

Massage for the Hospitalized and Medically Frail Client Home Study Course

12 CE Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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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. Always have your client consult a physician for diagnosis before treating any medical condition. Written medical opinions are always the best way to resolve any questions regarding contraindications to massage therapy.

Instructions for the Massage for the Hospitalized and Medically Frail Client Home Study Course

Thank you for investing in the Massage for the Hospitalized and Medically Frail Client home study course, a 12 CE hour course designed to further your knowledge in the principles and practices of performing massage therapy on hospital patients and medically frail clients. The following will give instructions on what you will need to do to complete this course. This is a 12 CE hour course, so that means it should take you approximately 12 hours to complete this course in its entirety.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account. To do that, go to www.massagetherapyceu.com. Click on the student login link on the top left and enter your information. Once logged in you will see your course in your member area.**
- 3. 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 and you can save your answers and return at a later date if needed. Feel free to review your textbook while taking the test. This course uses the textbook *Massage for the Hospital Patient and Medically Frail Client*, by Gayle MacDonald. Feel free to review the text while completing the exam. There are no trick questions on the exam. All of the answers are clearly found in the text. It is advised to answer the exam questions in the study guide before testing online.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or 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 Hospitalized and Medically Frail Client home study course.

Massage for the Hospitalized and Medically Frail Client Exam

Chapter 1

1. All of the following factors have contributed to a hospital atmosphere in which massage, as well as other types of personal care have been largely discontinued EXCEPT:
 - a. An increase in the patient load due to a shortage of nurses
 - b. The requirement for additional documentation by governmental regulators, thereby taking time away from patients
 - c. New methods of billing demanded by insurance carriers, which also increased the amount of paperwork performed by nurses
 - d. The decline of medical terminology, which favored hands-on methods of care over drugs and machinery

2. In a survey performed by the American Hospital Association and the American Massage Therapy Association, _____ was found to be the most used complementary and alternative medicine (CAM) therapy.
 - a. Acupuncture
 - b. Chiropractic
 - c. Massage
 - d. Homeopathy

Chapter 2

3. What are the two most studied variables in hospital massage research?
 - a. Anxiety and stress
 - b. Anxiety and pain
 - c. Fatigue and depression
 - d. Fatigue and diagnosis

4. Massage and researchers use _____ as a measure of relaxation.
 - a. Vital signs
 - b. Intake forms
 - c. Hormone levels
 - d. Length of hospital stay

5. Which of the following was a result of a research study performed by Smith, Stallings, Mariner, et. Al. (1999)?
 - a. 85% of patients had increased relaxation
 - b. 70% showed increased sense of well-being
 - c. 88% showed a positive mood change
 - d. 45% felt more able to move

6. In studies performed on oncology patients, which of the following are three common symptoms clearly improved by massage?
 - a. Anxiety, tumor size, and nausea
 - b. Anxiety, pain, and nausea
 - c. Pain, tumor size, and length of stay
 - d. Nausea, weight, and anxiety

7. In a study on laboring women performed by Chang, Wang, Chen (2002), what percent of the massage group reported that massage was helpful?
 - a. 29%
 - b. 57%
 - c. 78%
 - d. 87%

8. All of the following key variables were tested in a surgery study performed by Felhendler, Lisander (1996) EXCEPT:
 - a. Anxiety
 - b. Pain
 - c. Systolic blood pressure
 - d. Blood flow

Chapter 3

9. All of the following are typical norms for dress and grooming when working in the inpatient setting EXCEPT:
 - a. Name tag
 - b. Shirt or blouse with collar
 - c. Scrubs or lab coats
 - d. Scented soaps or perfume

10. Which of the following is a typical role of a CNA?
 - a. Activities of daily living
 - b. Direct patient care
 - c. Administrative responsibilities
 - d. Oversee other nursing personnel

11. All of the following are considered protected health information (PHI) EXCEPT:
 - a. Name and address
 - b. Career choice
 - c. Date of birth
 - d. Medical record number

12. When working in the hospital or other medical setting, bodyworkers must refrain from:
 - a. Offering information or guidance that is within their identified discipline and/or job description
 - b. Conducting themselves with gentleness and courtesy in all parts of the hospital or medical facility
 - c. Offering information or guidance that is outside their identified discipline and/or job description
 - d. Continuing the massage if a nurse comes into the patient room to attend to the IV or take vital signs

