

CMTO Interjurisdictional Competencies-based OSCE Content Outline

v.10.4.2014

1	Professional Practice	17 tasks – 10% of Exam
1.1	Communication	
a.	Utilize effective oral communication.	
1	Employ clear, concise and profession-specific language.	
2	Speak in a manner that corresponds to the needs of the listener.	
3	Employ effective questioning techniques.	
b.	Utilize medical terminology.	
1	Use medical terminology appropriately.	
2	Convey medical concepts using plain language.	
1.2	Professional Conduct	
a.	Employ critical thinking.	
1	Assess relevant evidence.	
2	Incorporate the client's situation and needs.	
3	Adapt to operational constraints.	
4	Determine a course of action.	
5	Provide rationale for decisions.	
b.	Utilize professional judgement.	
1	Ensure patient's safety, dignity and autonomy in provision of care.	
2	Apply principles from codes of ethics and standards of practice.	
1.3	Therapeutic Relationship	
a.	Display positive regard toward patient.	
1	Support the right of the patient to determine the approach to treatment.	
b.	Respect patient's physical privacy.	
1	Direct patient in degree of disrobing.	
c.	Maintain informed patient consent regarding assessment and treatment.	
1	Obtain informed consent prior to performing assessment, treatment and reassessment.	
d.	Obtain special consent prior to assessment and treatment of sensitive body areas.	
1	Obtain consent for intrusive work.	
2	Establish a stop signal.	
2	Assessment and Treatment Planning	68 Tasks – 35% of Exam
2.1	Assessment	
a.	Obtain comprehensive case history from patient.	
1	Interview patient to obtain case history and their desired treatment outcomes.	
b.	Integrate findings of other health care practitioners.	
1	Describe the significance of assessment findings from other healthcare practitioners.	
2	Incorporate assessment findings of other health care practitioners into patient assessment.	

- c. Select and perform assessments incorporating knowledge of patient history, contraindications, precautions and evidence.
 - 1 Select appropriate assessment procedures.
- d. Perform postural assessment.
 - 1 Identify the indications, contraindications and precautions for performing postural assessment.
 - 2 Explain assessment to the patient.
 - 3 Describe the process for performing a postural assessment.
 - 4 Demonstrate postural assessment based upon patient history and presentation.
 - 5 Differentiate between normal and abnormal findings.
 - 6 Describe the relationship between abnormal findings and clinical manifestations.
- e. Perform palpatory assessment.
 - 1 Identify the indications, contraindications and precautions for performing palpatory assessment.
 - 2 Explain assessment to the patient.
 - 3 Describe the process for performing a palpatory assessment.
 - 4 Demonstrate palpatory assessment based upon patient history and presentation.
 - 5 Differentiate between normal and abnormal findings.
 - 6 Describe the relationship between abnormal findings and clinical manifestations.
- f. Perform range of motion assessment.
 - 1 Identify the indications, contraindications and precautions for performing range of motion assessment.
 - 2 Explain assessment to the patient.
 - 3 Describe the process for performing a range of motion assessment.
 - 4 Demonstrate range of motion assessment based upon patient history and presentation.
 - 5 Differentiate between normal and abnormal findings.
 - 6 Describe the relationship between abnormal findings and clinical manifestations.
- g. Perform muscle length assessment.
 - 1 Identify the indications, contraindications and precautions for performing muscle length assessment.
 - 2 Explain assessment to the patient.
 - 3 Describe the process for performing a muscle length assessment.
 - 4 Demonstrate muscle length assessment based upon patient history and presentation.
 - 5 Differentiate between normal and abnormal findings.
 - 6 Describe the relationship between abnormal findings and clinical manifestations.
- h. Perform muscle strength assessment.

- 1 Identify the indications, contraindications and precautions for performing muscle strength assessment.
- 2 Explain assessment to the patient.
- 3 Describe the process for performing a muscle strength assessment.
- 4 Demonstrate muscle strength assessment based upon patient history and presentation.
- 5 Differentiate between normal and abnormal findings.
- 6 Describe the relationship between abnormal findings and clinical manifestations.

i. Perform joint play assessment.

