



STUDENT CASE REPORT CONTEST

The Registered Massage Therapists' Association of Ontario (RMTAO) is pleased to invite massage therapy students, either as individuals or in teams of up to two, to participate in the RMTAO Student Case Report Contest. Students are encouraged to write and submit a Case Report on a novel condition or treatment of a patient, and report their clinical reasoning, treatment approach, and outcomes. The top three case reports will have their abstracts featured in the RMTAO quarterly magazine, *Massage Therapy Today*.

The case reports will be added to the RMTAO Research Resources area of the website for the Association members to access. The authors will be named as the recipients of an Award of Recognition and a cash prize at the annual RMTAO Awards Ceremony. There may also be a possible publication by CaseRe3.org.

SELECTING A CASE FOR SUBMISSION

Case reports are commonly based on a treatment plan consisting of a sequence of massage therapy appointments; however, cases based on very few or even a single session can produce interesting results. Thus, there is not an expectation relating to the number of sessions required. Please consider that if a series of massage therapy appointments are used, massage therapy should be the only new intervention in the patient's treatment plan to avoid confusing results.

For a case report to qualify for the RMTAO Student Case Report Contest, the RMTAO requires the student practitioner to:

- Report on a supervised, but independent, clinical intervention on one patient;
- Obtain signed consent from the patient to use their personal health information and patient treatment record specifics in writing up the case report, for said case report to be submitted to the RMTAO Student Case Report Contest and possible CaseRe3.org publication;
- Retain the signed consent form within the patient's personal health and information patient record;
- Perform all treatments under the guidance of a Case Report Supervisor or Clinic Supervisor; and
- Follow the requirements of the provincial privacy legislation, Personal Health Information Protection Act (PHIPA), as well as regulatory standards, with regard to patient confidentiality and security of health information.

ELIGIBILITY

In order to be eligible for the RMTAO Student Case Report Contest, applicants must be:

- Actively enrolled and attending the massage therapy program at one of the massage therapy colleges in Ontario;
- A student RMTAO member, or a recent graduate (maximum of 6 months or 180 days) from an Ontario Massage Therapy program; and
- A current member of the RMTAO.

SUBMISSION CRITERIA

Each participating educational institution (if multiple campuses, please specify location) must appoint and register a liaison with the RMTAO Student Case Report Contest. Each institute may submit a maximum of two student case reports to the contest in each calendar year. Selection of the two student case reports is up to each institute and submitted by the institute's liaison.

The case report document must be:

- 2000-4000 words, excluding the cover page and references (APA format only);
- Saved as a Microsoft Word document;
- Written in English;
- Single-spaced with 1 inch margins on all sides;
- Regular type which does not exceed a 12-point font or be less than 9-point, in a common font such as Times, Arial, etc; and,
- A one-column page format with numbered pages.

Submissions will be evaluated based on the inclusion and fulfillment of the criteria listed below in addition to the Case Report guidelines:

- Practical significance;
- Applicability for the massage therapy profession, clinical use, current/critical concerns; and,
- The employment of originality (new information) and innovation (new approach).

ENTRY SUBMISSIONS

Submissions will only be accepted when submitted by the registered liaison from each institute on, or before, the submission deadline. Please indicate the school, class, and date of graduation of each student in the body of the email with the case reports attached in Word Document format.

SUBMISSION DEADLINES

Completed case reports must be received by the Case Report Contest Research Committee by June 15th at 23:59:59 EDT of each year.

CONTACT INFORMATION

Please direct all inquiries, liaison registration, and entry submissions to the RMTAO Case Report Contest Research Committee at: casestudycontest@rmtao.com.

PRIZE VALUE

In addition to an inclusion of the report abstracts included in the RMTAO quarterly magazine, *Massage Therapy Today*, and recognition at the RMTAO Awards Ceremony, winners will receive a cash prize in the following amounts:

First Prize: \$2,000.00

Second Prize: \$1,000.00

Third Prize: \$500.00

NOTIFICATIONS

RMTAO Student Case Report Contest winners will be notified on or before October 31 of each year.

FURTHER INFORMATION

- Abstracts of all winning case reports will be published in the following year's summer issue of the RMTAO evidence-based publication *Massage Therapy Today*.
- Winners will receive a certificate, in addition to a cheque for the amount of their prize.
- All winning case reports will be posted to the RMTAO research resources area of the website for public viewing.
- A student member (or recent graduate member) may only submit one case report for consideration in one calendar year.
- No educational institution may submit more than two case reports in one calendar year.
- All Case Reports will be submitted to the Case Report Research Repository www.CaseRe3.org.
- The Chair of the RMTAO Research Committee will notify winning recipients

CASE REPORT GUIDELINES

A well written scientific case report explains the practitioner’s goal for investigating a patient’s condition, the outcome, the treatment design and implementation, and the possible interpretation of the results, followed by providing the patient an opportunity to voice their perspective and personal experience.

Please note: Case reports do not prove anything or establish cause–effect relationships between an intervention and outcome. While findings from a single case report are not generalizable to other patients or similar populations, they do provide practice-based evidence for clinical consideration and application for various practitioners in fields with therapeutic massage and bodywork that fall within their scope of practice.

Case reports are written to document a novel condition, clinical hypotheses, and adverse consequences of care, as well as an opportunity to share clinical reasoning, treatment approach, and patient outcomes. By generating hypotheses and new research questions, case reports stimulate further research that is relevant to clinical practice. Additionally, multiple well-documented case reports that present similar topics may be combined to provide a bigger picture of the condition and outcomes in relation to a particular massage therapy treatment(s).

