

MASSAGE THERAPY FOUNDATION PRACTITIONER CASE REPORT CONTEST

INTRODUCTION

The Massage Therapy Foundation is delighted to invite you to participate in our Practitioner Case Report Contest. The Foundation has chosen to encourage the writing of case reports to provide an opportunity for massage therapists and bodyworkers to develop research skills and enhance their ability to provide knowledge-based massage to the public. The Foundation is a philanthropic, non-profit 501(c) (3) organization that grants money for scientific research and community service projects, and is a resource for research education to the massage and bodywork professions at large. Please see the Foundation's Mission and Goals at www.massagetherapyfoundation.org.

CASE REPORT GOALS AND GUIDELINES

Case reports play an important role in the professional literature. This contest is intended to enhance professional development skills of the practitioner: writing case reports helps develop communication skills, critical thinking skills, and could contribute to future research and clinical practice. Case reports are an effective way to communicate clinical decision making and findings to other practitioners in a concise, objective manner. Cash contingent on publication will be awarded to practitioners submitting the top reports. Additionally, continuing education credit is available through the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) for submitted reports that adhere to all requirements.

CASE REPORT STRUCTURE

Practitioners must report on an independent clinical intervention(s) on one client. This includes doing a literature review on the presenting condition; creating and implementing a treatment plan in accordance with the literature, the needs of the client, and the practitioner's expertise; writing up the results, discussing the implications of the outcomes, and offering suggestions for future study.

SELECTING A CASE FOR SUBMISSION

- Case reports are commonly based on a sequence of massage sessions; however, cases based on very few or even one session can produce interesting results. Thus, there is no expectation in regard to the number of sessions required. (Please consider that, if a series of massage sessions are used, massage therapy should be the only new intervention in the client's treatment plan so as to avoid confusing results.)

- The intention of the Foundation is to bring more massage therapists into the research world. To this end, the Foundation provides for the use of up to 2 advisors. A case report advisor is a person with more experience in research. (S)He helps guide the planning and execution of the treatment series, and can make recommendations in the preparation and editing of the report. Advisors must not participate in client interaction or manual therapy. Also, advisors must not write any part of the report, but can advise on editing.

Contest entrants are not required to have advisors. Entrants are responsible for seeking out their advisors independently, but some likely groups of potential advisors are listed below:

- Research faculty at academic institutions.
- Practicing health professionals, such as medical doctors, nurses, psychotherapists, osteopaths, chiropractors, physical therapists, and other massage therapists.
- Faculty at massage schools.

- The Foundation requires that the practitioner obtain consent from the client to use the

client's case in writing up a case report and submitting it for publication. See attached consent form as Appendix A.

The Foundation requires that HIPAA guidelines for confidentiality are followed. Go to www.hhs.gov/ocr/hipaa/ for guidelines.

Case reports may be submitted by a practicing massage therapist or bodyworker. The Foundation requires that participating practitioners have current liability insurance.

The Foundation does not require approval from an Institutional Review Board (IRB) for contest submissions. Consistent with federal regulations pertaining to research conducted for clinical and educational purposes (Department of Human Services Code of Federal Regulations, Human Subjects Section, Title 45, Part 46), the approval of an Institutional Review Board (IRB) is not required for a description of practice that does not involve research methodology. However, if the case consists of research protocol that uses massage in an experimental way (anything beyond "clinical practice") then IRB approval is necessary. If the case report is a research study but does not include IRB approval it will not be reviewed. Additionally, applicants working in a clinical setting that requires IRB approval should follow the guidelines established by that agency. Similarly, applicants with access to an IRB who wish to have their plans for conducting a case report reviewed are encouraged to do so.

• Case reports that utilize a copyrighted technique that do not provide a review of existing scientific literature on the technique will be excluded from review

• A client that is a participant in any clinical trial should not be the subject of a case report as this could have serious repercussions in the clinical trial results.

• Clients should not be "rewarded" in any way for being involved in a case study, which includes compensation for participation.

DOCUMENT PREPARATION AND SUBMISSION

The case report document must be double-spaced, using 12 pt. font size, in Times (or similar) font with 1 inch margins on all sides, written in the English language, and saved as a Microsoft Word document. Tables and figures, if included, should be inline with text and not placed at the end of the document. New paragraphs should be indented.

The report must be concisely and coherently written and follow the prescribed format (**value: 10 points**).

The document must be 2000-4000 words, excluding the cover page and references.

The case report should include a condition and/or intervention that is interesting and pertinent to the massage therapy profession

Report must be submitted online through

www.massagetherapyfoundation.org/grantportal by October 3, 2016, 11.59pm CST.

