



College of
Massage
Therapists of
Ontario

Touch Point

February 2023 Edition



Practice Profile is Coming Soon!

In March 2023, RMTs with a General Certificate of Registration will be asked to complete Practice Profile, a component of the new risk-based approach to assessments. Once the submission period opens, RMTs will have 30 days to complete Practice Profile, which is accessed via the STRiVE platform. This process will take about an hour to complete. RMTs registered after August 31, 2022 do not need to complete Practice Profile in 2023.

Practice Profile has two sections:

In the first section, RMTs respond to questions about their risks and supports to competence.

Self-Inventory of Risks and Supports

- Responses are for personal use only and any information reported remains confidential.

The feedback helps RMTs reflect on their individual risks and supports to competence. RMTs are encouraged to respond honestly to receive the most value out of the feedback provided. Information on risks and supports to competence helps RMTs make decisions based on health professions' literature and CMTO data. If a certain factor is identified as a risk, this doesn't mean the RMT has a problem; rather, Practice Profile provides awareness of potential risks and available supports.

In the second section, RMTs answer questions about specified Standards of Practice and Regulations.

Standards of Practice Quiz

- Responses to questions are scored automatically. Answers and explanations are provided upon submission.

The selected Standards of Practice and Regulations for 2023 are:

- [Infection Prevention and Control](#)
- [Prevention of Sexual Abuse](#)
- [Safety and Risk Management](#)
- [Record Keeping](#)

Once Practice Profile is submitted, RMTs will receive customized feedback. That's why it's important that RMTs answer Practice Profile questions accurately, as this will generate the most helpful feedback.

For a refresher on the new risk-based approach to assessments, the information presented in the **STRiVE e-Learning Module: An Introduction to Risk-based Assessments** continues to be

available via the [STRiVE platform](#). You can also refer to the [Risk-Based Assessment webpage](#). If you still have questions after reviewing the information on the website, please contact the STRiVE Centre at strive@cmta.com.

Updated Refresher Course

Effective January 2023, CMTO's Refresher Course Policy has been updated to reduce the number of tutoring hours required, permit more tutoring hours to be completed remotely and incorporate CMTO's new online jurisprudence program. The Refresher Course Policy applies to some applicants for registration and RMTs who have been out of practice for a specified length of time. More details can be found below and in the [Refresher Course Policy](#).

Like the previous Refresher Course, the updated course will include a jurisprudence component and a tutoring component. Below is a summary of the key changes:

1) Online jurisprudence program:

- Must be completed before the tutoring component.
- Consists of three online modules that can be taken in any order with an evaluative test at the end of each module.
- Can be completed in approximately four hours.
- Is available at no charge.
- Once completed, is valid for six months.

2) Tutoring:

- Must be provided by a CMTO-approved tutor.
- Participant categories and the number of tutoring hours required are based on whether the participant is 1) an applicant for registration or 2) if a registrant, the length of time since holding a General Certificate.
- As compared with the current Refresher Course, the new program reduces the total number of tutoring hours required and increases the use of remote tutoring.
- Must be completed within six months of completing the jurisprudence program.

The Refresher Course is valid for 15 months once both the jurisprudence program and tutoring have been completed. If you have any questions, please contact registrationservices@cmta.com.

COVID-19 Reminders

Using protective measures to prevent the spread of COVID-19 continues to be important. Along with COVID-19, the flu and respiratory syncytial virus (RSV) are concerns. RMTs are reminded of the following COVID-19 guidance:

Masking

- While masking is generally no longer mandated, some organizations may have their own masking policies and RMTs in these settings should follow any guidance provided.
- CMTO expects that some clients will wish to remain masked, some will want their RMT to be masked, and some RMTs may request that a client wear a mask. RMTs should base the decision to use personal protective equipment on a [risk assessment](#).
- RMTs should communicate any masking preferences ahead of the appointment to allow clients to prepare accordingly.
- The Ministry of Health also has [guidance on the use of PPE](#) for health care workers and health care entities.

Screening

- RMTs cannot provide treatment to anyone with symptoms consistent with COVID-19 until those symptoms have subsided, or to anyone who is supposed to be [self-isolating](#) at the time of their scheduled appointment.
- RMTs can continue to use passive screening such as signage.
- RMTs should use their professional judgement to decide how to screen clients for symptoms and self-isolation requirements before treatment. For example, an RMT could choose to ask questions about symptoms as a part of collecting updates to health history; or continue with [active screening](#).

Returning to Practice following Illness

- RMTs must assess their situation and follow the instructions in the Ministry of Health's Case and Contact Management Guidance document (pgs. 10 to 13): [Management of Cases and Contacts of COVID-19 in Ontario](#).
- If you must self-isolate based on the instructions in the document (refer to the Table on pgs. 12 and 13), you cannot return to practice until you have completed self-isolation requirements.

