

Massage for the Elderly and III Home Study Course

9 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

*PO Box 117 • Elk Point, SD 57025
866-784-5940 • www.massagetherapyceu.com*

Table of Contents

INSTRUCTIONS 3
EXAM (for review before taking the online exam)..... 4

Center for Massage Therapy Continuing Education

© 2024, Center for Massage Therapy Continuing Education
PO Box 117
Elk Point, SD 57025
www.massagetherapyceu.com
Ph: 866-784-5940
info@massagetherapyceu.com

Published by the Center for Massage Therapy Continuing Education

The author grants permission to photocopy this outline for personal use only. Beyond this consent, no portion of this outline may be copied or reproduced in any form without written permission from the Center for Massage Therapy Continuing Education.

It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on massage techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Massage for the Elderly and Ill home study course

Thank you for investing in the Massage for the Elderly and Ill home study course, a 9 CE hour course designed to further your knowledge of providing massage for the elderly and/or the chronically ill. This guide will contain all of the instructions you will need to complete this course. This is a 9 CE hour course, so that means it should take you approximately 9 hours to read the text, watch the DVD, and complete the exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Watch the DVD.**
- 3. Access the online examination by logging in to your account at www.massagetherapyceu.com.**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the test. This course uses the textbook “Comfort Touch: Massage for the Elderly and the Ill”, by Mary Kathleen Rose. There are no trick questions on the exam. All of the answers can be found in the textbook.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Massage for the Elderly and Ill home study course.

Massage for the Elderly and Ill Examination

Chapter 1

1. Comfort Touch is a nurturing style of massage designed to be safe, appropriate, and effective for the elderly and the ill.
 - A. True
 - B. False
2. What does the acronym SCRIBE stand for?
 - A. Slow, chronic, reaching, into center, benefit, encompassing
 - B. Sub-acute, comforting, respectful, intuition, breathing, enchanted
 - C. Slow, comforting, respectful, into center, broad, encompassing
 - D. Shiatsu, comforting, repetitive, into center, broad, enlightening
3. The techniques of _____ may be contraindicated for people of advanced age and those affected by illness or specific physical or emotional sensitivity.
 - A. Shiatsu
 - B. Acupressure
 - C. Swedish massage
 - D. Polarity therapy
4. Comfort Touch is consistent with the philosophy of _____ care, which refers to the intention to alleviate symptoms without the emphasis to cure the underlying disease or injury.
 - A. Preventative
 - B. Acute
 - C. Rehabilitative
 - D. Palliative
5. Comfort Touch massage can be practiced in which of the following settings?
 - A. Hospital
 - B. Retirement home
 - C. Rehabilitation center
 - D. All of the above
6. All of the following are physical benefits of Comfort Touch EXCEPT:
 - A. Increased muscle tension
 - B. Increased circulation of blood and lymph
 - C. Easier breathing
 - D. Increased energy and mental alertness

Chapter 2

7. Comfort Touch can provide a way for someone to affirm their inner resources and value as a human being, in spite of physical disease or debility.
 - A. True
 - B. False

8. Which of the following is an example of a complementary medicine treatment used together with conventional medicine?
 - A. Comfort Touch
 - B. Nutritional diets
 - C. Meditation
 - D. All of the above

9. Which of the following is a normal change in the skin with aging?
 - A. Reduced elasticity of tendons and ligaments
 - B. Greater vulnerability to bruising due to fragile capillaries
 - C. Declined resistance to infection
 - D. Changes in mental function, memory, or cognition

10. All of the following are psychosocial issues associated with aging and illness EXCEPT:
 - A. Loss of mobility
 - B. Feelings of euphoria
 - C. Loneliness and isolation
 - D. Uncertainty, unpredictability, loss of control

11. According to the text, what are the three stages of grief?
 - A. Loss and hate, acceptance, reorganization
 - B. Shock and protest, anger, withdrawal
 - C. Shock and protest, disorganization, reorganization
 - D. Disorganization, withdrawal, anger

12. The grief cycle presented in the text is a fixed process in length of time, intensity, and sequence of emotional expression.
 - A. True
 - B. False