- 1 Identify the indications, contraindications and precautions for performing joint play assessment.
- 2 Explain assessment to the patient.
- 3 Describe the process for performing a joint play assessment.
- 4 Differentiate between normal and abnormal findings.
- 5 Describe the relationship between abnormal findings and clinical manifestations.

j. Perform neurological assessment.

- 1 Identify the indications, contraindications and precautions for performing neurological assessment.
- 2 Explain assessment to the patient.
- 3 Describe the process for performing a neurological assessment.
- 4 Demonstrate neurological assessment based upon patient history and presentation.
- 5 Differentiate between normal and abnormal findings.
- 6 Describe the relationship between abnormal findings and clinical manifestations.

k. Perform vital sign assessment.

- 1 Identify the indications, contraindications and precautions for performing vital signs assessment.
- 2 Explain assessment to the patient.
- 3 Describe the process for performing a vital signs assessment.
- 4 Demonstrate vital signs assessment based upon patient history and presentation.
- 5 Differentiate between normal and abnormal findings.
- 6 Describe the relationship between abnormal findings and clinical manifestations.

l. Perform appropriate special tests (specific selected assessments).

- 1 Identify the indications, contraindications and precautions for selecting a specific assessment.
- 2 Explain the purpose of the selected assessment.
- 3 Explain how the selected assessment affects the involved tissues.
- 4 Explain assessment to patient.
- 5 Demonstrate the selected assessment.

m. Interpret findings and formulate clinical impression / differential diagnosis.

- 1 Analyze findings.
- 2 Formulate a clinical impression / differential diagnosis.
- 3 Communicate findings to patient.

n. Refer patient to other health care professionals when appropriate.

- 1 Identify conditions that may benefit from referral.
- 2 Communicate referral recommendations to patient.

2.2 Treatment Planning

a. Formulate individualized treatment plan based upon assessment findings.

- 1 Describe the relationship between treatment planning and outcomes.
- 2 Incorporate assessment findings into treatment plan.
- 3 Adapt treatment plan according to findings and patient's desired outcomes.

b. Select treatment modalities and techniques based upon indications, contraindications, precautions and patient stage of life.

- 1 Select techniques that are appropriate to the patient's conditions and desired outcomes.
- 2 Formulate a treatment that addresses the patient's conditions and desired outcomes.

c. Reassess patient, and adapt treatment plan as needed.

- 1 Summarize reassessment findings, treatment outcomes and patient condition.
- 2 Modify treatment plan according to new findings.

3 Treatment and Patient Self-Care 101 Tasks 55% of Exam

3.1 Treatment Principles

a. Treat in a manner that reflects the principles of massage

- 1 Apply the principles of massage therapy to treatment.

b. Apply standard hygiene and infection control precautions.

- 1 Apply standard precautions for infection control.

c. Apply draping as relevant.

- 1 Drape patient appropriately for treatment.

d. Position patient for selected therapeutic techniques.

- 1 Select appropriate positioning.
- 2 Direct and position patient.
- 3 Modify position according to patient response.

e. Apply modalities and techniques in a manner consistent with patient presentation.

- 1 Demonstrate knowledge of anatomy, physiology, & pathology related to conditions listed in the **Appendix**.
- 2 Apply treatment modalities and techniques incorporating knowledge of commonly occurring conditions, as listed in the **Appendix**.
- 3 Treat in a manner appropriate to patient presentation.

f. Apply treatment modalities and techniques incorporating knowledge of indications, contraindications, precautions and patient stage of life.

- 1 Determine indications, contraindications and precautions for treatment based upon patient stage of life.
- 2 Employ modalities and techniques for safe and effective treatment based upon patient stage of life.

- g. Advise and instruct patient on self care.
 - 1 Describe the value of patient self care.
 - 2 Select self care based upon patient presentation.
 - 3 Instruct patient in self care.

