



Student Case Study Contest 2017 – 2018

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STUDENT CASE STUDY CONTEST 2017 - 2018

Introduction

Massage & Myotherapy Australia, with AON, is pleased to invite students of massage, remedial massage, and myotherapy to participate in the **Student Case Study Contest**. Massage & Myotherapy Australia, under the National Conference Scholarship Scheme, will provide funding to support the contest winner to attend the annual Massage & Myotherapy Australia National Conference. This scholarship will support a Massage & Myotherapy Australia student member seeking to develop their professional capacity in the massage and / or myotherapy industry.

Applications are invited from all States and Territories within Australia from massage therapy and myotherapy students currently enrolled in, or who will be a massage therapy or myotherapy student in 2017 or who graduated in 2017 or 2018. The case study must have been started during the 'enrolled to study' eligibility period.

Purpose

Massage & Myotherapy Australia believes that the delivery of high quality, evidence-based research generates professional progress and improved standards within the massage and myotherapy industry. Writing case reports is a great opportunity for massage and myotherapy students to develop their research skills, critical thinking skills, and allows them to contribute to future research and clinical practice.

Benefits

There are four (4) levels of success with a variety of prizes (**Appendix 4**).

The winning applicant will be recognised at the Massage & Myotherapy Australia National Conference 2018 on June 15 - 17 on the Gold Coast. The winning applicant will receive in the form of payment of, or reimbursement for, agreed applicant costs for travel and accommodation, conference registration including the conference dinner and clinical workshop to a maximum value of \$2000. All other costs, including any necessary leave to attend the National Conference, must be met by the winning applicant.

Eligibility Criteria

The following eligibility criteria must be met for the case study to be valid for submission.

- Applicants must be enrolled in one of the following courses at an Australian RTO, or has graduated in 2017 or 2018 from one of the following courses at an Australian RTO:
 - Diploma of Remedial Massage HLT52015
 - Advanced Diploma of Myotherapy (22316VIC)

- Bachelor of Health Science (Myotherapy)
 - Bachelor of Clinical Myotherapy
 - Certificate IV in Massage Therapies Practice HLT42015
- Applicants must obtain written consent from the client, for the use of the client's case in the writing of the case report and for submitting it for the purpose of this contest. The client must agree to the case study being presented in the public arena, should the student be successful. See **Appendix 1** for the required consent information.
 - Applicants are encouraged to use an advisor(s) to help guide the planning and execution of the treatment series and who can make recommendations in the preparation and editing of the case study. More than one advisor is permitted in that one advisor may be a clinical supervisor and the other a research or academic advisor. Possible advisors could be:
 - Research staff at academic institutions;
 - Staff at massage / myotherapy schools;
 - Practicing health professionals e.g. doctors, nurses, psychotherapists, osteopaths, physiotherapists, other massage therapists and myotherapists with research capability.

If the applicant is unable to secure an advisor/supervisor please contact
 Massage & Myotherapy Australia

- The Case Study is based on a series of a minimum of six one hour massage or myotherapy sessions. A clinical supervisor is encouraged to attend the first session, but this is not mandatory. The sessions should consist of:

Session 1:	consultation and testing (subjective, objective), treatment
Sessions 2 - 5:	follow up with client, treatment and re-testing
Session 6:	follow up with client and re-test
- The case study application must be received in a typed format, adhere to the word count and be presented in the required structure as outlined in the case study structure criteria below.
- Applicants must have current liability insurance or confirm they are covered by their college insurance.
- The case study must be solely the work of the applicant.
- Selection criteria will be weighted as indicated on the Assessment Criteria form (**Appendix 3**) by the maximum score possible for each criteria/theme.

A selection panel from the National Research Committee and the National Education Committee will independently assess all case study submissions according to the eligibility and selection criteria.

Non-adherence to any part of the submission process or criteria will result in a 20% reduction on the overall score achieved.

The successful applicants will be notified in writing at least three weeks prior to the National Conference.

Please note that there is no guarantee that all prizes will be awarded in a given contest year

Massage & Myotherapy Australia Directors, National Committee members, contractors and staff are not permitted to enter

Document Preparation Criteria

Length

- 3000 - 4000 words excluding title page, headings, tables, labels, figures, references and appendices

Format

- Case study must be typed in the English language
- Case study should have a research question that is relevant to the massage therapy and / or myotherapy profession
- Case study must be concisely and coherently written
- Case study must be submitted single sided, with double-line spacing, using black Arial 11 pt. font size. The left hand margin should be 2.54cm (1inch) wide. Each new paragraph is indented without additional double spacing between paragraphs
- Diagrams to be clearly labelled, relevant to the case study, and sources acknowledged
- Figures, charts and tables to be clearly labelled with a legend if applicable
- Results should be shown in tables or charts
- Correct use of referencing required including within text and full list of references at the end (refer to your College's Referencing Style Guidelines)
- Papers containing non-standard citation styles will not be considered.

