



College of  
**COMPLEMENTARY HEALTH  
PROFESSIONALS OF BC**

# Evidence-Based Practice Standard of Practice

## **Applies to Registered Massage Therapists**

The College of Complementary Health Professionals of BC was created on June 28, 2024 through the amalgamation of four health regulatory colleges:

- College of Chiropractors of BC
- College of Massage Therapists of BC
- College of Naturopathic Physicians of BC
- College of Traditional Chinese Medicine Practitioners and Acupuncturists of BC

All current requirements for standards of clinical and ethical practice issued by the four colleges remain in place upon amalgamation.

This document was created by the College of Massage Therapists of BC and will be updated to reflect the amalgamation.

## **CMTBC Standards of Practice**

### **Purpose**

Practice standards define the minimum level of expected performance for registered massage therapists, and therefore define what constitutes safe, ethical, and competent delivery of care by RMTs.

RMTs are responsible for exercising their professional judgment to apply the standards to the situations that they face in practice.

### **Evidence-Based Practice**

#### **Definition**

Evidence-based practice is an approach to professional practice that integrates information from four areas to support an RMT in providing safe, ethical, and competent care to patients.

An RMT incorporates an evidence-based practice approach during all aspects of massage therapy care, including but not limited to assessment, treatment, patient education and homecare, by integrating the following:

- Research evidence, specific to the condition being treated or approach to treatment.
- Practice context, including RMTs' scope of practice as defined by BC's [Massage Therapists Regulation](#) and CMTBC's Scope of Practice Standard of Practice.
- Patient perspective, including the patient's values, experiences, preferences, expectations, and concerns.
- The RMT's own knowledge, skills, and experience, which includes information obtained by an RMT in practice through the assessment of outcomes in the practice setting.

An evidence-based practice requires RMTs to critically assess all information, focusing on facts and observations, rather than beliefs, opinions, and traditions in massage therapy. Evidence-based practice also requires that RMTs are responsive to new knowledge throughout their career.

Once an RMT has collected and assessed information from all sources, they are then tasked with integrating the information to inform their clinical decision-making. When integrating information, RMTs must consider the impact that the application of the information will have on an individual patient.

## Requirements

1. An RMT incorporates a patient-centred and evidence-based practice approach in massage therapy practice when providing massage therapy services, by integrating the following:
  - a. research evidence specific to the condition being treated or approach to treatment;
  - b. practice context, including RMTs' scope of practice as defined by BC's [Massage Therapists Regulation](#) and CMTBC's Scope of Practice Standard of Practice;
  - c. patients' values, experiences, preferences, expectations, and concerns; and
  - d. the RMT's own clinical knowledge and skills.
2. An RMT incorporates an evidence-based practice approach to support clinical-decision making when determining an appropriate treatment plan for an individual patient.
3. An RMT takes reasonable steps to remain up-to date on research evidence to support an evidence-based practice.
4. An RMT engages in learning activities that:
  - a. are informed by research evidence;
  - b. present information within RMT's scope of practice as defined by BC's [Massage Therapists Regulation](#) and CMTBC's Scope of Practice Standard of Practice; and
  - c. are taught by an instructor or presenter who holds appropriate knowledge and expertise to instruct RMTs in the context of a regulated health profession.

## Appendix – Defined Terms

*Evidence-based practice:* an approach to professional practice that involves the integration of research evidence specific to the condition being treated or approach to treatment; practice context, including an RMT's scope of practice; patient's values and circumstances; and clinical expertise.

*Research evidence:* a body of relevant and high-quality data obtained from peer-reviewed sources including clinical practice guidelines, systemic reviews, Randomized Control Trials, and observational studies.

*Massage therapy services:* includes but is not limited to assessment, patient education, therapeutic exercise, and manual therapy techniques including manipulation, mobilization and other manual methods.

*Patient-centred care:* an approach to care in which an RMT is dedicated to professional excellence in responsible care and serving the best interests of the patient at all times. This enables the patient to make informed choices about their treatment and/or options.