

# Standard SPOTLIGHT

## Consent

### About the Standard Spotlight

Standard Spotlights are educational resources to help Registered Massage Therapists (RMTs) reflect on whether they are practising in a way that meets the expectations established by CMTO's *Standards of Practice (2022)*. This document is not a *Standard of Practice* or a regulation.

### What are some of the key expectations within the Standard?

A key expectation for the *Standard* includes discussing the six elements of consent with each client before assessment(s) and/or treatment(s). There are also important expectations about obtaining consent when assessment or treatment of sensitive areas is clinically indicated and requested by the client.

### Why are these expectations important?

RMTs must obtain informed consent from the client before proceeding with assessment(s) and/or treatment(s).

### How do you assess whether you are meeting the expectations of the Standard?

Questions to help you reflect on whether you are meeting the expectations of the *Standard* include:

- What are the six elements of consent?
- How do you obtain consent from a client?
- When are you required to obtain a client's signature as a part of documenting consent?
- How do you document the details of a consent conversation in the client's health records?
- How is consent an ongoing process?