



Oregon Board of
Massage Therapists



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2009 Upcoming Board Meeting Dates:

- Friday, September 18, 2009 at 1:00 p.m., OBMT office
- Monday, October 19, 2009 at 9:00 a.m., OBMT office
- Monday, November 16, 2009 at 9:00 a.m., OBMT office
- Agendas of upcoming meetings and minutes of past meetings can be found on the OBMT website located at www.oregon.gov/OBMT

CPR Again?

Written by Kathryn Watson

The board is often asked why LMTs must maintain CPR certification. We believe repetitive training to maintain and upgrade skills allows a rescuer to act quickly and competently at a time when every second counts. Like any preparatory concept, it is a common belief that "It will never happen to me." This belief is flawed in that the very nature of an emergency is that it can happen to anybody, at any time, and at any place. Often, clients come in with complaints of shoulder aches, headaches, pain in their jaws or arms, heartburn, and nausea. Any of these could be signs of an impending cardiopulmonary event. You may be the first responder in a crisis. If your client had a heart attack while in your care, would you know how to react?



Life is short, art long,
opportunity fleeting,
experience treacherous,
judgment difficult.

~Hippocrates

Compliance News

Written by Mindy Tucker



The OBMT is responsible for the regulation of the profession of massage therapy and public protection. With that responsibility, the OBMT has the accountability of assuring public protection through various means.

One of the tools OBMT utilizes is the review of criminal history arrest records through the Oregon

Compliance News

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State Police. As of July 1, 2009, the OBMT is now reviewing all initial and renewal licensure applications. For regulatory and licensing agencies within the State of Oregon, disclosure of prior arrests, convictions, and sanctions is consistent with public protection. This is also a requirement by law for LMTs as well as other health professions.

In reviewing the health professions, legislators discussed public protection practices. Legislators expect that all boards are doing everything possible to ensure that those individuals with certain criminal records, which pose a potential threat to the public, are not licensed.

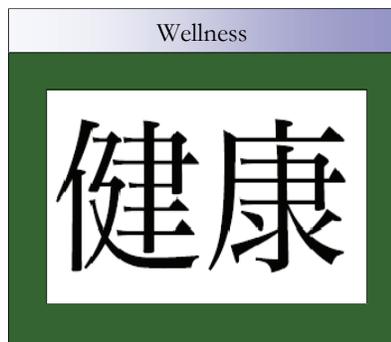
Oregon Revised Statutes Chapter 687 and Oregon Administrative Rules Chapter 334 are the specific laws and rules that govern the practice and licensure of massage therapy. One requirement for licensure involves the disclosure of any arrests for criminal matters, any convictions of crimes (ORS 687.041 (2)), including major traffic offenses such as DUII and driving while suspended (it specifically excludes minor traffic offenses). The health regulatory boards in Oregon utilize access to a system referred to as LEDES (Law Enforcement Data System) to review criminal and driving backgrounds of applicants and licensed health professionals.

LEDES is a police information network through the Oregon State Police. Through LEDES, the OBMT has direct access to all Oregon criminal and driving related records. Using LEDES for background verification requires responsibility of the OBMT and its staff. The confidentiality of all records obtained and the information that is accessed through LEDES is mandated by both LEDES and the Oregon State Police. The OBMT has the burden to protect all confidential records through strict

security procedures, required training and bi-annual recertification by authorized staff. The records are maintained in secured files and only available to authorized agency employees who need to access the information. LEDES provides the information, but does not provide the actual police reports related to any arrests. Therefore, the OBMT may require an applicant or renewal licensee to obtain those reports if requested.

It is critical that licensees provide the OBMT with any concerns and information involving any contact an applicant or licensee has had with law enforcement, which resulted in any charges for a criminal offense, including serious driving charges. For the vast majority of licensees, a LEDES review will have no effect on their licenses. For those who fail to disclose and/or have a criminal history that could represent a potential public protection concern, it is a legal requirement for the information to be reviewed. Failure to provide the requested information could delay the issuance of your renewal or initial license. It is also a critical part of protecting licensees as members of the public, by ensuring the practice of massage therapy is a safe and respected profession in Oregon.