Chapter 3

13. Massage therapists are not allowed to:
 - A. Diagnose medical conditions
 - B. Prescribe medications
 - C. Prescribe medical treatments
 - D. All of the above

14. What are standard and universal precautions?
 - A. Precautions set forth by the Center for Disease Control and Prevention which are designed to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection in hospitals and other medical settings
 - B. Laws set forth by the Center for Disease Control and Prevention which are designed to prevent transmission of microorganisms from both recognized and unrecognized sources of infection in hospitals and other medical settings
 - C. Precautions set forth by the Center for Disease Control and Prevention which, when followed, will prevent the transmission of hepatitis in hospitals and other medical settings
 - D. All of the above

15. Which of the following is a primary component of gathering information before beginning hands-on work?
- A. Contact information
 - B. Medical history
 - C. Needs for massage therapy
 - D. All of the above
16. All of the following are precautions to the use of touch in the elderly and ill EXCEPT:
- A. The site of tumors and lumps
 - B. Deep vein thrombosis
 - C. Closed and/or healed sores and injuries
 - D. Areas of infection or inflammation
17. Factors that contribute to a healing atmosphere include:
- A. Temperature of the room
 - B. Lighting and music
 - C. Scent
 - D. All of the above
18. Which of the following is an advantage of using a wheelchair to perform Comfort Touch?
- A. It allows the client to remain where they are during the day (if confined to a wheelchair)
 - B. The seated position allows the client to breathe fully and deeply
 - C. In a seated position the therapist is able to assess the posture of the client
 - D. All of the above
19. For the frail individual, it is generally best to avoid using a massage table and to use the other options discussed in the text.
- A. True
 - B. False
20. All of the following are correct postural habits for the therapist when performing Comfort Touch EXCEPT:
- A. Face the direction of your work
 - B. Reach far out from your center of gravity
 - C. Press through your feet as you press through your hands
 - D. Keep wrists in a neutral position
21. Which of the following is the best way to help you obtain honest feedback from clients?
- A. Ask open-ended questions such as “Is this ok?”
 - B. Do not ask open-ended questions, instead ask “Which do you prefer-this amount of pressure? Or this amount of pressure?”
 - C. Do not ask any questions at all, instead go with your instincts
 - D. Ask personal questions about your client’s medical treatments such as “How did you feel when you had surgery?”

Chapter 4

22. In Comfort Touch, “slow” refers to all of the following EXCEPT:
- A. The rhythm of the contact
 - B. The pace of the contact
 - C. The internal rhythm of the therapist
 - D. The pace of the client
23. It is the intention of Comfort Touch work to:
- A. Try to fix, change and/or cure the client through the use of proper positioning, appropriate techniques, and skillful communication
 - B. Seek out and diagnose the client’s condition through the use of proper positioning, appropriate techniques, and skillful communication
 - C. Offer physical and emotional support through the use of proper positioning, appropriate techniques, and skillful communication
 - D. All of the above
24. A respectful attitude from the therapist:
- A. Allows the client to feel honored, and acknowledges the uniqueness and wholeness of the person
 - B. Accepts people as they are, without criticizing them or blaming them for their circumstances
 - C. Establishes an atmosphere of trust and creates a place of safety and refuge for the client
 - D. All of the above
25. What does the fourth principle of Comfort Touch, “into center” describe?
- A. The attitude one maintains when offering Comfort Touch
 - B. The direction of pressure the therapist applies relative to the surface of the body of the client
 - C. The rhythm and pace of the contact, as well as the internal rhythm and quality of presence of the therapist
 - D. The name of a specific technique used in Comfort Touch
26. All of the following are specific benefits of using the principle of “into center” EXCEPT:
- A. Safety
 - B. Energizing effect
 - C. Stimulation of circulation
 - D. Perception of wholeness and connection
27. In general, the strokes of Comfort Touch are applied with _____, even pressure.
- A. Broad
 - B. Narrow
 - C. Deep
 - D. Fingertip

