massage practise, accomplished by examination, registration and disciplinary processes;
2. Represent members before governmental and regulatory bodies concerned with massage therapy;
3. Foster and encourage professional growth among members;
4. Ensure high standards of education for students of massage therapy; and
5. Promote the art, philosophy and science of massage therapy.

General Principles Which Guide the Practice of Massage Therapy

Principle I – Respect for Persons

Principle II – Responsible Caring

Principle III – Integrity in Relationships

Principle IV – Responsibility to Society

Explanatory and Interpretive Statements of General Principles

Principle I – Respect For Persons

1. **Meaning:** To value the dignity and worth of all persons regardless of age, race, culture, creed, sexual identity, gender, physical ability, mental ability, and/or health status.
2. **Application:** Client autonomy is demonstrated by:
 - a) ensuring that clients are as fully involved as possible in the planning and implementation of their own health care;
 - b) providing complete and accurate information in a sensitive and timely fashion to enable clients, or when necessary a client's substitute decision maker, to make informed choices;
 - c) listening to and respecting a client's values, opinions, needs and cultural beliefs;
 - d) encouraging and being responsive to clients' choices to accept, augment, modify, refuse or terminate treatment;
 - e) being informed about moral and legal rights of clients;
 - f) advocating for and supporting clients in exercising their moral and legal rights;
and
 - g) safeguarding the client's right to privacy and confidentiality by holding all personal and health information in confidence unless otherwise required by law.

Principle II - Responsible Caring

1. **Meaning:** Providing sensitive, compassionate and empathetic quality massage therapy.
2. **Application:** Responsible care of clients is demonstrated by:
 - a) listening to and respecting the clients' values, opinions, needs and cultural beliefs;
 - b) promoting the client's best interest and well being, through the highest possible standard of professional practice;
 - c) seeking assistance when conflicts arise between the value systems of the practitioner and the client;
 - d) recognizing and referring the client to other health care providers when it is in the client's best interest to do so;
 - e) being alert to and reporting, as required, any unethical practice by any member of MTAM;
 - f) approaching and co-operating with substitute decision makers in assessing the client's wishes and best interests in the event of incapacity;
 - g) protecting the client's privacy; and
 - h) with the prior consent of the client, collecting only information, which is relevant to the provision of health, care.

Principle III - Integrity in Relationships

1. **Meaning:** To practice with integrity, honesty and diligence in professional relationships with clients, ourselves and our professional colleagues.
2. **Application:**
 - a) Commitments to clients are demonstrated by:
 - ensuring that we always act in our client's best interest as defined by the client's wishes and consistent with the standards of practice of MTAM;
 - informing clients on health care services available to support them;
 - referring to other health care providers as necessary and appropriate;
 - obtaining assistance when value conflicts arise which threaten to impede client autonomy;

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- providing client centred health care which includes explaining to clients and advocating for their right to receive information about, and take control of their health care;
 - providing information about the proposed treatment, alternative courses of action, the material effects, risks and side effects in each case and the consequences of not having the treatment;
 - assisting clients to comprehend information; and
 - responding to questions about client health care and/or treatment.
- b) Commitments to ourselves are demonstrated by:
- being proactively committed to our own health, and to our own personal and professional development;
 - being competent, conscientious and empathetic practitioners;
 - being aware of our personal values and being able to identify when value conflicts interfere with client care; and
 - keeping our professional commitment by integrating massage values and principles in our daily practices.
- c) Commitments to our professional colleagues are demonstrated by:
- respecting our colleagues and working cooperatively with them;
 - intervening in situations where the safety and well-being of a client is in jeopardy;
 - reporting to appropriate authorities any health care practitioner who abuses a client physically, verbally, sexually or financially;
 - referring to other health care providers when necessary and appropriate;
 - contributing to continuous quality improvement initiatives;
 - complying with the codes, guidelines, policies, practices, procedures and standards of MTAM;
 - advocating with other health care providers to promote and support social changes that enhance individual and community health and well-being; and
 - representing ourselves honestly, and performing only those services for which we are qualified.

Principle IV - Responsibility to Society

1. **Meaning:** To be accountable to society and conduct ourselves in a manner that fosters and promotes high ethical standards.
2. **Application:** Ethical practice is demonstrated by:
 - a) pursuing continued career-long, professional learning;
 - b) participating in the promotion of the profession of massage therapy through advocacy, research and maintenance of the highest possible standards of practice;
 - c) being committed to promoting the welfare and well-being of all persons in society;
 - d) making every reasonable effort to ascertain that our clinical environment will permit provision of care consistent with the values in the Code of Ethics;
 - e) committing to continuous improvement and implementation of Standards of Practice;
 - f) collaborating with other health care professions to meet the health needs of the public; and
 - g) continuing to develop ways to clarify massage therapist's role in society.