Chapter 4

13. _____ apply to all patients regardless of their diagnosis or presumed infection status.
 - a. Blood stream contamination precautions
 - b. Transmission based precautions
 - c. General precautions
 - d. Standard precautions
14. In which of the following situations should a massage therapist glove?
 - a. Airborne isolation
 - b. If the patient has a low platelet count
 - c. If the patient is taking oral steroids
 - d. If the patient has herpes or shingles
15. It is often necessary to mask before entering the room of a patient who is:
 - a. Immunosuppressed
 - b. Contagious via airborne transmission
 - c. Contagious via droplet transmission
 - d. All of the above
16. Which of the following is a/an example of an airborne disease?
 - a. Chicken pox
 - b. Meningitis
 - c. Diphtheria
 - d. Mumps
17. All of the following are recommended when it comes to lotion and/or massage lubricant EXCEPT:
 - a. Massage practitioners should not take the same lotion bottle from patient to patient
 - b. Use only the hospital's lotion for immunosuppressed patients
 - c. Only set lotion bottles on the floor, never on tables or counters
 - d. Do not use jars that require dipping the fingers into the container unless the container will be disposed of after each patient

Chapter 5

18. _____ are the hardest group of adjustments to gauge.
- Site restrictions
 - Pressure restrictions
 - Positioning restrictions
 - Condition restrictions
19. All of the following are pressure suggestions EXCEPT:
- Too little pressure is better than too much
 - Place attention mainly on the musculature rather than on the skin
 - Let the entire weight of the hand sink into the patient
 - Position the bed so the therapist is able to stand erect rather than leaning with his weight onto the patient
20. All of the following are causes of common position restrictions EXCEPT:
- Edema
 - Incisions
 - Tissue density
 - Pregnancy-related complications
21. Which of the following is a site restriction in the case of Ms. A, a cancer patient?
- Avoid massaging into the left axillary area and inner arm
 - No circulatory massage to the legs
 - Do not massage the left hip
 - Gentle touch only to the neck

Chapter 6

22. Which of the following is the most common complication associated with AIDS?
- Cryptococcal meningitis
 - Pneumocystis carinii pneumonia
 - Cytomegalovirus
 - Toxoplasmosis
23. All of the following are pressure considerations for a cancer patient EXCEPT:
- Edema
 - Osteoporosis
 - Hypertension
 - Pain medications
24. _____ is inflammation of the gall bladder and is most often caused by gall stone obstruction.
- Tendinitis
 - Bronchitis
 - Nephritis
 - Cholecystitis

25. Which of the following precautions needs to be taken before massaging a patient with hepatitis?
- Transmission based precautions
 - Standard precautions
 - No precautions
 - Masking and gowning
26. Which of the following is a reason to avoid firm pressure to the legs of a postpartum patient?
- Continued risk of a thrombus
 - Continued risk of sepsis
 - Fragile skin
 - Easy bruising
27. All of the following are possible side effects of a stroke EXCEPT:
- Hemiparesis
 - Diminished awareness of touch and proprioception
 - Infection
 - Impaired speech and vision
28. Which of the following is a characteristic of a level two pressure gauge?
- Nurturing yet firm pressure
 - No forceful depth
 - Light contact with superficial muscles
 - No pressure

Chapter 7

29. A platelet count of below _____, will necessitate ultralight touch, focusing on just the skin.
- 20,000 or 20
 - 50,000 or 50
 - 75,000 or 75
 - 100,000 or 100
30. Which of the following is a pressure consideration for treating a patient with edema?
- Use as much pressure as needed to move the fluid out of the area
 - Use only the amount of pressure required for lotioning
 - Use a level of pressure that causes hyperemia in the tissues
 - Use level three or level four pressure
31. Which of the following is an example of systemic inflammation?
- Cellulitis
 - Meningitis
 - Dermatitis
 - Sprains

32. Which of the following is one of the most common causes of lymphedema?
- Hypertension
 - Varicose veins
 - Meningitis
 - Cancer
33. Which of the following is a site restriction when massaging a client at risk of, or having lymphedema?
- Stroke only toward the heart on the treated limb as was shown in the “Edema Protocol” in figures 7-1 A-C
 - Limit the amount of time to no more than a few minutes in the affected quadrant
 - Do not aim strokes at areas of nodal involvement
 - All of the above
34. All of the following can be physical clues of pain EXCEPT:
- Smiling
 - Sighs
 - Breath holding
 - Rigid posture
35. _____ is the occurrence of a blood clot in conjunction with an inflamed vein.
- Emboli
 - Varicose vein
 - Thrombophlebitis
 - Lymphedema
36. When massaging the affected limb of a varicose vein patient:
- All strokes should be made away from the heart
 - All strokes should be made parallel to the heart
 - All strokes should be made perpendicular to the heart
 - All strokes should be made toward the heart

Chapter 8

37. A _____ is a hollow, flexible tube that can be inserted into the body for a variety of purposes.
- Commode
 - Catheter
 - Stent
 - Shunt

