

# Prescription Medication and Massage Home Study Course

8 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. 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 Prescription Medication and Massage Home Study Course**

Thank you for investing in the Prescription Medication and Massage home study course, an 8 CE hour course designed to further your knowledge in how prescription drugs and other related medications can affect the body and your massage and bodywork treatment. This guide will contain all of the instructions you will need to complete this course. This is an 8 CE hour course, so that means it should take you approximately 8 hours to read the text and complete the exam and course evaluation.

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination in your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 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 online 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 “*Searching for the Missing Link, A Body Worker’s Practical Guide*”, by Mary C. Galipeau. 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 questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto: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 Prescription Medication and Massage home study course.

# Prescription Medication and Massage Examination

## Chapter 1

1. What regulatory body is charged with protecting the American public from drugs and other products that might be harmful or even fatal?
  - A. The United States Food and Drug Administration (FDA)
  - B. The United States Environmental Protection Association (EPA)
  - C. The United States Department of Agriculture (USDA)
  - D. The United States Safety and Inspection Service (SIS)
2. When can a manufacturer seek conditional approval from the FDA for a drug?
  - A. After the completion of phase 1 in the clinical testing process
  - B. After the completion of phase 2 in the clinical testing process
  - C. After the completion of phase 3 in the clinical testing process
  - D. After the completion of phase 4 in the clinical testing process
3. Which of the following is an example of administering a medication orally?
  - A. Placing a substance inside the cheek
  - B. Swallowing a pill
  - C. Using a suppository
  - D. Injecting the medication into the muscle
4. All of the following are one of the three most important characteristics of drugs EXCEPT:
  - A. Effectiveness
  - B. Safety
  - C. Predictability
  - D. Selectivity

## Chapter 2

5. Which of the following states have passed legislature in an effort to stop the pharmaceutical companies from influencing doctors to prescribe their drugs?
  - A. Vermont
  - B. West Virginia
  - C. California
  - D. All of the above

## Chapter 3

6. Why is it important to know the dosage of a medication a client is taking?
  - A. To determine the drug classification of the medication
  - B. Because a larger dosage might create stronger side effects
  - C. Because a large dosage is an absolute contraindication to massage
  - D. To diagnose the condition of a client

7. Being aware of the side effects of a medication/product enables a therapist to become familiar with massage cautions and restrictions such as:
- A. Adjusting pressure
  - B. Helping clients position themselves on the table
  - C. Whether it is safe to use heat on the client
  - D. All of the above

#### Chapter 4

8. The textbook suggests restricting pressure for clients taking all of the following prescription medications EXCEPT:
- A. Paxil
  - B. Xanax
  - C. Wellbutrin
  - D. Morphine
9. What is the medication Tramadol used for?
- A. Major depressive disorder
  - B. Moderate to moderately severe pain
  - C. Seizure control
  - D. Short-term management of insomnia
10. Which of the following medications is classified as a narcotic?
- A. Vicodin
  - B. Oxycodone
  - C. Percocet
  - D. All of the above
11. If a client is taking Naproxen, which of the following should you avoid?
- A. Heat therapies
  - B. Prone positioning
  - C. Light effleurage
  - D. All of the above
12. Which of the following is a potential side effect of Norvasc?
- A. Dizziness
  - B. Headache
  - C. Fatigue and/or sleepiness
  - D. All of the above

#### Chapter 5

13. Which of the following drugs may cause bones to weaken and/or osteoporosis?
- A. Prednisone
  - B. Cortisone
  - C. Avandia
  - D. All of the above

14. Which of the following is a popular drug taken for osteoporosis?
- A. Aspirin
  - B. Fosamax
  - C. Avandia
  - D. Paxil
15. All of the following are examples of statin drugs (taken to control or lower cholesterol) EXCEPT:
- A. Lipitor
  - B. Zocor
  - C. Lyrica
  - D. Pravachol