REPORT OUTLINE

Please include the following sections in the report:

Title Page

The area of focus of the case report should appear in the title. Please include the author’s name, contact information, home mailing address and email address.

Acknowledgements

Please recognize any non-authors who made a substantial contribution to the work including any mentors or contributors and a brief description of how they contributed. Do not include the patient’s name.

Abstract

Include the following information in the abstract:

1. Introduction – What is unique about this case? Where will it be positioned within the available literature? Why is this important?
2. The patient’s main concerns and important findings
3. The main assessments, interventions, and outcomes
4. Conclusion – What are the “take-away” lessons
5. Keywords (or phrases) to help people search for relevant articles.

- a) Authors should list three to five keywords with reliance on the Medical Subject Headings (MeSH) of the National Library of Medicine. For more information, go to www.nlm.nih.gov/mesh/

Introduction

Include one or two paragraphs summarizing why this case is unique with reference to the appropriate medical literature. The last sentence(s) of the Introduction should state the objective or the research question and hypothesis. This should make a smooth transition from the Introduction section to the Methods section.

Methods

Patient Information

Include all of the following details about the patient:

1. De-identified patient specific information
2. Main concerns and symptoms of the patient
3. Medical, family and psychosocial history
4. Relevant past interventions and their outcomes
5. Diagnosis – if arrived at by an appropriate health professional
6. Diagnosis verification – if the diagnosis can be replicated
7. Relevant data from the patient’s history organized as a timeline
8. A description of the relevant physical examination and other significant clinical findings

Assessment Measures (Outcomes)

Present the plan to evaluate patient progress, including details of each measure that will be used (i.e. what are your outcomes and how will you verify those outcomes or lack thereof?).

Practitioner Descriptors

Describe the participating practitioners, including:

1. Scope and setting in which the practitioner practices
2. Experience level
3. Training and credentialing

Therapeutic Intervention

Describe the intervention in detail including:

1. Massage therapy techniques and conceptual approaches utilized;
2. Intervention administration description should include:
 - a. Number of treatments
 - b. Length of treatments (i.e. 30 min/ 45 min)

- c. Frequency of treatments (i.e. weekly)
- d. Duration of treatments (i.e. once/weekly/monthly)
3. Changes made to the intervention (including rationale)
4. Other recommendations or referrals
5. Informed consent

Results

Include all of the following information when reporting the results:

1. Report the results of all of the measures (outcomes) that were assessed (in the same order as presented in the Assessment Measures)
2. Describe how the patient adhered to and tolerated the intervention (including self-care recommendations and referrals – if known)
3. State whether there were any adverse or unexpected events.

Discussion

Include the following information in the discussion section of the report:

1. Strengths and limitations of the intervention(s) provided
2. A comparison and integration of case findings with the relevant health care literature
3. Patient perspective (include comments that the patient shared regarding their experience with the intervention)
4. Suggestion of a rationale for the observed outcomes
5. Take-away lessons related to the case report, including a discussion of the implications for practice, education, and research.

References

Appropriate use of citations from the literature review will be emphasized in the scoring process. References must include at least some of the following: academic books, professional journals, and peer-reviewed journals, such as *The International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice* or *Journal of Bodywork & Movement Therapies*. Students are expected to utilize reputable biomedical and massage therapy databases as part of their literature search strategy. Use of non-peer-reviewed sources such as *Massage Therapy Today*, *Massage Today*, *Massage Therapy Canada*, and seminar or course notes should be kept to a minimum.

While no specific point value is awarded for the References section, the strength of a report is, in part, dependent on the citations referenced. Therefore, it is strongly encouraged that citations used in preparing the report are from primary research literature (e.g. peer-reviewed journal articles) rather than secondary sources (e.g. internet websites). This section of the report should provide the bibliographic information for each and every source cited.

References must be in APA format

The following are examples of how to reference using the APA style.

- **Book:** Author, A. A., Author, B. B., and Author, C. C. (1996). Title of book: Vol. 1. Title of series. City, Country: Publisher.
- **Journal Article:** Author, A. A., Author, B. B., and Author, C. C. (1996). Title of journal article. Title of journal: Subtitle of journal, volume number (issue number), first page-last page.
- **Internet Source:** Author, A. A. (1996). Title of electronic text [E-text type]. Location of document

Further Reading: Publication Manual of the American Psychological Association, 6th edition, Washington: APA, 2001.

WITH OUR THANKS

The Registered Massage Therapists' Association of Ontario (RMTAO) would like to thank the Registered Massage Therapists' Association of British Columbia (RMTBC), the Massage Therapy Foundation, Nikki Munk, PhD, LMT and Karen Boulanger, PhD, CMT for the use of their resources in developing this Student Case Report Contest Document.

1. Niki Munk , PhD, LMT, Karen Boulanger , PhD, CMT (2014), *Adaptation of the CARE Guidelines for Therapeutic Massage and Bodywork Publications: Efforts To Improve the Impact of Case Reports, International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice, Vol 7, No 3 (2014)*,
retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4145002/>
2. Christine Daskais, Foundation Coordinator, Massage Therapy Foundation, (2017) *2017-Student-Case-Report-Contest-guidelines.pdf*,
Retrieved from: <http://massagetherapyfoundation.org/wp-content/uploads/2017-Student-Case-Report-Contest-guidelines.pdf>
3. Julie Dais, PhD, (2006), Registered Massage Therapists' of British Columbia, *How To Write A Clinical Case Report*