On Friday, July 13, 2018, the Board of Massage held a board meeting at the Double Tree by Hilton Hotel, 12712 SE 2nd Circle, Vancouver, WA, Columbia Room. 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
- Meghann Lawrence, LMT, chair (absent)
- Anthony Sharpe, public member, vice-chair

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

**Guests**
- Mark Allen
- Pat Archer, LMT
- Nicole Arnold, LMT
- Kim Aubuchon, LMT
- Marilyn Beech, LMT
- Robbin Blake, LMT
- Kristen Clearwater, LMT
- Laura B. Embleton
- Barbara Helynn-Heard, LMT
- Karen James, LMT
- Aubrey Lesicki, LMT
- Mark Retzlaff, LMT

**OPEN SESSION**

1. **CALL TO ORDER – ANTHONY SHARPE, VICE-CHAIR**
   The board meeting was called to order by Anthony Sharpe, public member, vice-chair, at 9:01 a.m.
   1.1 Introductions and Meeting Ground Rules. The board and staff introduced themselves. Mr. Sharpe read the Meeting Ground Rules.
   1.2 Approval of Agenda. The agenda was approved as presented.
   1.3 Approval of the May 11, 2018, Business Meeting Minutes. The May 11, 2018 Minutes were approved as presented.

2. **SCHOOL PROGRAM REVIEWS – ANTHONY SHARPE, VICE-CHAIR**
   Reviewing board members (RBMs) presented the following school program requests for full board consideration and action:
   - Cascade Medical Massage – Apprenticeship.
     - The RBMs found deficiencies. A motion was made to send a deficiency letter to the Cascade Medical Massage – Apprenticeship program. The motion was seconded and unanimously approved.
• Arlington School of Massage.
  o The RBMs recommended approval. A motion was made to approve Arlington School of Massage. The motion was seconded and unanimously approved.

• West by Northwest School of Massage.
  o A motion was made to send a deficiency letter to West by Northwest School of Massage. The motion was seconded and unanimously approved.

• Bodymechanics School of Myotherapy and Massage – Tumwater and Vancouver campuses.
  o A motion was made to send a deficiency letter to Bodymechanics School of Myotherapy and Massage. The motion was seconded and unanimously approved.

3. RULES DEVELOPMENT WORKSHOP – MEGAN MAXEY
The board worked on the following rules:
• WAC 246-830-430 – Training.
  o Title change to “WAC 246-830-430 Education and Training”
  o In subsection (1) in the first sentence after “massage program,” add “transfer program”, and remove the words “education and training”.
  o Remove “identifications and palpitation, actions” in (1) (b).
  o Remove “include” and add “to include”(1) (c), and after “but not limited to” add “common musculoskeletal diseases, neurological diseases,”
  o In (1) (d) strike “techniques, remedial movements,” and after “session planning and the” strike the word “impact.” After the words “adaptation of techniques” add “- appropriate to”; after “stages of healing,” strike “common pathologies,”; and after “special populations” strike “on pathologies. A maximum of fifty of these hours may include time spent in a student clinic.” For the last sentence add, “Hydrotherapy must be included when consistent with the particular are of practice.”
  o In (1) (f) remove the words “professional ethics” and “human behavior, client or patient interaction”.
  o In the last sentence of subsection (3) remove the words “by the school”.

• WAC 246-830-475 – Continuing education requirements.
  o Staff will research licensure renewal cycles of other professions for consideration of determining that for massage therapists.
  o In (1) change the minimum years of professional experience required of individuals providing continuing education to three years.
  o Remove (1) (b) (ii) and after the words “by attending” in (i) change to read: “a Washington State Board of Massage meeting in person.”
  o In (c) strike the words “may be” and add in its place the word “is”.
  o To the end of (2) (a) add “or conference.”
  o For (f) Active service on massage related boards of committees, language similar to that of the Physical Therapy rules will be considered. Those rules read “Active service on boards or participation on professional government organizations specifically related to the practice of…” A cap of eight hours would be maintained and appropriate documentation must be provided upon audit.
  o At the end of the sentence in (3) (d) add the words “the following:”
  o Strike the word “content” in (3) (d) (iii) and replace with the word “description.”
o In (3) (d) (vi) strike the work “live” and replace with “being in person’’ and after the words “home study,” add “distance learning, multimedia’’.

• WAC 246-830-555 – Breast massage.
The board accepted the language of (3) (b) submitted by the AMTA to read: “An additional prior signed or initialed written, verbal and informed consent from the client or patient or parent or legal guardian if the patient or client is under eighteen years of age for massage of the nipple and areola.” The sentence following would remain the same. The board will consider additional clarifying language and the development of best practices.