38. Any type of massage on the affected area of a patient who has just had a pacemaker or defibrillator is contraindicated for:
- 24-48 hours
 - 48-72 hours
 - 1 week
 - As long as the device is implanted
39. Which of the following is a pressure consideration when working with a patient with a drain, tube, or shunt?
- Generally self-limiting unless there are other health conditions
 - The device can be removed in order to perform the massage as long as permission is given
 - Force or movement that places pressure on the tube should be avoided
 - Any type of massage is contraindicated for a patient with a drain, tube, or shunt
40. Why should massage strokes administered to people receiving systemic pain relief not be forceful?
- Because the medication will not affect the ability of the patient to give accurate feedback about the pressure
 - Because the medication will affect the ability of the patient to give accurate feedback about the pressure
 - Adjustments to pressure will not be necessary because of systemic pain relief medications
 - Because the risk of releasing the blood clot is greater with a more forceful massage stroke
41. Which of the following is a type of endoscope used to view into joints?
- Cytoscope
 - Arthroscope
 - Laparoscope
 - Colposcope
42. All of the following organs can be scanned using nuclear imaging EXCEPT:
- Bones
 - Brain
 - Heart
 - Ligaments

Chapter 9

43. All of the following are in the top 25 most often prescribed drugs EXCEPT:
- Prednisone
 - Hydrocodone
 - Amoxicillin
 - Allegra

44. Which of the following is a common side effect of nonsteroidal anti-inflammatory drugs (NSAIDs)?
- Easy bruising
 - Lethargy
 - GI reactions
 - Rashes
45. All of the following are antidepressants EXCEPT:
- Tofranil
 - Prozac
 - Effexor
 - Coumadin
46. Range-of-motion techniques should be performed with slow tenderness, taking care not to overstretch the joints and muscles if a patient is taking:
- Antispasmodics
 - Antiemetics
 - Antivirals
 - Antitumors
47. Which of the following should be avoided when a patient is taking a vasodilator?
- Hot stones
 - Hydrocollators
 - Body wraps
 - All of the above
48. All of the following are common side effects of corticosteroids EXCEPT:
- GI irritation
 - Edema
 - Easy bruising
 - Hypertension
49. Tremors are a universal byproduct of many _____. Massage may slightly reduce them temporarily for an hour or two.
- Hematopoietic drugs
 - Immunosuppressants
 - Sedatives
 - Thrombolytics
50. How do thrombolytics work?
- They convert plasmin to plasminogen, which then dissolves the clot
 - They convert plasmin to plasminogen, which then creates the clot
 - They convert plasminogen to plasmin, which then breaks down the clot
 - They convert plasminogen to plasmin, which then creates the clot

Chapter 10

51. When obtaining orders for massage from within the hospital, which of the following is the fastest and requires the least amount of effort for the touch practitioner?
- Standing orders
 - Initiation by the nurse
 - Leave a note in the medical chart
 - Verbal orders
52. When treating medically frail patients, or if a patient is too sick to respond to intake questions, the necessary information for treatment can be acquired from all of the following EXCEPT:
- Nurse or doctor
 - A non-related friend
 - The medical chart
 - The family
53. Which of the following questions is too vague to ask and will not elicit the information the massage therapist needs to plan a safe massage session?
- Is there anything I need to know about the patient?
 - Are there any conditions present that require light pressure?
 - Are there any sites to avoid?
 - Are there any positioning restrictions?
54. A massage therapist should _____ exceed the _____ directions.
- Sometimes, family's
 - Never, nurse's
 - Sometimes, doctor's
 - Never, patient's

Chapter 11

55. The massage begins:
- The moment the therapist enters the room
 - The moment the therapist begins the bodywork
 - The moment the patient asks questions
 - The moment the nurse gives the orders
56. Which of the following is the primary goal of most hospital massage programs?
- Resolving the condition
 - Relieving pain
 - Providing comfort
 - Diagnosing the condition

57. All of the following are reasons why massage lotion is preferred over oil when working with people who are bed-bound EXCEPT:
- Petroleum-based products such as oil clog the pores of the skin
 - Lotion absorbs more fully than oil
 - Lotion causes both latex and vinyl gloves to stretch grossly out of proportion
 - Lotion is easier to control
58. All of the following are tips to help you use proper body mechanics when working with the bed-bound EXCEPT:
- When working with patients in a hospital bed, raise the height so that the stance is almost completely erect since leverage is not needed with medically fragile people
 - Therapists should stop and readjust the bed if the height is incorrectly set rather than continuing on in discomfort
 - Lower the bedrails on the side being massaged to avoid lifting the shoulders over to reach
 - If the headboard is permanently attached to the bed or there is insufficient room to get behind the bed, reach over the top of the board to treat the patient
59. Which of the following techniques can be administered with no pressure modification when treating the medically frail?
- Reiki
 - Acupressure
 - Shiatsu
 - Swedish massage
60. Which of the following is an action a therapist can take to help prevent a “fall precaution” patient from falling?
- Allow the patient out of bed only with the assistance of the nursing staff
 - Return the bed to the lowest position with the side rails up following the massage
 - Never leave the room with the person unattended if the bed is elevated and the side rails are down
 - All of the above