Chapter 5

28. For a frail or elderly client, what is the general recommended amount of pressure to use when performing Comfort Touch techniques?
- A. 2-4 pounds
 - B. 5-7 pounds
 - C. 7-9 pounds
 - D. 9-11 pounds
29. The _____ technique is especially suitable for the limbs.
- A. Broad contact circling
 - B. Broad contact pressure
 - C. Encompassing
 - D. Specific contact circling
30. Broad contact circling is usually applied to:
- A. Small areas of muscular tension, such as the belly of the trapezius
 - B. Areas of greater density in the body, such as the erector spinae
 - C. Specific therapeutic acupressure points
 - D. All of the above
31. Specific contact circling is usually performed with:
- A. The elbow
 - B. The fingers or thumb
 - C. The palm
 - D. The forearm
32. Which of the following is an example of broad contact brushing?
- A. Lifting and squeezing the bellies of the trapezius muscle with the broad surfaces of the hands
 - B. Encompassing the client's whole shoulder joint while gently lifting and moving it in a very small circular motion
 - C. Using the palmar surfaces of your hands, letting your hands contact and trace down the client's leg
 - D. Applying lotion to the feet or hands of a client with slow, broad, encompassing pressure
33. Comfort Touch is performed on clients in the position that is most comfortable, safe, and appropriate for them.
- A. True
 - B. False
34. Each placement of the hands, when performing the encompassing technique on the arm, should be held for _____ seconds.
- A. 1 ½
 - B. 3
 - C. 3 ½
 - D. 5

35. Which of the following techniques are performed on the occipital ridge?
- A. Encompassing and contact pressure
 - B. Specific contact pressure and specific contact circling
 - C. Broad contact pressure and broad contact circling
 - D. Specific contact circling and broad contact circling
36. Where are tonic acupressure points located at in the arm and hand?
- A. The center of the palm of the client's hand and the belly of the brachioradialis muscle
 - B. The web of the client's thumb and index finger and the belly of the biceps brachii muscle
 - C. The web of the client's thumb and index finger and the belly of the brachioradialis muscle
 - D. All of the above
37. In the side-lying position, pillows should be placed:
- A. Underneath the head
 - B. In between the legs and knees
 - C. In front of her or his torso
 - D. All of the above
38. What are tonic points?
- A. Specific points on the insertions of muscles, known to relieve muscular tension and pain, stimulate digestion, and promote a sense of well-being
 - B. Specific acupressure points in the body, known to relieve muscular tension and pain, contribute to relaxation, and promote a sense of well-being
 - C. Specific acupressure points in the body, known to cure disease and medical conditions, contribute to relaxation, and promote a sense of well-being
 - D. Specific acupressure points in the body, known to relieve muscular tension and pain, contribute to stimulation, and promote an increased circulation
39. The techniques of Comfort Touch are drawn from the influences from all of the following modalities EXCEPT:
- A. Asian bodywork
 - B. Integrative massage
 - C. Neuromuscular therapy
 - D. Body energy therapies

Chapter 6

40. On a physical level, functionality refers to:
- A. The ability to move and/or the degree of movement in the whole body or any part of the body
 - B. The ability to speak and communicate
 - C. The ability to use the special senses of sight, hearing, taste, and smell
 - D. All of the above