3.2 Modalities and Techniques

3.2a Massage Skills

- 1 Perform effleurage techniques.
 - 1 Demonstrate effleurage techniques.
 - 2 Incorporate effleurage into a comprehensive treatment process.
 - 3 Modify effleurage based on patient history, presentation and response.
- 2 Perform stroking techniques.
 - 1 Demonstrate stroking techniques.
 - 2 Incorporate stroking into a comprehensive treatment process.
 - 3 Modify stroking based on patient history, presentation and response.
- 3 Perform petrissage techniques.
 - 1 Demonstrate petrissage techniques.
 - 2 Incorporate petrissage into a comprehensive treatment process.
 - 3 Modify petrissage based on patient history, presentation and response.
- 4 Perform skin rolling techniques.
 - 1 Demonstrate skin rolling techniques.
 - 2 Incorporate skin rolling into a comprehensive treatment process.
 - 3 Modify skin rolling based on patient history, presentation and response.
- 5 Perform vibration techniques.
 - 1 Demonstrate vibration techniques.
 - 2 Incorporate vibration into a comprehensive treatment process.
 - 3 Modify vibration based on patient history, presentation and response.
- 6 Perform percussive techniques.
 - 1 Demonstrate percussive techniques.
 - 2 Incorporate percussive techniques into a comprehensive treatment process.
 - 3 Modify percussive techniques based on patient history, presentation and response.
- 7 Perform rocking and shaking techniques.
 - 1 Demonstrate rocking and shaking techniques.
 - 2 Incorporate rocking and shaking into a comprehensive treatment process.
 - 3 Modify rocking and shaking based on patient history, presentation and response.
- 8 Perform friction techniques.
 - 1 Demonstrate friction techniques.
 - 2 Incorporate friction into a comprehensive treatment process.
 - 3 Modify friction based on patient history, presentation and response.
- 9 Perform muscle stripping techniques.
 - 1 Demonstrate muscle stripping techniques.
 - 2 Incorporate muscle stripping into a comprehensive treatment process.

- 3 Modify muscle stripping based on patient history, presentation and response.
- 10 Perform muscle approximation techniques. (musculo-skel conditions)
 - 1 Demonstrate muscle approximation techniques.
 - 2 Incorporate muscle approximation into a comprehensive treatment process.
 - 3 Modify muscle approximation based on patient history, presentation and response.
- 11 Perform origin / insertion techniques.
 - 1 Demonstrate origin / insertion techniques.
 - 2 Incorporate origin / insertion into a comprehensive treatment process.
 - 3 Modify origin / insertion based on patient history, presentation and response.
- 12 Perform Golgi tendon organ techniques.
 - 1 Demonstrate Golgi tendon organ techniques.
 - 2 Incorporate Golgi tendon organ techniques into a comprehensive treatment process.
 - 3 Modify Golgi tendon organ techniques based on patient history, presentation and response.
- 13 Perform lymphatic drainage techniques.
 - 1 Demonstrate the different types of lymphatic drainage techniques.
 - 2 Incorporate lymphatic drainage into a comprehensive treatment process.
 - 3 Modify lymphatic drainage based on patient history, presentation and response.

3.2.b Myofascial Techniques

- 1 Perform trigger point release techniques.
 - 1 Demonstrate the different types of trigger point release techniques.
 - 2 Incorporate trigger point release techniques into a comprehensive treatment process.
 - 3 Modify trigger point release techniques based on patient history, presentation and response.
- 2 Perform strain induction techniques (fascial).
 - 1 Demonstrate the different types of strain induction techniques.
 - 2 Incorporate strain induction techniques into a comprehensive treatment process.
 - 3 Modify strain induction techniques based on patient history, presentation and response.

3.2.c Therapeutic Exercise

- 1 Choose equipment and / or environment for selected therapeutic exercise technique.
 - 1 Ensure equipment utilized is appropriate and safe for patient presentation.
- 2 Perform contract / relax techniques.
 - 1 Demonstrate contract / relax techniques.
 - 2 Incorporate contract / relax techniques into a comprehensive treatment process.
 - 3 Modify contract / relax techniques based on patient history, presentation and response.
- 3 Perform contract / relax / contract techniques.
 - 1 Demonstrate contract / relax / contract techniques.

