

Standard SPOTLIGHT

Draping and Physical Privacy

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 ensuring the client is covered by clothing and/or draping in a secure and comfortable manner that prevents exposure during assessment and treatment. There are also important expectations about providing the client with information about draping during consent discussions and monitoring the client's comfort with draping throughout assessment(s) and treatment(s).

Why are these expectations important?

RMTs must protect the client's personal and physical privacy, promote client comfort and safety, and prevent boundary crossings or violations when providing care.

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 steps do you take to ensure that draping and/or clothing protects clients' personal and physical privacy?
- What are the expectations for preventing physical exposure of the client in the *Standard*?
- What information do you provide about draping during informed consent discussions?
- What steps do you take to monitor each client's comfort with draping and/or clothing throughout an appointment?