## Chapter 6

16. According to a recent health industry report, about how many insured Americans are taking at least one maintenance drug for a chronic condition?
- A. About twenty five percent
  - B. More than half
  - C. Almost every one
  - D. A very small percentage
17. Which of the following is an example of a diuretic?
- A. Lasix
  - B. Celebrex
  - C. Crestor
  - D. Lopressor
18. What are beta-blockers used for?
- A. Hypertension
  - B. Heart attack, angina pectoris
  - C. Migraines
  - D. All of the above
19. Which of the following should be avoided when treating a client taking muscle relaxants?
- A. Prone positioning
  - B. Stretching techniques
  - C. Supine positioning
  - D. Any type of massage treatment
20. Which of the following is recommended when treating a client taking anti-anxiety drugs?
- A. Restrict the pressure of your strokes
  - B. Assist the client in positioning
  - C. Avoid the use of heat
  - D. All of the above

21. What are anticoagulants used for?
- A. To prevent heart attack and deep vein thrombosis
  - B. To treat anxiety and panic disorders
  - C. To slow heart rate and increase blood circulation
  - D. All of the above
22. Which of the following is an example of an analgesic?
- A. Nitroglycerin
  - B. Coumadin
  - C. Lidoderm
  - D. Phenobarbital

## Chapter 7

23. Which of the following should be used with caution on a client who has recently taken Tylenol or aspirin?
- A. Deep tissue techniques
  - B. Swedish massage techniques
  - C. Gentle, local mechanical techniques
  - D. Vibration techniques
24. Which of the following strokes are suggested for use on a client taking Lyrica?
- A. Deep relaxing strokes
  - B. Stimulating strokes
  - C. Slow rhythmic strokes
  - D. All of the above
25. Gentle abdominal massage may benefit a client taking:
- A. Cymbalta
  - B. Ambien
  - C. Hydrocodone
  - D. Lipitor
26. Stimulating techniques, such as tapotement, are recommended for clients taking:
- A. Wellbutrin
  - B. Cymbalta
  - C. Ambien
  - D. All of the above
27. Tapotement should be used with caution on a client taking a/an:
- A. Appetite suppressants
  - B. Vasodilators
  - C. Beta-blockers
  - D. NSAIDs
28. How do diuretics work?
- A. They act directly on the coronary and peripheral blood vessel walls to reduce their tone
  - B. They stimulate the CNS
  - C. They promote water and sodium excretion
  - D. They stop nerves from transmitting pain impulses to the brain

29. Clients taking \_\_\_\_\_ may bruise easily.
- A. Analgesics
  - B. Anti-coagulants
  - C. Muscle relaxants
  - D. Anti-depressants

## Chapter 8

30. The US food and drug administration strictly regulates herbs and supplements.
- A. True
  - B. False
31. What is Ginkgo used for?
- A. As an antioxidant and to promote brain circulation
  - B. As a sleep aid and for anxiety
  - C. To help treat menopause symptoms
  - D. All of the above
32. Which of the following herbs should not be taken by women who are pregnant?
- A. Feverfew
  - B. St. John's Wort
  - C. Saw Palmetto
  - D. All of the above
33. All of the following are uses for fish oil EXCEPT:
- A. To lower triglycerides
  - B. To stabilize heart rhythms
  - C. To thin the blood
  - D. To treat joint pain
34. Evening Primrose should not be taken with:
- A. Anti-seizure drugs
  - B. Anti-psychotic medication
  - C. Blood pressure medicines
  - D. All of the above

## Chapter 9

35. What percentage of all prescriptions in the US today are filled using generic drugs?
- A. Nearly 25%
  - B. Nearly 45%
  - C. Nearly 75%
  - D. Nearly 90%
36. Which of the following is an example given by Shiel of a medication which may make bruising more problematic in elderly people?
- A. Prednisone
  - B. Prilosec
  - C. Lipitor
  - D. All of the above