The OBMT welcomes any questions you have. As a customer service-oriented agency, the best avenue to voice any questions or concerns on this topic is to email Mindy Tucker, Director of Compliance (mindy.s.tucker@state.or.us) or Patty Glenn, Executive Director (patty.glenn@state.or.us).



When health is absent... Wisdom cannot reveal itself

Art cannot become manifest

Strength cannot be exerted

Wealth is useless and reason is powerless.

~Heraphilies

Meet Your New Board Members!



Crystal Collier, LMT

Crystal Collier has been an LMT for three years in addition to a Certified Athletic Trainer in Sports Medicine for eight years. She earned a Bachelor's degree from Eastern Oregon University in Physical Education and Health, a Master's degree from Boise State University in Exercise Science, and massage training at Massage Now Learning Institute in Bend, Oregon. Currently she lives in La Grande and practices at Expressions Salon and Spa; specializing in Deep Tissue, Sports Massage, and various other manual therapy techniques such as strain-counterstrain, myofascial release, and muscle energy. Crystal wanted to get involved with the Oregon Board of Massage Therapists to learn more about board policies and procedures, to bring new ideas from an athletic medicine perspective, and to represent Eastern Oregon.

S. Heather Bennouri, LMT

Heather Bennouri has been an LMT for seven years. She earned a Bachelor's degree from Pacific University in Creative Writing. After spending time abroad teaching English and then back in the U.S. in the software industry, she graduated from Ashmead College in Vancouver, Washington. Currently Heather works from home in private practice specializing in a blend of deep tissue, stretching, and various hydrotherapy and negative pressure modalities. In addition, she works daily with competitive gymnasts to develop conditioning programs, analyze strength/skill deficiencies and imbalances and develop injury recovery programs while keeping the athletes in training. She served on the Rules Committee for four years, as a volunteer on the OMTA Executive Committee, and has taught massage in both school and continuing education settings. Heather became involved with the OBMT in a continuing effort to be involved in developing massage therapy as a legitimate, respected profession.

Tim Driscoll, DC

Tim Driscoll has been a practicing Doctor of Chiropractic for over ten years. Prior to his Doctorate, he was a massage therapist for an additional ten years. Through his years in the healing arts, he has grown to appreciate the value of natural methods of healing. One of the reasons I became involved with the OBMT was to aid in ensuring the success of the massage industry in its integration in the medical community. Massage can be an integral part in the healing process and as the regulatory body, the OBMT can be a critical part in taking the necessary steps to make this happen. Tim feels that massage was an incredible path for to take in the mid 1980s and is happy to be involved in making it the great profession he knows it to be.

Continuing Education

written by Crystal Quatier

Are you confused about the requirements for renewing your license? Since I review renewals and print licenses on a daily basis, below is a list of the most Frequently Asked Questions I receive.

Q: How do I know this is my first renewal?

A: If you first received your Oregon license less than 25 months ago, this will be your first renewal.

Q: What am I required to submit as part of my first renewal?

A: Provide the completed renewal form, signed with the appropriate status request on the second page, proof of current CPR, payment, and any additional documentation that may be requested.

Q: When is the renewal due date?

A: Your renewal is due the first day of the month of your expiration date. Your renewal form must be post-marked no later than the first day of your birth month (NOT your actual birthday) in order to avoid the assessment of late fees. Late fees begin to accrue on the second day of the month at a rate of \$25.00 per week up to the maximum amount of \$250.00.

Q: Will the Board mail me my renewal form?

A: Yes. A preprinted renewal form will be mailed approximately six weeks prior to the renewal due date. We suggest you mark your calendar to watch for your renewal form. If it has not arrived by the beginning of the month prior to your birth month, please contact the board office or you can print the renewal form from our website, www.oregon.gov/OBMT. The renewal form can be found on our forms page and is titled Renewal Form.