THE CASE REPORT

A well-written scientific case report explains the practitioner's goal for investigating a client's condition, the outcome, the treatment series' design and implementation, and the meaning of the results. A meaningful or interesting discovery will lose much of its value if it is not presented in a succinct and coherent manner. Therefore, scientific papers are written in a style that is intended to be clear and concise. Their purpose is to inform an audience about an important issue and to document the particular approach used to investigate that issue. Authors are encouraged to avoid using 1st person narrative.

The following links are good sample case reports. Please be aware that the following case reports may not include all the items required by these guidelines.

<http://www.ijtmb.org/index.php/ijtmb/article/view/241/334>

<http://www.ijtmb.org/index.php/ijtmb/article/view/297/369>

Please read carefully as these instructions have changed from 2015 submission. The new format is based upon new recommendations for consistency in case reporting. Please see the Munk and Boulanger article "Adaptation of the CARE Guidelines for Therapeutic Massage and Bodywork Publications: Efforts to Improve the Impact of Case Reports".

<http://www.ijtmb.org/index.php/ijtmb/article/view/251/295>

Please note that the points value given after each section is the maximum value in a scoring rubric used by the review committee.

1. **Cover Page**

Include the title, word counts for abstract, word counts for body of the report, author's name, contact information, mailing address, email address, and signature.

2. **Acknowledgements**

Recognize any non-authors who made substantial contribution to the work, including any advisors, colleagues, advisors or contributors and a brief description of how they contributed. Do not include the client's name.

3. **Abstract/Key Words (value: 10 points)**

An **abstract** is a condensed version of the paper (300 word limit) and should be structured to include the following sections:

- Background and objectives for the case report
- Case presentation: should include a brief description of the client, health history and diagnosis, the therapist's assessments, treatment(s), therapist description and outcomes measures.
- Results
- Discussion

Frequently, readers of a scientific journal will only read the abstract, choosing to read at length those papers that are most relevant to them. For this reason, and because abstracts are frequently made available by various internet abstracting services, this section is an important summary of the case.

Key Words - Citation indexes use key words (or phrases) to help people search for relevant articles. Authors should list 3-5 Keywords with reliance on the Medical Subject Headings (MeSH) of the National Library of Medicine. For more information go to

4. Introduction (value: 10 points)

In this section, the author should build a case for selecting the client or intervention to observe. There should be enough background information so a reader can understand the topic, but not necessarily an exhaustive review of the field. Findings of published studies are necessary here to help explain why the current case is of scientific interest and is in need of being observed. No results or data from the current case should be in this section. The last sentence(s) of the Introduction should state the objective and/or hypothesis: the research question. This should make a smooth transition from the Introduction section to the Case Presentation section (methods sections).

Appropriate use of citations from the literature will be emphasized in the review process. There must be reference to at least some of the following: academic books, professional journals, and peer-reviewed journals. It is expected that Practitioners will utilize reputable biomedical and massage therapy databases as part of their literature search strategy. Use of non-peer reviewed sources such as websites and magazine articles is not allowed.

5. Case Presentation (Total 60 points)

These sections provide all the methodological details necessary for another clinician to duplicate the work. It is assumed that readers have the same basic skills as the author, but don't know the specific details of the therapeutic process. This section should be a narrative of the massage protocol, but not a step-by-step list of instructions. An important part of writing a scientific paper is deciding what bits of information need to be given in detail.

- Client information (value:10 points). This section should contain a relatively detailed account of the client. This may include a presentation of the client's medical history & diagnosis, prior treatments, findings from a massage assessment, findings from other health care providers, and any contraindications to the use of massage. The practitioner should include a description of the client's desired outcomes.
- Diagnosis assessment (value: 10 points). This section will include any information from a healthcare practitioner who can perform diagnosis, e.g. information from the client's chiropractor or doctor about the health condition. A client's self-assessment is not appropriate. The massage practitioner should verify the health condition with the diagnosis provider.
- Clinical Findings (value: 10 points): The massage practitioner will also perform an assessment of the client and should include any relevant findings, e.g. postural analysis, visual observations, or range of motion.
- Assessment Measures may be also called Outcome Measures (value: 10 points). Assessments need to be very clearly addressed. How, when, and where the assessments were taken should be clearly stated, as well as what measurement was chosen, why it was chosen, and what was specifically measured. The validity and reliability of scales should be discussed if applicable including if the measurement has been used and validated in other massage studies.
- Therapeutic Intervention (value: 10 points): A description of the practitioner as well as the environment in which the massage was performed should begin this section. The treatment plan portion **should** describe the massage/bodywork procedures and

how client progress was monitored. The author should provide specific details regarding the massage/bodywork techniques used including duration of treatment, type of stroke using descriptive terms rather than trademarks (i.e., gliding v. effleurage, or kneading v. petrissage), body regions worked, number of sessions, etc. It is also asked that authors provide rationale for the use of the particular massage/bodywork technique(s) used.

