

Facilitating Case Studies in Massage Therapy Clinical Education

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The integration of evidence into reflective health care practice has been on the rise in recent years and is a phenomenon that has affected all health care professions, including massage therapy. Clinical case studies are a research design that follows one patient or subject, making the studies ideal for use in clinical practice. They are valuable for communicating information from clinical practice to the broader community. Case studies have face validity that may be more valuable to individual practitioners than homogeneous randomized controlled trials, as the practitioner may recognize a complex patient in the case report. At Humber College, Student Massage Therapists (SMTs) create, conduct, and communicate results of a clinical case study prior to graduation. This article describes the process and experience.

KEY WORDS: case study; massage therapy; clinical education; research capacity

INTRODUCTION

Clinical case studies, sometimes known as *n = 1* designs,⁽¹⁾ are a research design that follows one patient or subject—a feature that makes case studies ideal for clinical practice. Despite the inability to generalize the results of a case study to the larger population, they are valuable for communicating information from clinical practice to the broader community, including other health care professionals and researchers. Case studies have face validity that may be more valuable to individual practitioners than homogeneous randomized controlled trials, as the practitioner may recognize a complex patient in the case report.⁽²⁾ On the hierarchy of research, case studies are often found along with qualitative research at the base of the pyramid.⁽³⁾ This illustrates their role as a foundational piece of research. Results from case studies can contribute to the future development of a larger scale study.

Case studies also provide clinicians with a standardized process by which to communicate adverse effects and side effects of, novel approaches to, and both positive and negative unexpected outcomes of,

treatment. This is of particular importance in massage therapy as there is a paucity of evidence for many aspects of practice, including safety, efficacy, effectiveness, and cost-effectiveness. This statement is not to suggest that massage therapy is not a useful or cost-effective treatment, rather than more research needs to be conducted on outstanding topics of inquiry to better describe massage therapy practice in general.

The integration of evidence into reflective health care practice has been on the rise in recent years and is a phenomenon that has affected all health care professions, including massage therapy.⁽⁴⁻⁷⁾ Evidence-informed practice (EIP) is the use of the best available evidence, patient values, and practitioner expertise to inform the clinical decision-making process.⁽⁸⁾ In order for a practitioner to engage in evidence-informed practice they must have research literacy skills or the ability to find, understand, analyze, and apply evidence to practice.⁽⁹⁾

Research in massage therapy continues to grow as attitudes around evidence seem to change. Anecdotal evidence points to a greater demand for research in massage therapy to support or refute current practices and reinforce the safety of the practice. This may be, in part, as the result of changing expectations that massage therapists will have skills in research literacy. In 2005, the regulatory authority for massage therapy in Ontario, Canada included research literacy into the entry-to-practice competencies.⁽¹⁰⁾ The 2012 Inter-jurisdictional Competency Document, which will replace the 2005 competency document in Ontario, goes further to require an academic knowledge of evidence-informed practice.⁽¹¹⁾ While it is this author's opinion that evidence-informed practice should be required at least at a simulation level and where possible at a clinical level, this inclusion does demonstrate a change in attitude of the regulators and the profession of massage therapy in Canada.

The faculty in the Massage Therapy Program at Humber College believe the skills of designing, conducting, and communicating the results of a case study are important tools for therapists to have in order to communicate with the larger massage therapy, health care, and research communities. As such, steps were taken to include case study creation and implementation into the curriculum.

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Table of Contents Case Study Example For Sports Massage

1. Understanding the eBook Case Study Example For Sports Massage
 - The Rise of Digital Reading Case Study Example For Sports Massage
 - Advantages of eBooks Over Traditional Books
2. Identifying Case Study Example For Sports Massage
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Case Study Example For Sports Massage
 - User-Friendly Interface
4. Exploring eBook Recommendations from Case Study Example For Sports Massage
 - Personalized Recommendations
 - Case Study Example For Sports Massage User Reviews and Ratings
 - Case Study Example For Sports Massage and Bestseller Lists

5. Accessing Case Study Example For Sports Massage Free and Paid eBooks
 - Case Study Example For Sports Massage Public Domain eBooks
 - Case Study Example For Sports Massage eBook Subscription Services
 - Case Study Example For Sports Massage Budget-Friendly Options
6. Navigating Case Study Example For Sports Massage eBook Formats
 - ePub, PDF, MOBI, and More
 - Case Study Example For Sports Massage Compatibility with Devices
 - Case Study Example For Sports Massage Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Case Study Example For Sports Massage
 - Highlighting and Note-Taking Case Study Example For Sports Massage
 - Interactive Elements Case Study Example For Sports Massage
8. Staying Engaged with Case Study Example For Sports Massage
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Case Study Example For Sports Massage
9. Balancing eBooks and Physical Books Case Study Example For Sports Massage
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Case Study Example For Sports Massage
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Case Study Example For Sports Massage
 - Setting Reading Goals Case Study Example For Sports Massage
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Case Study Example For Sports Massage
 - Fact-Checking eBook Content of Case Study Example For Sports Massage
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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