

Standard SPOTLIGHT

Acupuncture

About Standard Spotlights

Standard Spotlights are educational resources to help Registered Massage Therapists/Massage Therapists (RMTs/MTs) reflect on whether they are practising in a way that meets the expectations established by CMTO's *Standards of Practice*.

Key expectations of this Standard

Key expectations include obtaining authorization from CMTO to perform acupuncture and practising within the framework established in the *Standard of Practice: Acupuncture*. There are also important expectations about consent, infection prevention and control (IPAC), and risk management.

Importance of these key expectations

Techniques that require a health professional to insert a needle into the patient's skin are controlled acts under the [Regulated Health Professions Act, 1991](#). An RMT/MT is only permitted to use needling techniques in accordance with the requirements established in the *Standard of Practice: Acupuncture*.

Meeting these key expectations

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

- What are the steps for obtaining authorization to practise acupuncture?
- How do you ensure your acupuncture practice stays within CMTO's defined *Scope of Practice*, *Standards of Practice*, and definition of acupuncture?
- What conditions are RMTs/MTs permitted to treat using acupuncture?
- How do my existing IPAC and risk management measures for acupuncture compare with the expectations of the Standard?