Treatment choices must be supported with reference to the available literature, massage texts/instructional handbooks, and safe practice guidelines and within scope of practice guidelines for the geographical area and the education of the practitioner. If there are no direct references to massage therapy for the condition, the Practitioner should indicate why the treatment approach was chosen based on an understanding of how the condition typically presents and how it presents in the client. References from other disciplines may also be helpful.

The practitioner will include a summary of any methodological changes that occur during the course in the Treatment Plan, along with rationalization for such change.

Informed Consent (value: 10 points). If informed consent documents are not complete and included in the appendix, the case report will not be scored. Clearly include information about the client’s informed consent at the end of the section to meet ethical standards. This section should be clearly described and should relate to “patient/client centered” care. The discussion should include how education was provided to the client to help them be a partner in the decision making process.

Timeline (no points): the timeline is suggested but not required. This timeline, which may simply be presented in a table or figure, should demonstrate the length of the health condition and where the massage intervention took place within that health condition.

6. Results (value: 10 points)

This section presents the results of the case but should not attempt to interpret their meaning. Data should be presented in an organized and easily understandable manner; typically raw data should not be presented. Authors are encouraged to succinctly present findings in either a table or graph format. However, data should be presented only once. If a table or figure is presented it should be titled as such and have a caption (and legend, if necessary) so the reader can quickly understand what is being presented. The written portion of the report must refer to any table or figure, if presented. Make sure to also include how the client tolerated and followed the treatment plan and how this was monitored. Additionally, if any client “homework” is given, results of client compliance should be reported.

Patient/client perspective: including the patient/client’s voice and thoughts on treatment(s) and outcome(s) can strengthen the report. Comments and quotes from the patient/client in the discussion section allow them to be heard about their experience.

7. Discussion (value: 10 points)

The Discussion section provides an opportunity to summarize and evaluate the outcomes of the treatment process. It is also important to integrate the findings from the case into the body of literature that currently exists on the topic. Therefore, this section should:

- Provide meaning to the results

- Relate the client findings back to the objective/hypothesis
- Place the results in context of published findings (using sources previously cited as well as new sources).
- Explain why the obtained results may differ from what others have found
- Speculate on why the treatment had an effect or not
- Note limitations of the study and explain any anomalies in the data.
- Suggest implications to the profession. For example, discuss incorporating the treatment protocol into practice.
- Suggest directions for future research that are based on the results of the practice findings.
- Be aware that using such strong language as "evidence" or "proof" is not suited to a case report.

8. References (10 points)

The strength of a report is, in part, dependent on the citations referenced. The points are based on following the reference style as well as using primary research literature to support the background (literature review), case presentation (clinical findings, assessment measures, and therapeutic intervention), and discussion sections. Therefore, it is strongly encouraged that citations used in preparing the report are from the primary research literature (e.g., peer-reviewed journal articles) rather than secondary sources (e.g., internet websites).

This part of the report provides the bibliographic information for each and every source cited. The *Uniform Requirements for Manuscripts Submitted to Biomedical Journals* is the stylistic standard we require for referencing. This *Uniform Requirements* style is based to a large extent on a standard adapted by the

National Library of Medicine for its databases. Sample references for citation formats of the most prevalent types of material cited are available at the following sources:

http://www.nlm.nih.gov/bsd/uniform_requirements.html,
<http://www.nlm.nih.gov/pubs/formats/internet.pdf>, and
<http://www.nlm.nih.gov/pubs/pubcat.html#R>.

References should be cited using the American Medical Association (AMA) style numbered consecutively in the order in which they are first mentioned in the text. Use superscript Arabic numerals to references in text, tables, and legends. We recommend using a referencing software like Zotero or Endnote that will format your references for you. All references in the reference section should be cited in the AMA style see the below sites for examples if needed: <http://library.nymc.edu/informatics/amastyle.cfm> or <https://library.tamu.edu/help/help-yourself/citing-sources/files/Using-the-AMA-Style.pdf> for more information.

It is highly suggested that practitioners read the article that the guidelines are based upon to get clear understanding of the case reporting process. The article can be found at:

<http://www.ijtmf.org/index.php/ijtmf/article/view/251/295>

Practitioner Case Report Contest Awards:

Grand Prize “Gold” Award

- \$2,500.00 cash prize contingent upon the winner undergoing the peer review publication process for IJTMB (*International Journal of Therapeutic Massage and Bodywork*) or another peer reviewed academic journal by the appropriate

deadline.*

- Invitation to present the paper at the 2017 AMTA National Convention and up to \$1,000.00 stipend each for the practitioner Case Report Contest winner and their advisor** to be used toward travel to the convention.
- Winner is invited to submit a poster for the poster session at the 2017 AMTA National Convention.
- Winner is listed on the Massage Therapy Foundation website.
- Local and national press releases announcing the grand prize winner and advisor.
- Two personal keepsake gold plaques, one for the practitioner and one for the advisor.

