



## Registered Massage Therapists Phases for Back to Work

The CMTNL strongly believes that in order to protect the public, clients and Registered Massage Therapists in the midst of a pandemic, phasing back to work is best practice. Slowly allowing both therapists and clients to return to treatments with these new guidelines is the safest way to monitor the situation and make necessary changes when needed.

RMTs will be permitted to begin in phase 2. The CMTNL will change phases based on therapists' feedbacks, public complaints, Department of Health direction and provincial COVID-19 cases/outbreaks/situation. Once a new phase is open the therapist decides if they are comfortable to treat or not according to the new Phase. Any therapist who wishes to treat according to Phase 1 may do so

### Phase Chart

Phase	1	2	3
<b>Date in effect</b>	*TBD	Government NL Level 3 Start date	TBD
<b>Guideline</b>			
<b>Length of Treatments</b>	Maximum of 60 minutes treatments	Maximum of 60 minutes treatments	No Maximum time for treatments
<b>Number of clients treated per day</b>	Recommending 4 clients a day but may treat more	Recommending 6 clients a day but may treat more	No restriction on clients

This recommendation is based on the exposure to clients/therapists and the ability to maintain the new requirements

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<b>**Vulnerable group</b>	<b>strongly recommended to forgo treatment</b> but clients may decide to proceed with treatment	<b>Recommended</b> to forgo treatment but clients may decide to proceed with treatment	Clients may decide to proceed with treatment
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This is a based-on government public recommendation; clients can then make an informed decision to have treatment or not

<b>Cleaning/disinfecting</b>	According to back to work document	According to back to work document	According to back to work document
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<b>PPE requirements</b>	<b>Masks for Therapist:</b> 3ply to 2 ply medical masks (Not N-95). May use one mask per day as long as not removed. Required to change if removed at all, if nose or mouth is exposed or if it becomes contaminated.	<b>Masks for Therapist:</b> 3ply to 2 ply medical masks (Not N-95) <b>MUST</b> be changed when taken off once, becomes contaminated, risk of contamination or end of day	<b>Masks for Therapist:</b> 3ply to 2 ply medical masks (Not N-95) or well fitted homemade mask. <b>MUST</b> change when becomes contaminated, risk of contamination or end of day
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	<b>Masks for Client:</b> well fitted homemade face mask, non-medical mask or a mask provided by RMT	<b>Masks for Client:</b> well fitted homemade face mask, non-medical mask or a mask provided by RMT	<b>Masks for Client:</b> Clients discretion but recommended
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Clients may need to adjust mask for comfort while in prone position

	<p><b>Gloves:</b> Mandatory, no skin on skin contact, may use elbow or forearm with barrier</p>	<p><b>Gloves:</b> Strongly Recommended, may use elbow or forearm for skin to skin contact</p>	<p><b>Gloves:</b> Strongly Recommended</p>
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Handwashing to the elbow is mandatory if treating with skin on skin contact

Clients may refuse skin on skin contact and therapist should include this in their informed consent

60% alcohol-based hand sanitizer must be used before leaving the treatment if not using gloves\*\*\*

\*\*\*the board is waiting for Department of Health to confirm that it is effective to use with oil/lotion on hands

	<p><b>gown/clinic coat/any covering that is long-sleeved and covers front of body from neck to mid-thigh that <b>must</b> be changed between clients</b></p>	<p><b>gown/clinic coat/covering covers front of body from neck to mid- thigh or button or zipper front shirt that <b>may</b> need to be changed between clients, <b>must</b> change before returning home</b></p>	<p>Recommend to wear but at therapists discretion</p>
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Gowns may be washed and reused, not required to be a gown, may use long button up shirt, apron, arms exposed if using skin on skin contact

	<b>Face Shield/Goggles:</b> Mandatory	<b>Face Shield/Goggles:</b> Strongly recommended	<b>Face Shield/Goggles:</b> Therapist discretion
<b>Client group</b>	General Public, Vulnerable group <b>strongly recommended</b> to forgo treatment	General Public, Vulnerable group recommended to forgo treatment	General Public
<b>Intra Oral Treatments</b>	<b>Not Permitted</b>	<ul style="list-style-type: none"> <li>-Therapists may provide <b>essential intra oral treatment to clients***</b></li> <li>-Full PPE (mask, gown, shield, gloves) is required, and must all be changed following treatment</li> <li>-Client mask is only removed during intra oral portion of treatment</li> <li>-Informed consent must include that there is an increased risk to client with intra oral treatments</li> <li>-Signed informed consent is required</li> <li>-Therapists may refuse clients requests for intra oral treatments</li> </ul>	<ul style="list-style-type: none"> <li>-Therapists may provide <b>essential intra oral treatment to clients***</b></li> <li>-Full PPE (mask, gown, shield, gloves) is required, and must all be changed following treatment</li> <li>-Client mask is only removed during intra oral portion of treatment</li> <li>-Informed consent must include that there is an increased risk to client with intra oral treatments</li> <li>-Therapists may refuse clients requests for intra oral treatments</li> </ul>

\*Date to be updated once confirmed by the Department of Health and Community Services

\*\*<https://www.gov.nl.ca/covid-19/files/Information-for-Adults-over-60-and-Individuals-with-ChronicConditions.pdf>

\*\*\*Therapists and client are at increased risk during intra oral treatment and the decision to proceed with treatment should not be made lightly by the Therapist or the client