

- 1) Define **sanitation**.
- 2) Explain the process of **contagion**.
- 3) Define **contraindication** relative to massage.
- 4) Define **indication** relative to massage.
- 5) What is a **pathogen**? How does it affect the human body?
- 6) What is the difference between a **simple pathogen** and a **pathogenic organism**?
- 7) Explain the differences between the following **pathogenic organisms**:
  - a. **Rickettsia**
  - b. **Viruses**
  - c. **Bacteria**
  - d. **Fungi**
  - e. **Protozoa**
  - f. **Metazoa**
- 8) What is a **pathogenic animal**?
- 9) What does **environmental contact** mean?
  - a) Explain the phenomenon of **transmission by inhalation**. What are the various means that this can occur?
  - b) What are the means by which **person-to-person contact** can transmit disease?
  - c) Explain the concept of disease **invasion by ingestion**.
- 10) What is HIV (human immunodeficiency virus)? How does it affect the human body?
  - a) What are the routes of acquisition?
  - b) Explain the routes of transmission for this virus.
  - c) Explain how to prevent catching HIV.
  - d) Is HIV a contraindication for massage?
- 11) Explain the difference between HIV and **AIDS (acquired immune deficiency syndrome)**.
  - a) What are the manifestations of AIDS?
  - b) How does HIV becomes AIDS?
  - c) What are cautions and precautions with active AIDS? For the client? For the therapist?
  - d) How does active AIDS affect the giving of massage or the receiving of massage?
- 12) Define and explain hepatitis.
  - a) Hepatitis A:
    - i) Symptoms
    - ii) Routes of contagion/transmission
    - iii) Precautions
    - iv) Effects on the body
    - v) Permanence
  - b) Hepatitis B:
    - i) Symptoms
    - ii) Routes of contagion/transmission
    - iii) Precautions
    - iv) Effects on the body

- v) Permanence
  - c) Hepatitis C:
    - i) Symptoms
    - ii) Routes of contagion/transmission
    - iii) Precautions
    - iv) Effects on the body
    - v) Permanence
  - d) Hepatitis D:
    - i) Symptoms
    - ii) Routes of contagion/transmission
    - iii) Precautions
    - iv) Effects on the body
    - v) Permanence
  - e) Hepatitis E:
    - i) Symptoms
    - ii) Routes of contagion/transmission
    - iii) Precautions
    - iv) Effects on the body
    - v) Permanence
  - f) Hepatitis G:
    - i) Symptoms
    - ii) Routes of contagion/transmission
    - iii) Precautions
    - iv) Effects on the body
    - v) Permanence
- 13) Explain the disease of **tuberculosis**.
- a) Explain treatment for **tuberculosis**.
    - i) What drug types are used to treat this disease.
      - (1) What is considered a normal course of treatment?
    - ii) Is there a resistant form of this disease? If so, what is the danger of this resistant form?
    - iii) Cautions and precautions related to a client with TB?
    - iv) Is TB a contraindication for massage?
- 14) Explain **contamination**.
- a) What needs to be done to prevent it?
  - b) What needs to be done if contamination happens?
- 15) What is **cross-contamination**?
- a) Explain the prevention of cross-contamination.
  - b) What needs to be done if cross-contamination happens?
- 16) What is an **opportunistic invasion**? How can this be prevented?

### ISSUES OF PREVENTION:

- 1) Explain **aseptic technique** (protocol) and define under what circumstances it might be used.
- 2) Explain the method that should be used by the massage therapist in **handwashing**.
  - a. First thing in the day
  - b. Post massage, after you have finished with a client
  - c. Premassage - pre your next client
  - d. Many therapists wash immediately after the massage and then after saying goodbye to one client and greeting the next, forget they must change contaminated sheets and fail to handwash after the sheet change.
- 3) Explain **disinfection**:
  - a. Equipment
  - b. Sheets
  - c. Table
  - d. Items like thumpers
  - e. Your clothing
- 4) Explain the process of **sterilization**.
  - a. Name the protocols available to sterilize equipment
  - b. Name the agents used to sterilize and discuss their nature, pros and cons of use of each
- 5) Discuss **universal precautions**:
  - a. What is the protocol
  - b. When is it used: discuss the circumstances under which universal precautions would be used
  - c. How is it used
  - d. What items and actions constitute universal precautions
  - e.

### ISSUES IN SAFETY

- 1) Safety on the premises
  - a) Maintenance of adequate heat
  - b) Maintenance of adequate ventilation
  - c) Maintenance of equipment safety
  - d) Accident prevention
    - i) Awareness of client special needs
  - e) Training in first aid and CPR
  - f) Use of good biomechanics or body mechanics
- 2) Facility safety:
  - a) Housekeeping and cleaning procedures

- b) Compliance with fire safety regulations
- c) Accident prevention and reporting
- d) Use of ergonomics

### **YOUR PROFESSIONAL ENVIRONMENT**

- 1) Discuss a professional office setting: define what is needed to produce a professional office setting. What does the client perceive in a professional office setting?
- 2) How can you maintain professionalism at an outdoor sporting event?
  - a. What would the massage therapist bring with them to such an event?
  - b. What services could be offered there?
- 3) On-site or corporate event:
  - a. Equipment
  - b. Services
  - c. What constitutes professionalism in such circumstances?
- 4) Outdoor massage
  - a. Circumstance?
  - b. Professional criteria?
  - c. Equipment?
  - d. Clothed or unclothed massage
- 5) Demonstration events
  - a. Equipment?
  - b. Professional criteria
  - c. Handouts
- 6) Client residence on-site
  - a. Equipment
  - b. Professional conduct
  - c. Criteria
  - d. Cautions
- 7) General considerations for environment:
  - a. Fresh air and ventilation
  - b. Use of scents
  - c. Use of incense
  - d. Accessibility
  - e. Room temperature
  - f. Lighting
  - g. Music
  - h. Privacy