• WAC 246-830-565 – Recordkeeping.
The board accepted the AMTA’s suggested language addition to (1) (g) of “A consent is considered valid unless revoked or unless there is a gap in the delivery of care of ninety days or more;”

• WAC 246-830-570 – Record retention.
The board accepted the following changes submitted by the AMTA:
  o Change (1) to read: “Massage therapist records for clients or patients eighteen years of age and older must be retained for at least three years from the date of last treatment.’’
  o Change (2) to read: “Massage therapist records for clients or patients under the age of eighteen years old must be retained for at least three years after the client or patient reaches eighteen years old.
  o In (3) after the words “A massage therapist” add “and massage business.”
  o Change the first sentence in (5) to read: After the retention period, records may be disposed of pursuant to this subsection.” Remove “the massage therapist may dispose of the record.”

• Continue draft language for massage of the perineal region

  MOTION: The motion was made to amend the agenda by moving the Continue draft language for massage of the perineal region to about 1:00 p.m. and to move on to Public Comment at this time (11:15 a.m.). The motion was seconded and passed.

4. PUBLIC COMMENT
Members of the public who indicated an interest in speaking shared comments during this time. The following individuals offered comments:
• Jim Roberts provided statistics on the population of people who undergo chemotherapy and radiation therapy for cancer and some of the restrictions that exist preventing continuing care especially for needs in the pelvic area. He shared personal testimony of this experience and how current Washington state rules prevent therapy for his own condition. Mr. Roberts appealed to the board to apply the same interest and effort that it has invested in perineal and breast massage for the lower pelvic therapy for men.

• Laura Embleton recommended that the three-year practice experience requirement for teachers in order to offer continuing education be specific for those teaching massage therapy. She commented that the requirement is not necessary for those teaching ethics, first aid, business practices, or the like. Ms. Embleton advocated a minimum of eight hours of hands-on therapy continuing education training. She supported increasing education requirement to 625 hours.
Karen James, LMT, noted that she had previously put forth the recommendation to include oncology massage in the pathology education requirements. She encouraged the board to continue to consider that recommendation and provided information on its importance to a large portion of the population.

Lori Rose asked the board to consider the impact of its previous rule change regarding no longer approving out-of-state schools. Washington resident students enrolled in out-of-state schools that are no longer approved face significant challenges in meeting the requirements to practice in Washington state now that they have completed their education. Ms. Rose cited the currently available options for entry or transfer for these graduates is expensive and onerous. She encouraged the board to review massage schools located near the Washington border. She argued that this would show support of Washington residents who want to pursue a career in massage without an undue burden. Ms. Rose submitted a list of near border schools.

Andy Salmeron, LMT, spoke in favor of the board reviewing massage schools and programs located near the Washington border. Mr. Salmeron shared how, as a result of the board’s decision to no longer approve out-of-state schools, he and other Washington resident students are experiencing financial hardship while pursuing their desire to practice in Washington State. Mr. Salmeron requested the board revisit the rule and approve out-of-state schools.

Kim Aubuchon, LMT, spoke in favor of limiting student clinic education hours. She asked the board to consider changing the 1:6 instructor to student ratio for student clinic back to 1:10. She pointed out that there are four to eight students enrolled in most classes and the requirement for an additional instructor increases costs for the school and to the students, and does not decrease the needed opportunity for individual attention.

Pat Archer, LMT, supported the limitation of hours of student clinic in an effort to avoid abuse of student labor. She supported the requirement of twelve hours of hands on continuing education to be completed over two years. Ms. Archer pointed out that hydrotherapy is within massage therapy scope of practice and recommended its inclusion in education requirements. Ms. Archer also pointed out that oncology is an inaccurate term and title for massage education requirements as it suggests the study of tumors rather than healing therapy for patients. She suggested the board consider using a less broad and more accurate title.

Barbara Helynn-Heard, LMT, shared her appreciation of the board’s broader rules language for breast massage. She supports the language for perineal massage as submitted by the AMTA and the WSMTA. She asked the board to consider requiring verbal and written consent for working on the muscle and fascia of the pubic bone as a vulnerable area.

Denise Scott, LMT, recommended broadening perineal massage to include inter-vaginal massage noting that all cavities are allowed in Oregon. She suggested stronger emphasis on sexual misconduct rules rather than focusing on no-touch zones. Ms. Scott spoke on the challenges structural integration practitioners face in trying to work within the rules language of massage therapy and advocated broader consideration.

Marilyn Beech, LMT, supported a stronger emphasis on sexual misconduct and advocated not limiting no-touch zones. She advocated a focus on ethics education and on student evaluation processes. She noted that chest structural integration work through breast massage provided by
structural integration practitioners is different than massage therapy provided by massage therapists and that the current rules language is difficult to apply across both specialties.

- Robbin Blake, LMT, representing the WSMTA, supported the regulations being considered for continuing education instructors and for the twelve hour requirement for continuing education. She recommended that ethics teaching of rules and boundaries be included as a topic not as a requirement. She voiced support of the work on records security and retention. Ms. Blake suggested that Oregon’s rule language of 234-010-0029 be considered in the perineal massage rules. Also, perineal area massage requires draping requirement rules language be amended.

