

Standard SPOTLIGHT

Professional Boundaries, Draping and Physical Privacy

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 maintaining professional boundaries with the patient and preventing all types of abuse. There are requirements to avoid dual relationships and address boundary crossings/violations. Other key expectations include ensuring the patient is secure and comfortably covered (through draping or clothing) to prevent exposure, explaining draping as part of the consent process, and monitoring the patient's comfort throughout the assessment and treatment.

Importance of these key expectations

RMTs/MTs must preserve the trust and respect of the therapeutic relationship and protect the patient's personal and physical privacy. RMTs/MTs must also promote patient comfort and safety and prevent boundary crossings or violations when providing care.

Meeting these key expectations

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

- How do you maintain professional boundaries with patients?
- What are the different types of abuse, as defined in the Standards glossary?
- How do you prevent behaviours that could be perceived as abusive or inappropriate?
- What steps do you take to ensure draping and/or clothing protects patients' personal and physical privacy?
- What information do you provide patients during informed consent to help patients understand draping and professional boundaries?