Disqualification and Termination

Massage & Myotherapy Australia reserves the right, at its sole discretion or with corroboration from the sponsoring body, to disqualify any applicant and void any submission of an applicant who has engaged in misconduct relative to the contest or otherwise, or who has acted in any manner Massage & Myotherapy Australia deems to be in violation of the Massage & Myotherapy Australia Code of Ethics and Standards of Practice. If, for any reason, the competition cannot run as indicated, Massage & Myotherapy Australia reserves the right, at its sole discretion or with corroboration from the sponsoring body, to cancel, terminate, modify or suspend the contest in whole or in part.

Case Study Structure^{i ii iii}

Students must report on one client only. The client must not have any condition(s) contra-indicated for massage or myotherapy treatment. It is preferred that recognised massage or myotherapy modalities be the only new intervention. The client should have a musculoskeletal condition that is measurable and modifiable by massage therapy or myotherapy intervention.

1. Title Page

Case Study: (enter name of title)

No other information should be submitted on this page

2. Abstract

Readers will primarily read the abstract of articles before deciding on which full text paper(s) are most relevant to them. For this reason, an abstract is an important *200 word summary* of the study. It should include:

- Background and objectives for the study
- Methods used for intervention, evaluation techniques and measurement tools
- Results obtained
- Conclusion from the study

3. Key Words

Key words (or phrases) to help people search for relevant articles. List 4-5 key words that define your case study. These words or phrases should not include words used in the title.

4. Introduction

- The Introduction builds a case for conducting the study. The reader should be able to understand the topic (condition) from reading this section. The Introduction is the ***literature review***. Findings from a range of published studies, both current and historical, must be presented and discussed. No results or data from the study should be mentioned in this section.
- The last sentence(s) of the Introduction should state the ***hypothesis*** or study objective. This should make a smooth transition from the Introduction section to the Methods section.
- References should include a mix of academic textbooks, professional journals, and peer-reviewed journals. Using reliable biomedical and massage therapy databases as part of the literature search strategy is expected. Using non-peer reviewed sources should be kept to a minimum. Wikipedia is not considered a database and should not be referenced.

5. Methods

This section of the case study includes the client profile and the treatment plan. The details of the methods used should enable another therapist to duplicate the work, but it should be a narrative of the steps and not a '*recipe*' of instructions.

The **Client Profile** section should contain a detailed account of the subject.

This may include:

- the client's medical history and diagnosis (including who made the diagnosis)
- prior treatments received and findings from other health care providers
- the findings from assessment eg: static and/or dynamic postural assessment, range of movement (AROM, PROM, Resisted), visual observation, special or specific testing
- any contraindications to the use of massage or myotherapy
- a description of the client's desired outcomes or goals.

The **Treatment Plan** should describe the massage or myotherapy procedures and how the client's progress was monitored. The massage or myotherapy techniques used, duration of treatment, type of strokes, body regions addressed and the number of treatments should be specified and detailed in such a way for reproducibility by other therapists.

Crucial components of the treatment plan are

- the rationale for the particular massage or myotherapy technique(s) selected
- Treatment selection should be supported with reference to the available literature. If there are no direct references to massage therapy or myotherapy for the condition, specify why the intervention was selected including an understanding of how the condition typically presents and how it presents in the client.
- A description of the plan for assessing progress should be presented. Describe clearly what instrument/s, such as questionnaires, Visual Analog Scales (VAS) and/or goniometer were used to assess progress. Define the 1-10 pressure scale if used. A reader of this section should be able to envisage how the client's progress was assessed.
- Summarise any methodological changes that occurred during the study and the rationalisation for such change.

6. Results

The results of the study should be presented in an organised and concise manner, in either a table or graph format. Tables or graphs should be correctly titled and with a corresponding legend where applicable. The table or graph must be correctly referenced in text when referring to it.

7. Discussion

The Discussion summarises and evaluates the outcomes of the treatment protocol and should include findings from the literature on the topic.

This section should:

- Summarize the outcomes and effectiveness of treatment
- Relate the findings to the objective
- Discuss the results in context of the published findings (cited sources as well as other sources).

- Explain why the obtained results may differ from what others have found
- Speculate on why the treatment had an effect or not
- Note any weaknesses in the study eg. problems with the methods or explain any anomalies in the data
- Suggest future research direction based on the results of the study.

