



Standard SPOTLIGHT

Patient-centred Care

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 for the Standard include promoting the patient's involvement in their care, using an evidence-informed approach to treatment, and protecting the patient from abuse.

Importance of these key expectations

RMTs/MTs have a duty to provide safe and ethical care that meaningfully engages the patient and focuses on the patient's best interests.

Meeting these key expectations

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

- How do you determine whether Massage Therapy treatment is indicated, safe and ethical for each patient?
- How do you keep your Massage Therapy practice up to date and use new research or evidence?
- How do you involve patients in their own care?
- What steps do you take to protect each patient from abuse in your practice?