37. Which of the following is an example of how younger and older adults do not react the same to medications?
- A. Seniors' livers are not as efficient so certain drugs aren't excreted from the body as they would be in a younger person
  - B. Older kidneys have a decreased ability to clear out drugs, which cause increased safety concerns for many drugs
  - C. Seniors generally take multiple drugs which increase the likelihood of a harmful drug interaction
  - D. All of the above
38. One of the most important things a massage therapist can do before beginning to work with a transplant patient is to:
- A. Confer with the client's physician and maintain close communication throughout the client's treatment
  - B. Diagnose any condition the client may have prior to beginning the treatment process
  - C. Not treat the client; massage is contraindicated in all cases of organ transplant
  - D. Make the client feel comfortable at all costs and treat the client before consulting with their physician
39. Which of the following is a risk factor (precaution) that body workers need to pay close attention to when a client is taking anti-rejection drugs (specifically a class of drugs known as glucocorticoids)?
- A. If used for prolonged periods, thinning of the skin may result
  - B. If used for prolonged periods, the client might be at increased risk for osteoporosis
  - C. If used for prolonged periods, the client might be at increased risk for infection
  - D. All of the above
40. When treating a client implanted with a pacemaker, massage therapists should avoid all of the following EXCEPT:
- A. Placing pressure over the chest area where the pacemaker is located
  - B. Performing any type of massage on a client with a pacemaker
  - C. Using heat in the treatment of muscles
  - D. Working closer than 4-6 inches away from the device
41. Insulin pumps are used by:
- A. People with congestive heart failure
  - B. People who have recently had an organ transplant
  - C. People who are diabetic
  - D. People with fibromyalgia syndrome

## Chapter 10

42. Which of the following should be avoided during massage treatment in 'scenario 1' of the text?
- A. Deep tissue massage
  - B. Heat therapy
  - C. Stretching
  - D. All of the above

43. In 'scenario 2' in the text, why might the client not be able to give reliable feedback to the therapist?
- A. Because the use of Zocor may cause mild sedation of the client
  - B. Because the use of Zoloft and Wellbutrin may cause mild sedation of the client
  - C. Because the use of a Lidocaine patch may cause mild sedation of the client
  - D. All of the above
44. Easy bruising is a side effect of \_\_\_\_\_ taken by the client in 'scenario 3'?
- A. Coumadin
  - B. Plavix
  - C. Metoprolol
  - D. Synthroid
45. In 'scenario 4' in the text, the possible medication side effects suggest the massage therapist should:
- A. Perform the massage without any medication considerations
  - B. Perform a deep tissue massage
  - C. Restrict the use of pressure
  - D. Not perform the massage
46. In 'scenario 5' in the text, the massage therapist needs to be aware that Lexapro and Wellbutrin may cause:
- A. Positive behaviors
  - B. Negative behaviors
  - C. Increased energy
  - D. Increased urination

## Chapter 11

47. Which of the following may happen if medications are flushed down the toilet?
- A. Nothing, it is recommended to dispose of medications in the toilet
  - B. They may kill trees and plants
  - C. They may kill humans
  - D. They may find their way into our nation's waterways
48. What would a white container with a blue lid contain if found in a hospital or lab?
- A. Sharps
  - B. Bandages containing blood
  - C. Pharmaceutical waste
  - D. Broken glassware

## Glossary

49. What are analgesics?
- A. Medications that relieve the normal sense of pain
  - B. Medications that treat depression
  - C. Any substance, other than food, used to treat disease or illness
  - D. All of the above

50. Which of the following is a term that may describe a drug name?
- A. Chemical
  - B. Generic
  - C. Trade
  - D. All of the above
51. What is metabolism?
- A. A general term used to describe pain which is acute and sharp in nature
  - B. A general term for all of the chemical processes that occur in the body
  - C. A drug used to treat pain syndromes such as fibromyalgia syndrome
  - D. A drug used to treat long term depression and anxiety disorders
52. Which of the following describes an off-label medicine?
- A. A name brand medicine protected by copyright law
  - B. A medicine intended for one condition but used for another
  - C. A drug not protected by trademark registration
  - D. A medicine which can only be used for one condition
53. What is pharmacokinetics?
- A. The rate at which drugs are processed in the body
  - B. The use of drugs to diagnose, prevent, or treat disease or prevent pregnancy
  - C. The study of the adverse effects of a particular drug or group of drugs
  - D. The process of developing and creating new drugs
54. Drugs that are placed on the skin and only absorbed into the top layers of the skin are known as:
- A. Ingested
  - B. Oral
  - C. Topical
  - D. Buccal

This completes the Prescription Medication and Massage exam.