Q: What if the information on my renewal form is not current or correct?

A: Make the appropriate changes on your renewal form. Simply draw a line through any information that is incorrect and write in the correct information. If you have a change of name, please make certain to include either a copy of a current Driver's License or a copy of the court document legalizing the change.

Q: I have taken continuing education courses since my first renewal. How do I submit them?

A: Retain all originals of your continuing education certificate(s). When it is time to renew, submit copies of your certificates with your completed renewal form.

Q: Am I required to provide proof of current CPR?

A: Yes. Effective January 1, 2008, all renewals requesting active status are required to include proof of current adult basic CPR. You may apply a maximum of 4 hours toward your CE requirements and an online CPR course is acceptable. While First Aid is not required, you may receive a maximum of 4 CE hours. You will need to provide a copy of the card as proof of completion.

Q: How many Continuing Education (CE) hours am I required to submit with my renewal?

A: All Active LMTs are required to provide proof of 25 CE hours. With the exception of contact hours carried over from the prior license period, all CE must be obtained in the two years prior to your renewal due date. A minimum of 12 CE hours must be "contact" and a maximum of 13 CE hours can be "non-contact."

Q: What if I my CE hours exceed the required CE hours?

A: Please only submit copies of the required CE hours and retain in your files all original documentation noting any additional hours. If you submit a certificate which has more hours than necessary for that renewal, make a second of copy of that certificate. On the second copy, which you will submit with your next renewal, write the number of hours submitted for the current renewal and how many will be used at the time of your next renewal.

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Continuing Education

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Q: What is the difference between “contact” CE hours and “non-contact” CE hours?

A: Contact CE hours are defined as being taken in the physical presence of an instructor with a minimum of 2 other massage, bodywork or healthcare professionals. Non-contact CE hours are self-guided instruction which could include books, videos, online courses, volunteer hours, and other items as described on the CE portion of the renewal form. For any activities not listed on the form, please check with the board office in advance to make sure it will be eligible for credit.

Q: What documentation is required to provide as proof of completion of my CE courses?

A: Provide a copy of each certificate of completion, letter of verification, or official/unofficial transcript. You must retain the originals for your records for 5 years. If the CE is done through self-guided instruction you will need to write a one-page summary that includes identifying information such as source, title, author and hours spent on the review of the materials.

Q: How do I know if a course that I have taken qualifies for CE hours?

A: If the course is relevant, pertains to the practice of massage, is usable in your massage practice, and enhance your massage knowledge, it qualifies for CE. This includes a very wide range of courses.

Q: How are CE hours calculated?

A: CE hours are calculated as 1 clock hour equals 1 CE hour. However, if you take a college course and the time is calculated in credits, a standard 10 CEs per credit is given unless otherwise indicated by the school.

Q: What is the difference between Active status and Inactive status?

A: Active status means you hold a valid license to practice massage in the State of Oregon. Inactive status is similar to putting your license on “hold” for a time. Inactive licensees may not advertise or practice massage in the State of Oregon. However, maintaining an inactive license makes the process more simple to return to active status should you decide to begin practicing again.

Q: What does it mean if I request Inactive status?

A: You may request Inactive status at the time of your renewal and remain in Inactive status for up to 6 years. At the time of reactivation you will be required to provide proof of CE hours reflective of the number of CE hours required at the time of each renewal period, up to a maximum of 50 CE hours.

If you have additional questions or need clarity, please do not hesitate to contact me either via email at crystal.quatier@state.or.us or by phone at (503) 365-8657 ext 6.



**Oregon Board of
Massage Therapists**

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email kathryn.watson@state.or.us

Mission: *The Board of Massage Therapists protects the public through regulating the practice of massage by balancing the needs of the public and Licensed Massage Therapists through development, implementation and continued improvement in the areas of public safety, boundaries and ethics that will reflect the high standards set within the massage therapy profession.*