On Friday, May 11, 2018, the Board of Massage held a board meeting at the Red Lion Hotel Yakima Center, 607 E. Yakima Ave. East Ballroom, Yakima, WA. In accordance with the Open Public Meetings Act, notices were sent to individuals requesting notification of meetings.

**Board Members**
- Teresea Carson, LMT
- Stephanie Dickey, LMT
- Reynaldo Guajardo, LMT (absent)
- Meghann Lawrence, LMT, Chair
- Anthony Sharpe, Public Member, Vice-chair

**Staff Present**
- Megan Maxey, Program Manager
- Blake Maresh, Executive Director
- Brandon Williams, Program Manager Associate
- Davis Hylkema, Program Support
- Luke Eaton, Assistant Attorney General

**Guests**
- Pat Archer, LMT
- Kim Aubuchon, LMT
- Robbin Blake, LMT
- Pat Fincher, LMT
- Barbara Helynn-Heard, LMT
- Aubrey Lesicki, LMT
- Ann Mateo, LMT
- Deborah Nimmons, LMT
- Dawn Schmidt, LMT
- Betty King, LMT
- Susan Sherman, LMT
- Logan Williams, LMT
- Casey Wilsey, LMT

**OPEN SESSION**

1. **CALL TO ORDER – MEGHANN LAWRENCE, LMT, CHAIR**
   The board meeting was called to order by Meghann Lawrence, LMT, Chair, at 9:00 a.m.
   1.1 Introductions and Meeting Ground Rules. The board and staff introduced themselves. Ms. Lawrence read the Meeting Ground Rules.

   1.2 Approval of Agenda. The agenda was approved as presented.

   1.3 Approval of the March 9, 2018, Business Meeting Minutes. The March 9, 2018 Minutes were approved as submitted.

2. **RULES DEVELOPMENT WORKSHOP – MEGAN MAXEY**
   The board reviewed the following rules and made changes based on comments received from the public.
WAC 246-830-430 Training.
- Keep the training hours at 625 hours in no less than six months.
- Reduce the hours of anatomy and physiology (A&P) from 130 to 90.
- Include more detail of the subjects to be included with A&P.
- Increase the hours of kinesiology from 40 to 60.
- Increase the hours of pathology training from 50 to 70.
- Include more detail of the subjects to be included with pathology.
- Reduce the number of theory and practice hours from 265 to 260.
- Require a student clinic.
- Include more detail of the subjects to be included with clinical and business practices.
- Require 40 hours of ethics training.
- Remove subsection (3) regarding jurisprudence exam requirements because it is a requirement for licensure, not education and training.
- Add language that schools must retain documentation of credits or clock hours granted as part of a transfer program.

WAC 246-830-475 Continuing education requirements.
- Require continuing education (CE) providers to have at least 2 years of experience in the subject they will be teaching.
- Increase the number of direct supervised training hours from eight to 12.
- Allow a maximum of two hours per reporting period for attending a board meeting.
- Maintain a current CPR certification.
- CPR training does not need to be in person.
- Allow a maximum of four hours per reporting period for CPR training.
- Remove subsection (2)(e) regarding specialized training.
- Allow a maximum of eight hours per reporting period for multimedia devices.
- Allow a maximum of eight hours per reporting period for distance learning.
- Allow a maximum of eight hours per reporting period for active service on a massage related board or committee.
- Add a subsection regarding acceptable forms of documentation in the event a practitioner is audited for their CE.
- Add a subsection regarding out-of-state massage therapists who maintain an active status massage credential.

Massage of the perineal region – The board began working on new rule language and considered the following:
- A preamble statement indicating that massage of the perineal region is a highly specialized form of massage and, to protect the public, therapists must have training beyond the minimum education and training requirements. They did not determine a specific number of hours.
- To include the definition of the perineum, list anatomical boarders of the perineal area, list the no touch areas, list standard of practice limitations, and include structural integration.
- To reference WAC 246-830-560 – Coverage and draping.

WAC 246-830-555 Breast massage.
- The only change made to the rule was making the client/patient consent language uniform throughout the subsection. Program staff indicated that the rule has not been in effect long enough to determine if any significant changes are needed to protect the public.
MOTION: The motion was made to accept the language as the latest draft. The motion was seconded and passed.

MOTION: The motion was made to move the business meeting on to public comment. The motion was seconded and passed.

3. PUBLIC COMMENT
Members of the public who indicated an interest in speaking shared comments during this time. The following individuals offered comments:

- Deborah Nimmons, LMT – Ms. Nimmons spoke on the work on perineal rules suggesting that the language used as “perineal area” be changed to “pelvic floor” for clarification. The rule needs to be focused on professional, holistic patient health care, and be careful to avoid any narrative suggestive of human trafficking. She is submitting a packet containing information, statistics, and proposed rules language. [The packet will be added to the received public comment documents and made available to the board members for the next meeting.]

- Barbara Helynn-Heard, LMT – Ms. Helynn-Heard advocated the inclusion of the areolas in a single consent of breast massage, and spoke strongly in support of requiring both verbal and signed consent.

