	CCMC Corporation		
	<input checked="" type="checkbox"/> Connecticut Children's Medical Center <input checked="" type="checkbox"/> Connecticut Children's Specialty Group, Inc.	<input type="checkbox"/> CCMC Affiliates, Inc. <input type="checkbox"/> Connecticut Children's Medical Center Foundation, Inc.	
	Provision of Care, Treatment and Services	Date Effective:	December 02, 2013
	Guideline: Therapeutic Massage	Date of Origin:	November 10, 2010
Approved By: Pain Steering Committee, UCHC-NICU Collaborative, Clinical Council	Date Approved:	November 20, 2013	

I. Purpose

Connecticut Children's Medical Center (Connecticut Children's) offers its patients massage therapy as a treatment modality to promote their healing and comfort. The purpose of this guideline is to provide guidelines for this therapy as an intervention to promote that healing and comfort and reduce anxiety.

II. Background Information

Massage therapy is a modality that complements a patient's individualized treatment plan and promotes healing and relaxation. Children who are in pain, bedridden, or have limited mobility all benefit from massage therapy which is soothing and comforting. Massage therapy may be performed by a licensed massage therapist (LMT), a Certified Pediatric Massage Therapist (CPMT) or an Occupational Therapist may also use massage/manual therapy technique as part of a patient's plan of care.

III. Inclusion/Exclusion Criteria/Indications/Definitions

A. Therapeutic Benefits

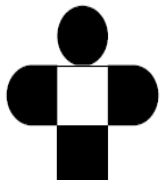
1. Relieve pain
2. Reduce anxiety
3. Improve circulation
4. Promote ease of movement
5. Relieve muscle stiffness
6. Promote comfort and a sense of well being
7. Support the body's natural healing process
8. Provide comfort for children who are dying

B. Contraindications

1. Culture: Any cultural concerns about massage therapy should be addressed by the health care team before a referral is made.
2. Medical Conditions: A credentialed practitioner order is required for therapeutic massage.

C. Credentialing

1. The licensed massage therapist (LMT), or Certified Pediatric Massage Therapist (CPMT) shall be credentialed in accordance with the Medical Staff Bylaws and applicable credentialing policies.
2. Occupational and Physical Therapist licenses are primary source verified by the Human Resources Department in accordance with hospital policies.

 Connecticut Children's MEDICAL CENTER	CCMC Corporation		
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IV. Guidelines

- A. The practicing provider shall check with the patient's nurse prior to meeting the patient for special considerations and securing uninterrupted time for the massage therapy session. If the patient is in the NICU, the patient's nurse and developmental specialist shall be consulted before meeting the patient to understand special considerations.
- B. The practicing provider shall observe all infection prevention and control measures per hospital protocol.
- C. The practicing provider shall observe all safety protocols regarding bed rails.
- D. The practicing provider's use of oil or lotion for massage therapy shall be based on the individual patient evaluation (assessment).
- E. The practicing provider shall be responsible for informing the patient and family about the techniques that shall be used and the benefits of massage.
- F. The practicing provider shall utilize a massage therapy technique that is physically and developmentally age appropriate.
- G. The practicing provider shall perform massage therapy in the patient's room where lighting, music and comfort objects can enhance the relaxation experience.
- H. The practicing provider may provide privacy and maximize therapeutic effects by placing a do not disturb sign outside the patient's room during the massage.
- I. The practicing provider shall document in the medical record:
 1. Patient or family informed consent for the intervention
 2. Evaluation time
 3. Treatment time, and
 4. Any pertinent observations of the patient
 5. Patient response to the treatment

V. References

Beider S, Mahrer N, Gold J. Pediatric Massage Therapy: An Overview for Clinicians. Pediatric Clinics of North America 54(2007) 1025-1041.

VI. Related Documents