8. References

All claims made within the case study should be substantiated.

- Citations referenced should include a range of historical and current publications
- Citations used should be from the primary research literature ie: peer-reviewed journals, professional journals and academic textbooks, rather than from websites or secondary sources
- Standard citation styles must be applied consistently and in line with College teaching

9. Acknowledgments^{iv}

This section is a succinct statement thanking those that have contributed to the development of, or revision of, the study. It is acceptable practice to involve others in case study writing. Enlisted assistance may include input from an assigned supervisor, a colleague, teacher, mentor or institution. They may provide a variety of support from helping with the literature search, in designing the treatment plan, or editing the study. Generally non-science contributors are not acknowledged here.

SUBMISSION to Massage & Myotherapy Australia

- Complete the submission cover sheet (**Appendix 2**) and place in front of the title page
- Ensure you have the required documents, as listed on the Cover Sheet, and attach them with your submission
- Case Study must be received by the Massage & Myotherapy Australia office in word format (.doc or .docx) by email (soft copy or electronic). Email to:
ea@massagemyotherapy.com.au

Case Study submissions must be received in the Massage & Myotherapy Australia office by the close of business (5pm VIC) by **Friday 27 April, 2018**. Submissions received after this closing date and time will not be considered.

Selection criteria will be weighted as indicated on the Assessment Criteria form (**Appendix 3**) by the maximum score possible for each criteria/theme.

A selection panel from the National Research Committee and the National Education Committee will independently assess all case study submissions according to the eligibility and selection criteria.

Non-adherence to any part of the submission process or criteria will result in a 20% reduction on the overall score achieved.

The successful applicants will be notified in writing at least three weeks prior to the National Conference.

Please direct any questions in regard to the contest guidelines and criteria to:

Executive Assistant

E: ea@massagemyotherapy.com.au

T: 1300 138 872

ⁱ Massage Therapy Foundation

ⁱⁱ Munk, N., & Boulanger, K. (2014). Adaptation of the CARE Guidelines for Therapeutic Massage and Bodywork Publications : Efforts To Improve the Impact of Case Reports, (5), 32–40.

ⁱⁱⁱ “The Case for Case Reports” – Diana Thompson, LMP. Published in the January/February 2011 issue of Massage and Bodywork Magazine. Extracted on 28 July 2015 from <http://www.massagetherapyfoundation.org/student-faculty-tools/>

^{iv} Elliott, C. M. (2011). Acknowledgments in Scientific Publications and Presentations, 1–5. Extracted on 28 July 2015 from <http://people.physics.illinois.edu/Celia/Lectures/Acknowledgments.pdf>

APPENDIX 1

Massage & Myotherapy Australia / AON Student Case Study Contest 2017 - 2018

Client Consent Form

For Publication of Case Study

Case Study Title:

Author:

I hereby give my consent for images and/or other clinical information relating to my case to be submitted as part of a case study in the Massage & Myotherapy Australia Student Case Study Contest 2018.

I understand that my name, initials, or any protected health information such as identification numbers and address details will not be published and that efforts will be made to conceal my identity, but that anonymity cannot be guaranteed.

I understand that the material may be presented at the 2018 Massage & Myotherapy Australia National Conference, or published in the Massage & Myotherapy Australia *Massage Therapists* journal, or posted on the Massage & Myotherapy Australia website. As a result, I understand that the material may be seen by the general public.

Name of Client:

Date:

Signature of Client:

If you are not the client, what is your relationship to the client?

Name of signatory:

NB: The person giving consent should be a substitute decision maker or legal guardian or should hold power of attorney for the client.

Why is the client not able to give consent? (e.g. is the client a minor, or incapacitated?):

If images of the client's face or distinctive body marking are to be published, the following section should be signed in addition to the first section:

I give permission for images of my face or distinctive body markings to be published and recognise that I might therefore be identifiable even though my name and initials will not be published.

