



---

## COMMUNICATION / PUBLIC HEALTH STANDARD 6

### Obtain, Update and Record the Client's Health History

**Conditions:**

In a treatment area, given a client who comes to you for massage therapy

**Task:**

Obtain/update and record the client's health history

**Standard:**

**Quality / Technical:**

Health history information must be requested from the client to identify indications and/or contraindications to treatment. Information requested must include, at the minimum:

- date on which health history was taken or updated
- general health status
- client name, address, date of birth, telephone number, occupation, source of referral
- name and address of primary care physician
- current involvement in treatment with other health care practitioner(s)
- current medication(s) and condition(s) they are treating
- timing and nature of injuries or accidents
- timing and nature of surgical procedures
- history of massage therapy
- primary complaint
- location and nature of soft tissue and or joint discomfort
- vision or hearing loss/ loss of sensation
- possible cardiovascular insufficiency, for example:
  - high blood pressure
  - low blood pressure
  - chronic congestive heart failure
  - heart disease
  - history of myocardial infarction
  - phlebitis / varicose veins
  - history of cerebro-vascular accident
  - presence of pacemaker or similar device
  - family history of cardiovascular difficulties
- possible respiratory insufficiency, for example:
  - chronic cough
  - bronchitis
  - shortness of breath
  - asthma
  - emphysema
  - family history of respiratory difficulties known
- allergies or hypersensitivity reactions
- diabetes, cancer, epilepsy, skin conditions
- arthritis, family history of arthritis



- 
- presence of infectious conditions for example:
    - infectious skin conditions
    - infectious respiratory conditions
    - hepatitis
    - HIV
    - herpes
  - pregnancy, gynaecological conditions
  - other diagnosed diseases or medical conditions, for example: digestive conditions, haemophilia, osteoporosis, mental illness etc.
  - presence of internal pins, wires, artificial joints or special equipment
  - history of headaches or migraines

***Quality / Interpersonal:***

- So that you inform the client of the need to inform you of any change in his/her health status.
- So that you inform the client of the reason why an accurate health history is needed before massage begins.
- So that you provide the client with an opportunity to ask questions to better understand health history questions being asked.
- So that you inform the client that all client information is confidential and written authorization will be obtained prior to release of information.
- So that you inform the client that all client information is confidential within the limits identified in the Confidentiality Statement in the Introduction.
- So that any infectious disease are recognized and Routine and Additional Precautions are taken

***Timing:***

- Before initial treatment begins.
- After a client absence of one year from the last treatment.
- Every year, at a minimum.

***Safety:***

- So that you inquire as to any allergies and/or sensitivity to hydrotherapy additives and lubricants that the client may have.
- So that any contraindications for massage therapy or massage therapy technique(s) are recognized

Reference:

- O. Reg. 544/94 Part III Section 11 (2) 1
- O. Reg. 544/94 Part III Section 11 (2) 3
- O. Reg. 544/94 Part III Section 11 (2) 4