41. Which of the following should you avoid saying to a person who is experiencing acute trauma?
- A. "It's ok to cry."
 - B. "It's not that bad."
 - C. "Yes, I hear you."
 - D. "How can I help?"
42. The principles of Comfort Touch and the inherent adaptability of this modality make it suitable to meet the needs of infants, children and pregnant women.
- A. True
 - B. False
43. Which of the following is a way Comfort Touch and massage may benefit a patient undergoing rehabilitation?
- A. It can play a significant role in helping the patient cope with the physical and emotional challenges in the process of healing
 - B. It can bring relief to the patient by addressing specific areas of pain or tension in the body
 - C. It provides the opportunity to encourage the patient in her or his recovery
 - D. All of the above
44. Which of the following client positions is recommended for working with people challenged by heart and lung diseases?
- A. Prone, with the lower ankles supported
 - B. Supine, with a pillow under the client's knees and neck
 - C. Seated, with the back in a relatively elevated or upright position
 - D. Side-lying, with a pillow between the client's knees
45. All of the following are signs and symptoms of hypoglycemia EXCEPT:
- A. Lack of sweating
 - B. Inability to waken
 - C. Change in personality
 - D. Rapid heartbeat
46. Which of the following is a contraindication to working on clients with osteoarthritis and/or rheumatoid arthritis?
- A. Encompassing on areas surrounding pain
 - B. Direct contact on areas of pain and inflammation
 - C. Gentle motion and/or movement
 - D. Working in the client in a seated position
47. What is cerebral palsy?
- A. A chronic nervous system disease characterized by tremors, muscle weakness and rigidity
 - B. A disease stemming from causes occurring before or during birth or in early childhood
 - C. A group of more than 30 genetic diseases characterized by progressive weakness and degeneration of the skeletal muscles that control movement
 - D. A progressive condition that destroys motor neurons in the central and peripheral nervous system

48. Which of the following is a change noted in terminal illnesses?
- A. Functionality
 - B. Pain
 - C. Emotional expression
 - D. All of the above

Chapter 7

49. Which of the following should be done when charting a massage session?
- A. Sign and date all documentation
 - B. Use precise and correct medical terminology
 - C. Keep records confidential
 - D. All of the above
50. What does the acronym CARE stand for in CARE Notes?
- A. Condition, action, response, evaluation
 - B. Condition, acute, resilience, elevation
 - C. Circumstance, achievement, response, evaluation
 - D. Clarity, action, reaction, event
51. What does the evaluation portion of CARE Notes include?
- A. What the therapist did during the session, such as positioning or techniques used
 - B. The current condition of the client
 - C. The physiological changes noted during and after the session
 - D. Plans or expectations for subsequent sessions and any recommendations made
52. CARE Notes are appropriate for many massage settings and modalities and fulfill legal requirements for documentation of massage therapy in cases involving insurance reimbursement for personal injury.
- A. True
 - B. False

Chapter 8

53. What is the purpose of taking the written wellness self-assessment on page 109?
- A. To define and evaluate whether you are qualified to perform Comfort Touch massage on clients
 - B. To evaluate your knowledge of healthy habits of daily living
 - C. To evaluate your lifestyle and give you an opportunity to think about the various aspects of daily living that contribute to your health
 - D. All of the above
54. Which of the following is a simple exercise that is particularly useful for hands-on caregivers?
- A. Back extension
 - B. Cat stretch - spinal arch
 - C. Knee down twist
 - D. All of the above

55. Which of the following exercises provides a simple introduction to the benefits of meditation?
- A. Conscious breathing
 - B. Letting go
 - C. Breathing with the pulse
 - D. Grounding visualization
56. All of the following are ways to obtain ongoing professional support EXCEPT:
- A. Peer support
 - B. Mentoring/supervision
 - C. Reprimands
 - D. Continuing education

Chapter 9

57. Which of the following healthcare facilities may be welcoming to Comfort Touch programs?
- A. Hospitals
 - B. Hospices
 - C. Assisted-living
 - D. All of the above
58. In a healthcare organization, what is a wellness coordinator?
- A. A person charged with providing ongoing programs in personal fitness
 - B. A registered nurse who supervises all personnel who provide services to patients
 - C. A person who is in charge of activities programs to provide social and educational opportunities to residents
 - D. A person charged with coordinating volunteers to provide care for patients
59. Comfort Touch practitioners interested in working in medical settings can expect to adhere to guidelines such as:
- A. Training and/or certification laws and adhering to a scope of practice
 - B. Wearing clean and appropriate attire, and acting in a respectful manner at all times
 - C. Carrying personal professional liability insurance
 - D. All of the above
60. All of the following are ways you can market Comfort Touch programs in your community EXCEPT:
- A. Submitting articles to journals and newspapers
 - B. Being shy and apprehensive
 - C. Public speaking
 - D. Networking

This completes the Massage for the Elderly and Ill home study course.