Second Place “Silver” Award

- \$2,000.00 cash prize contingent upon the winner undergoing the peer review publication process for IJTMB (*International Journal of Therapeutic Massage and Bodywork*) or another peer reviewed academic journal by the appropriate deadline.*
- Winner is invited to submit a poster for the poster session at the 2017 AMTA National Convention.
- Winner is listed on the Massage Therapy Foundation website.
- Local and national press releases announcing the grand prize winner and advisor.
- Two personal keepsake gold plaques, one for the practitioner and one for the advisor.

Third Place “Bronze” Award

- \$1,500.00 cash prize contingent upon the winner undergoing the peer review publication process for IJTMB (*International Journal of Therapeutic Massage and Bodywork*) or another peer reviewed academic journal by the appropriate deadline.*
- Winner is invited to submit a poster for the poster session at the 2017 AMTA National Convention.
- Winner is listed on the Massage Therapy Foundation website.
- Local and national press releases announcing the third place practitioner and advisor.
- Two personal keepsake bronze plaques, one for the practitioner and one for the advisor.

Honorable Mentions

- ◆ Winners listed on the Massage Therapy Foundation’s website.
- Two personal keepsake certificates, one for the winning practitioner and one for the advisor.

*** Awards will be announced by January 2017. Practitioner winners will have until February 28th, 2018 to complete the peer review process with a scholarly journal and redeem their cash prize. Failure to have the Case Report accepted for peer review by a scholarly journal by the February 28 deadline will result in forfeiture of the award.**Prizes listed for advisors are applicable only to Practitioners who choose to work with an advisor on their case report.**

Please note that there is no guarantee that all prizes will be awarded in a given contest year.

Case Report Submission Deadline: October 3, 2016. Reports must be submitted to the Massage Therapy Foundation’s website at <http://www.massagetherapyfoundation.org> no later than 11.59pm

Central time on October 3, 2016. The Massage Therapy Foundation is not responsible for any failures of transmission, computer hardware or software, or for any incomplete, lost, late, or damaged submissions.

Eligibility: The Massage Therapy Foundation's Practitioner Case Report Contest is open to individuals who practice massage therapy within their scope of practice in the United States or abroad. Officers, directors, and employees of the Massage Therapy Foundation, its affiliates, agents, and its advertising and promotion agencies, and their respective immediate family members (spouse, children, parents and siblings) and those living in the same household of each (whether or not related), are not eligible to enter. Winners will be notified by email. If a potential winner does not meet the eligibility requirements, or is otherwise disqualified, then an alternate winner will be selected. Return of any prize notification as non-deliverable will result in disqualification, and an alternate winner being selected.

Judging Criteria. Winners will be selected by a panel of independent judges qualified and chosen by the Massage Therapy Foundation in its sole discretion, using the criteria described in these guidelines. The decision of the judges is final and made at their sole and absolute discretion.

Representations and Acknowledgements. By entering the contest, each Practitioner represents that the Report is original and does not contain any elements that are not the Practitioner's original work. Submission of a Report acknowledges the right of the Massage Therapy Foundation to use the Report for publication and promotion at the Massage Therapy Foundation's sole discretion. Submission of a Report further constitutes permission to use the Practitioner's name, likeness, and affiliation for promotional purposes without further compensation. All taxes due on cash awards are the winner's responsibility.

Disqualification and Termination. The Massage Therapy Foundation reserves the right, at its sole discretion, to disqualify any entrant and void any entries of an entrant who has engaged in misconduct relative to this contest or otherwise acted in any manner the Massage Therapy Foundation deems to be in violation of the contest rules. If, for any reason, the contest is not capable of running as planned, the Massage Therapy Foundation reserves the right at its sole discretion to cancel, terminate, modify or suspend the contest in whole or in part.

CAUTION: ANY ATTEMPT BY AN ENTRANT OR ANY OTHER INDIVIDUAL TO DELIBERATELY DAMAGE ANY WEB SITE OR UNDERMINE THE LEGITIMATE OPERATION OF THE CONTEST IS A VIOLATION OF CRIMINAL AND CIVIL LAWS AND SHOULD SUCH AN ATTEMPT BE MADE, THE MASSAGE THERAPY FOUNDATION RESERVES THE RIGHT TO SEEK DAMAGES FROM ANY SUCH PERSON TO THE FULLEST EXTENT PERMITTED BY LAW.

Please direct any questions you may have to:

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