Chapter 12

61. Which of the following charts is referred to as the “cheat sheet”?
- The kardex
 - The bedside chart
 - The medical chart
 - The patient chart

62. All of the following are different styles of documenting EXCEPT:

- a. Narrative
- b. SOAP format
- c. CARB notes
- d. CARP notes

63. The acronym CARP stands for:

- a. Care, action, restrictions, plan
- b. Complaint, action, response, plan
- c. Cautions, assessment, reaction, purpose
- d. Complaint, assessment, response, purpose

Chapter 13

64. Massage programs are common on _____ units.

- a. Obstetrical
- b. Emergency room
- c. Intensive care
- d. Pediatrics

65. Performance of a health intake before the massage:

- a. Is only necessary when performing massage in the emergency room
- b. Is only necessary when the patient can answer your questions
- c. Is vital, even for just a 15-minute shoulder massage
- d. Is only necessary if you perform the massage without orders

66. All of the following are adjustments that are necessary when massaging patients with a history of mental health problems EXCEPT:

- a. The application of firm but light touch
- b. Avoidance of gentle techniques such as rocking
- c. Ask for the patient's permission every time you move to a new body part
- d. Be aware of the body parts involved in trauma cases

67. An introductory conversation about massage with school-age children might include which of the following questions?

- a. Do you know anyone who has ever had a massage?
- b. Has your mom or dad ever rubbed your back?
- c. Do you have any parts of your body that hurt?
- d. All of the above

68. Asking permission before moving on to the next body part when massaging a pediatric patient:
- Gives control to the youngster, and gives him/her many opportunities to say he/she is ready to stop
 - Takes control away from the youngster, and gives him/her many opportunities to say he/she is ready to stop
 - Gives control to the youngster, and gives him/her no opportunities to say he/she is ready to stop
 - Takes control away from the youngster, and gives him/her no opportunities to say he/she is ready to stop
69. Which of the following best describe the three phases of the Nurturing Touch program at Stonybrook?
- “Skin-to-skin” contact, “nurturing touch”, and home techniques
 - Infants who are able to be taken out of the isolette to be held, “skin-to-skin” contact, and “nurturing touch”
 - Infants who are unable to be taken out of the isolette to be held, “skin-to-skin” contact, and “nurturing touch”
 - “Skin-to-skin” contact, “nurturing touch”, and “deeper pressure”
70. Which of the following types of massage may be appropriate for bone marrow and stem cell transplant patients?
- Polarity
 - Acupressure
 - Swedish massage
 - Tapotement
71. As with all medically fragile patients, including organ transplant patients, touch therapy should:
- Place a moderate demand on the body
 - Place a minimal demand on the body
 - Place an extreme demand on the body
 - All of the above

Appendix A

72. ADL is an abbreviation for:
- Activities of death and life
 - Actions of drugs listed
 - Activities of daily living
 - After diagnosis living

73. NPO is an abbreviation for:
- Nothing pre-operative
 - Nasogastric pre-operative
 - No postural observances
 - Nothing by mouth

Appendix B

74. Acupressure has:
- Its roots in the Chinese medical system and is closely related to acupuncture
 - Its roots in the Eastern medical system and is closely related to Swedish massage
 - Its roots in the Western medical system and is closely related to acupuncture
 - Its roots in the Chinese medical system and is closely related to trigger point therapy
75. Lomilomi was passed down from:
- Indian shaman, or kahunas
 - Hawaiian shaman, or kahunas
 - Western shaman, or physicians
 - Chinese shaman, or doulas
76. Lymph drainage techniques:
- Use deep, slow, repetitive strokes specifically designed to boost the circulation of the circulatory system
 - Use light, slow, repetitive strokes specifically designed to boost the circulation of the nervous system
 - Use light, slow, repetitive strokes specifically designed to boost the circulation of the lymphatic system
 - Use deep, fast, repetitive strokes specifically designed to boost the circulation of the lymphatic system
77. Which of the following is the most commonly practiced bodywork modality in the West?
- Myofascial release
 - Reflexology
 - Shiatsu
 - Swedish massage
78. Why are sensitive areas in trigger point therapy known as trigger points?
- Because they cause pain to radiate to other parts of the body
 - Because they do not cause pain to radiate to other parts of the body
 - Because they cause pain to radiate to particular organs in the body
 - Because they do not cause pain to radiate to the feet and hands

This completes the Massage for the Hospitalized and Medically Frail Client exam.