

Standard SPOTLIGHT

Consent

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

A key expectation includes discussing the six elements of consent with each patient before assessment(s) and/or treatment(s). There are important expectations about obtaining consent when assessment or treatment of sensitive areas is clinically indicated and requested by the patient. This also includes ensuring topical cannabis products are not used or sold during Massage Therapy.

Importance of these key expectations

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

Meeting these key expectations

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

- What are the six (6) elements of consent?
- How do you explain risks and side effects of a Massage Therapy treatment to patients?
- How do you obtain consent from a patient and ensure it is an ongoing process?
- When are you required to obtain a patient's signature as a part of documenting consent?
- How do you document the details of a consent conversation in the patient's health records?