- Denise Foster Scott, LMT – Ms. Foster Scott supported the use of structural integration and pelvic floor language, and the need for required education for this specialized massage work. She identified that structural integration is a separate licensure in Nevada and recommended that Washington State consider that as well.

- Pat Archer, LMT – Ms. Archer commented that the listing of topics within an education subject heading provides specificity and clarity for schools and students. She noted that minimum education is outlined in the Entry Level Analysis Project (ELAP) and includes hours of education in each subject and each topic, and feels that Washington rule does not need to be quite so specific. She commented that the pathology education topics being considered are too specific and suggested simplifying the focus to “common pathologies.” Ms. Archer identified perineal massage is included in the standard practice of massage and requires ethics training but not training that is separated as specialized.

- Susan Sherman, LMT – Ms. Sherman supported specificity in education requirements. She will be submitting comment on transfer programs. Ms. Sherman voiced appreciation that Reiki and energy work is being included. She supports renaming perineal massage as pelvic floor.

- Robbin Blake, LMT – Ms. Blake recommended specifying Reiki by name to insure that it be identified as reasonably related to massage. She offered clarifications to some of the public comment documents she had previously submitted that the board had been considering. She advocated avoiding the term “pelvic floor,” preferring that if it must be defined to do so as “massage of the perineal area” not as perineal massage, and that the practice require specialized training. Ms. Blake also spoke in favor of specifying topics in education requirements.

- Aubrey Lesicki, LMT – Ms. Lesicki supports the understanding that full breast massage includes the nipple and areolas in consent requirements. She supports identifying energy work being reasonably related to massage, and suggests that it be in the 12 not hands-on additional hours. She suggests the idea of specifying a pelvic massage rule section, and that the areas
where structural integrators may work require special training and consent for the protection of the practitioner and the safety of the public.

- Kim Aubuchon, LMT – Ms. Aubuchon supports the understanding of the nipple and areolas being included in the consent of full breast massage. She supports specifying education topics as it provides clarity for the schools in designing curriculum. Ms. Aubuchon suggests leaving the minimum education requirement at six months.

- Dawn Schmidt, LMT – Ms. Schmidt requested that draft rules be provided to the public prior to the regular board meetings. She advocates for detailed identification and definition or perineal and pelvic floor areas. Ms. Schmidt handed out an ethics document addressing massage businesses and the Uniform Disciplinary Act concerning the existence of unlicensed and illegal practices (i.e., human trafficking and prostitution). She urged the board to address the issue toward the elimination of the disciplinary expenses incurred by legitimate practitioners because of these illegal businesses. Additionally, she pointed out the Liquor and Cannabis Board allowing an alcohol permit for day spas, including massage practices, and the concern of professional image and integrity.

4. BOARD PAYROLL AND REIMBURSEMENT – DAVIS HYLKEMA
   Mr. Hylkema provided an overview on the dos and don’ts of the travel reimbursement and payroll process.

5. POLICY AND PROCEDURE REVIEW
   The board reviewed a draft policy for Acceptable Clinical Training and/or Coursework under WAC 246-830-201(4). The board was asked to determine the minimum supplemental coursework required for an applicant who does not pass any of the examinations listed in WAC 246-830-201 (1)-(3) after three attempts.

   The board decided to remove the words “continuing education” from the options of remedial training. The board decided on a minimum of 20 hours of supplemental coursework as agreed upon between the student and the school. Ms. Maxey will bring back a revised draft reflecting these changes.

6. SEPTEMBER 2018 MEETING DATE
   The board decided to change the September board meeting date from the 14th to the 21st and the November meeting date from the 2nd to the 9th. The meeting locations were not changed.

7. PROGRAM REPORT – MEGAN MAXEY
   7.1 Budget
   Ms. Maxey provided the budget report for July 01, 2017 through March 31, 2018. Mr. Maresh reported that the department is conducting an in-depth look at what issues are contributing to the continuing increase in expenditures across the professions.

   7.2 Federation of State Massage Therapy Board’s (FSMTB) Member Board Executive Summit.
   Ms. Maxey reported on her attendance at the FSMTB Member Board Executive Summit which is geared toward the administrative portion of managing the program. She commented on how proactive Washington has been on many issues including fraudulent documentation. Ms. Maxey shared that Washington’s first time pass rate of the national exam is one of the
highest at 85%. The national average is 73%. She reported that there was no significant
discussion at the summit of other states’ efforts toward deregulating the profession.

7.3 Planning for Upcoming Meetings / Future Meeting Agenda Items.
There was no further discussion beyond items that have already been mentioned throughout
the meeting.

8. CONSENT AGENDA
Items listed under the consent agenda are considered to be routine agency matters and will be
approved by a single motion of the board without separate discussion. If separate discussion is
desired, that item will be removed from the consent agenda and placed on the regular business
agenda.
8.1 Reuters News Article: Sex Ads Website Backpage Shut Down by U.S. Authorities
The article was provided for the board’s information. No discussion or action was required.

9. ADJOURNMENT – MEGHANN LAWRENCE, LMT, CHAIR

MOTION: The motion was made to adjourn the meeting at 2:08 p.m. The motion was seconded
and approved.

Respectfully Submitted: Approved:

Megan Maxey, Program Manager Meghann Lawrence, LMT, Chair