- Dawn Schmidt, LMT, recommended the subject of record retention be included in the business section of required education, and also the need to address the misclassification of employees that leads to records retention issues. Ms. Schmidt appreciated perineal work being continued in the scope of practice rules identifying the main issue is around clear, written and signed consent, then to define the specific area and appropriate draping. She voiced that sixteen hours of continued education on perineal massage is “overboard,” and that eight hours would be helpful. Ms. Schmidt spoke on the concern with hydrotherapy has to do with the risk of being burned and recommends rules language address that, and that related education requirements be only for those who use hydrotherapy in their practice. She appreciated the board’s recognition of the difference between chest massage and breast massage in rules consideration.

- Aubrey Lesicki, LMT, advocated for continuing education credit be available for those who serve on professional boards and associations. She was in favor of approving programs of border state schools. Ms. Lesicki spoke against requiring 90 day re-consent for breast and perineal massage and supports annual re-consent as consistent with many practices in the medical field. She is in favor of requiring 625 hours for training. She also supports WSMTA’s recommendations on perineal massage.

3. RULES DEVELOPMENT WORKSHOP (continued) – MEGAN MAXEY

- Continue draft language for Massage of the floor of the perineal region.
  o The board identified that the definition of perineal region referenced in (1) needs statutory clarification to identify boundaries.
  o The board confirmed the sixteen hours of specialized in-person education and training as the minimum requirement.
  o Specific language is needed for draping rules to address the needs of this specialized work.

MOTION: The motion was made to have staff incorporate the changes into WACs 246-830-555, -560, and Massage of the floor of the perineal region. The motion was seconded and approved.

5. POLICY AND PROCEDURE REVIEW – MEGAN MAXEY

Ms. Maxey presented the draft document of WAC 246-830-201(4) – Acceptable Clinical Training and/or Coursework addressing the policy and procedure for when a prospective massage therapist applicant has not passed the examination required after three attempts. The document recommends an applicant who has failed the required examinations three times, should work with their school to create a plan to address the deficient areas. The determined plan must be submitted to the board for approval. Satisfactory evidence of completion must also be provided to the board.
MOTION: The motion was made to approve the Acceptable Clinical Training and/or Coursework under WAC 246-830-201 (4) Policy and Procedure as presented. The motion was seconded and approved.

6. SEPTEMBER 2018 MEETING DATE – MEGAN MAXEY and DAVIS HYLKEMA
Due to schedule conflicts the board determined to change the date of the September meeting and gave staff the authority to set the September meeting date and location according to the following priority:
   1. September 28th in Spokane
   2. September 28th in Olympia.
   3. September 13th in Olympia.

Mr. Hylkema will work on securing a location. The board and public will be notified once a date and location is determined.

7. FEDERATION OF STATE MASSAGE THERAPY BOARD'S (FSMTB) ANNUAL MEETING – MEGAN MAXEY
The board identified a delegate and alternate delegate to attend the FSMTB’s 2018 Annual Meeting being held in Salt Lake City, Utah on October 4 – 6, 2018.

MOTION: The motion was made to delegate Stephanie Dickey, LMT as representative of the board and Megan Maxey as an alternate delegate to attend the FSMTB 2018 Annual Meeting. In the event Ms. Dickey cannot attend, Teresea Carson will be the delegate. The motion was seconded and passed.

8. NEWSLETTER – MEGAN MAXEY
The following topics articles and columns were identified by the board to be included in the next newsletter:
   - List or article identifying current Washington State Board of Massage members.
   - The new uniform consent form for breast massage covering broader definition and not being required for repeat sessions.
   - Continuing education credit for serving on professional massage board or association.
   - Promotion to support the massage therapy profession by professional board or association involvement.

9. PROGRAM REPORT – MEGAN MAXEY
9.1 Budget – Ms. Maxey provided the budget report for July 01, 2017 Thru May 31, 2018. Mr. Maresh reported that the growth of expenditures over the past ten years is stressing the budgets of many health professions. The cause of the expenditure overages is not singular or entirely clear.

9.2 Board Member Recruitment – Ms. Maxey reported that seven applicants have been interviewed. Application packets have been submitted for internal review and submission to the governor’s office for appointment.

9.3 Planning for Upcoming Meetings / Future Meeting Agenda Items.
   It was requested that a report from credentialing be provided at a future meeting.
10. ADJOURNMENT – ANTHONY SHARPE, VICE-CHAIR

MOTION: The motion was made to adjourn the meeting at 2:16 p.m. The motion was seconded and approved.

Respectfully Submitted:                                               Approved:

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Megan Maxey, Program Manager                        Anthony Sharpe, Vice-Chair