Signature of Client:

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APPENDIX 2 - Case Study Cover Sheet

Closing date: 5pm, Friday 27 April, 2018

Applicant details

Name:

Massage & Myotherapy Australia Member No (if applicable):

Telephone Contact:

Email Contact:

Name of RTO:

Date of Course Enrolment (year):

I certify that this case study is entirely my own work except where I have fully documented references to the works of others and that the material contained in this case study has not been submitted previously

Eligibility criteria (tick the box)

Must be a student enrolled in 2017-2018 or has graduated in 2017-2018

Must be enrolled in an eligible course (see Eligibility Criteria, page 2)

Must be a Massage & myotherapy Australia member *OR* is prepared to become a student member on submission

Has current insurance cover

Insurance cover is N/A – I am a current student

Curriculum Vitae attached

Client's written consent form attached

Case Study attached

Selection Criteria attached

Submission Cover Sheet attached

Word Count (excluding title page, headings, tables, labels, references, appendices):

Return by email to: STUDENT CASE STUDY CONTEST 2017 - 2018 (subject line)

ea@massagemyotherapy.com.au

APPENDIX 3 - Selection Criteria

Criteria 1	Concise and Coherent. Demonstrates the ability to follow all points in the Documentation Preparation Criteria. All descriptions and discussions within the case study are clear and precise.	5%
Criteria 2	Abstract and Key Words pertain to the objectives for study and included methods for intervention, evaluation techniques, measurement tools, results and study conclusion. Key words are relevant to the study and do not appear in the title.	5%
Criteria 3	Introduction and Literature Review. (This is where a case is built based on the findings from existing literature). Includes information about the client's condition and information on massage therapy in the context of that condition. The quality of resources, research skills and critical thinking skills are displayed in this section.	20%
Criteria 4	Hypothesis. Clearly states the study hypothesis and objectives based on the findings from the client profile and literature review.	5%
Criteria 5	Client Profile. Includes the client history, prior/current treatments, contraindications and massage assessment. The client's desired outcomes and goals for massage intervention should be detailed.	10%
Criteria 6	Treatment Plan. The rationale and strategy of the treatment plan should be directly linked to the literature review, the client's goals and the assessment. A plan for tracking changes and progress should be included.	15%
Criteria 7	Anatomical Discussion. Considers the anatomical structures within the affected region and their functional relationships. Discusses normal structure/function compared to client's structure/function.	10%
Criteria 8	Results. Findings should be reported concisely, without interpretation. Graphs, charts and tables should be used to display results in text.	10%
Criteria 9	Discussion. A summary and evaluation of the findings from the literature review. Links the outcomes to the goals or research question, problems with the process is considered, and provides suggestions for further research, techniques and/or modality referrals is discussed.	15%
Criteria 10	References. Citations include a range of historical and current publications. Citations are from the primary source. All claims made are supported by citation. Referencing in text and listed is consistent and follows recognised citation style.	5%
	TOTAL	100%

APPENDIX 4

Gold:

- Attend Conference 2018: travel, accommodation, conference registration, gala dinner and clinical workshop to a maximum value of \$2000 (payment by Massage & Myotherapy Australia or reimbursement for agreed applicant costs)
- Presented with award at the conference gala dinner
- Massage & Myotherapy Australia to commission poster
- Invite to submit poster to the 2019 Massage & Myotherapy Australia National Conference poster display
- Abstract published in Massage & Myotherapy Australia journal
- Case study published to Massage & Myotherapy Australia on-line library accessed via the Massage & Myotherapy Australia website for members
- Case study provided to Australian Research Centre in Complementary & Integrative Medicine (ARCCIM) for scientific interest data
- Entitled to state the following in their curriculum vitae: *'AON/Massage & Myotherapy Australia Student Case Study Contest 2018 – Winner'*

Silver:

- Award announced at the gala dinner
- Award announcement in Massage & Myotherapy Australia quarterly journal
- Invite to submit a poster for the 2019 Massage & Myotherapy Australia National Conference Poster display
- Case Study published to Massage & Myotherapy Australia On-Line library accessed via the Massage & Myotherapy Australia website for members
- Case study provided to ARCCIM for scientific interest data
- Entitled to state the following in their curriculum vitae: *'AON/Massage & Myotherapy Australia Student Case Study Contest 2018 – Silver'*

Bronze:

- Award announced at the gala dinner at Conference
- Award announcement in quarterly journal
- Invite to submit a poster for the 2019 Massage & Myotherapy Australia National Conference Poster display
- Case Study published to Massage & Myotherapy Australia On-Line library accessed via the Massage & Myotherapy Australia website for members
- Case study provided to ARCCIM for scientific interest data
- Entitled to state the following in their curriculum vitae: *'AON/Massage & Myotherapy Australia Student Case Study Contest 2018 – Bronze'*

Merit:

- Award announced at the Gala dinner of Conference
- Award announced in quarterly journal
- Case Study published to Massage & Myotherapy Australia On-Line library accessed via the Massage & Myotherapy Australia website for members
- Entitled to state the following in their curriculum vitae: *'AON/Massage & Myotherapy Australia Student Case Study Contest 2018 – Merit'*