- 2 Incorporate contract / relax / contract techniques into a comprehensive treatment process.
- 3 Modify contract / relax / contract techniques based on patient history, presentation and response.
- 4 Perform agonist contraction techniques.
 - 1 Demonstrate agonist contraction techniques.
 - 2 Incorporate agonist contraction techniques into a comprehensive treatment process.
 - 3 Modify agonist contraction techniques based on patient history, presentation and response.
- 5 Perform stretch techniques.
 - 1 Demonstrate stretch techniques.
 - 2 Incorporate stretch techniques into a comprehensive treatment process.
 - 3 Modify stretch techniques based on patient history, presentation and response.
- 6 Perform active assisted range of motion techniques.
 - 1 Demonstrate active assisted range of motion techniques.
 - 2 Incorporate active assisted range of motion techniques into a comprehensive treatment process.
 - 3 Modify active assisted range of motion techniques based on patient history, presentation and response.
- 7 Perform passive range of motion techniques.
 - 1 Demonstrate passive range of motion techniques.
 - 2 Incorporate passive range of motion techniques into a comprehensive treatment process.
 - 3 Modify passive range of motion techniques based on patient history, presentation and response.
- 8 Direct patient in active range of motion techniques.
 - 1 Demonstrate active range of motion techniques.
 - 2 Incorporate active range of motion techniques into a comprehensive treatment process.
 - 3 Modify active range of motion techniques based on patient history, presentation and response.
- 9 Perform isometric and isotonic resistance exercise techniques.
 - 1 Demonstrate isometric and isotonic resistance exercise techniques.
 - 2 Incorporate isometric and isotonic resistance exercise techniques into a comprehensive treatment process.
 - 3 Modify isometric and isotonic resistance exercise techniques based on patient history, presentation and response.
- 10 Direct patient in balance exercises.
 - 1 Direct balance exercise techniques.
 - 2 Incorporate balance exercise techniques into a comprehensive treatment process.
 - 3 Modify balance exercise techniques based on patient history, presentation and response.

3.2.d Joint Mobilization

- 1 Perform traction and distraction techniques.
 - 1 Explain the purposes, effects and outcomes of traction and distraction techniques.
 - 2 Demonstrate traction and distraction techniques.
 - 3 Incorporate traction and distraction techniques into a comprehensive treatment process.
 - 4 Modify traction and distraction techniques based on patient history, presentation and response.
 - 2 Perform oscillation techniques.
 - 1 Explain the purposes, effects and outcomes of oscillation techniques.
 - 2 Demonstrate oscillation techniques.
 - 3 Incorporate graded oscillation techniques into a comprehensive treatment process.
 - 4 Modify graded oscillation techniques based on patient history, presentation and response.
 - 3 Perform sustained glide techniques.
 - 1 Explain the purposes, effects and outcomes of sustained glide techniques.
 - 2 Demonstrate sustained glide techniques.
 - 3 Incorporate graded sustained glide techniques into a comprehensive treatment process.
 - 4 Modify graded sustained glide techniques based on patient history, presentation and response.
- 3.2.e Thermal Therapy**
- 1 Perform techniques utilizing therapeutic heating.
 - 1 Incorporate techniques utilizing therapeutic heating into a comprehensive treatment process.
 - 2 Perform cold pack treatments.
 - 1 Incorporate cold pack treatments into a comprehensive treatment process.

Appendix A

- A1 Common clinical conditions that present as variables of
 - a. Pain
 - b. Mood
 - c. Anxiety
 - d. Sleep
 - e. Cognition
- A2 Conditions with multi-factorial considerations
 - a. Inflammation
 - b. Infection
 - c. Scarring
 - d. Swelling
 - e. Congestion
 - f. Movement restriction

- g. Malignancy
- A3 Stages of life
 - a. Pregnancy
 - b. Infancy and childhood
 - c. Adolescence
 - d. Adulthood
 - e. Senior years
 - f. End of life
- A4 Neurological conditions
 - a. Of the central nervous system
 - b. Of the peripheral nervous system
 - c. General neurological conditions
- A5 Orthopedic conditions
 - a. Of the bone and periosteum
 - b. Of the muscles and tendons
 - c. Of the fascia
 - d. Of the skin and connective tissue
 - e. Of the synovial joints, cartilage, ligaments and bursa
 - f. Systemic myofascial and orthopedic conditions
- A6 Post-surgical conditions involving
 - a. Orthopedic interventions
 - b. Artificial openings
 - c. Implants
- A7 Systemic conditions of the
 - a. Cardiovascular system
 - b. Digestive system
 - c. Endocrine system
 - d. Gastrointestinal system
 - e. Immune system
 - f. Integumentary system
 - g. Lymphatic system
 - h. Reproductive system
 - i. Respiratory system
 - j. Urinary system