Please see CMTO's [COVID-19 page](#) for more information. If you have any questions, please contact the Practice Specialist at practicespecialist@cmto.com or by phone at 416-489-2626/1-800-465-1933 extension 4124.

RMTs: Thinking of leaving your practice? Here are answers to frequent questions.

If you're thinking about leaving practice, or changing practice locations, it's important to consider your responsibilities to clients and record retention. CMTO receives frequent questions on this topic. Below we've answered the top three questions received by our Practice Specialist.

1. If I leave my current practice, what do I need to tell my clients?

RMTs are responsible for informing clients of their departure so that alternative care arrangements can be made. Clients must be made aware of how their health records will be stored, and who to contact with requests for access and/or copies.

When changing practice locations, RMTs do not have to give clients their new contact information unless they are taking the only copy of clients' health records with them when they leave.

2. What are my responsibilities regarding record retention when I leave practice?

An RMT should ensure health records will continue to be stored securely and confidentially by a health information custodian (HIC) for the remainder of the mandatory storage period.

If you will not be fulfilling the duties of the HIC after your departure, you need to confirm that records will be retained by another individual or organization that is eligible to be the HIC.

You are not required to have copies of clients' health records after you leave. However, you should organize an agreement to be given access when required for valid reasons.

3. Are there steps I can take to improve the process of leaving a practice?

One of the best steps you can take is to organize details of the departure before it happens. For example, if you are starting a practice and negotiating an agreement with an employer or facility operator, it can be helpful to ensure that considerations for your departure (planned or unplanned) are clearly articulated in the agreement.

Alternatively, if you are currently practising and have no immediate plans to leave or change practice locations, it can still be helpful to revisit any existing agreements to ensure that considerations for your departure are included.

Questions about leaving practice or record keeping? Don't hesitate to reach out to CMTO's Practice Specialist: practicespecialist@cmtto.com. For more information on record keeping see CMTO's [Guide to Record Keeping Requirements](#).

2023 Council Elections Update

CMTO is pleased to welcome two new members to Council:

- **Ashley Van Zelst, RMT** from District 6, who was elected for a three-year term. Ashley has been practising in a multi-disciplinary setting in the Chatham-Kent area since 2014. She has served as a non-Council member with CMTO for the past four years on the Inquiries, Complaints and Reports Committee and the Quality Assurance Committee.
- **Jennifer McGill, RMT** from District 9, who was elected for a three-year term. Jennifer began her Massage Therapy career in 2003 in Peterborough after graduating from Sir Sandford Fleming College. Before establishing her private practice in east Toronto in 2022, she worked in a variety of settings and taught a Massage Therapy program at Trillium and Oxford Colleges.

At the close of nominations last fall, Sean Adderley, RMT from District 1 was elected by acclamation to Council for a three-year term. Welcome back, Sean!

CMTO would like to thank Anna Cantalini and Lesley Hargreaves, whose terms on Council have ended, and Kim Westfall-Connor, who served as President of Council for the past three years. Kim's commitment to CMTO's mission and steadfast leadership has successfully prepared CMTO to move ahead with its new [strategic vision](#) over the next several years.

Council Highlights

Council met on February 7, 2023. Highlights from the meeting are below.

- CMTO welcomed two new members to Council for a three-year term: **Ashley Van Zelst, RMT** of District 6, and **Jennifer McGill, RMT** of District 9.
- Council also elected a new Executive Committee. Congratulations to:
 - **Jay Mathers**, Public Appointee, Council President
 - **Christin Mandalentzis**, RMT, Council Vice President
 - **Sean Adderley**, RMT, Executive Officer
 - **Jalpa Patel**, Public Appointee, Executive Officer
- Council approved revisions to **By-Law No. 2: Election of Members to Council** and **By-Law No. 5: Committees of the College** to support the Ontario Physicians and Surgeons Discipline Tribunal (OPSDT) pilot project and streamline CMTO's elections processes.
- The Ministry of Health has asked all health regulatory colleges to propose changes to their Registration Regulation to allow for an emergency class of registration. Council approved for circulation proposed changes to the Registration Regulation relating to **Bill 106: the Pandemic and Emergency Preparedness Act, 2022** and previously submitted proposed changes to allow a clear transition period for accreditation of Massage Therapy education programs. [Provide your feedback](#).
- Council approved an interim list of projects associated with the **2023 – 2025 workplan** and received a fourth-quarter financial and organizational risk register update. Council also reviewed its **annual evaluation**.