

# Minnesota State College Southeast

## THPY 1460: Geriatric Massage

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to prepare the student to use their massage skills on geriatric clientele. Students learn massage techniques which can be incorporated into a clinical, nursing home or hospice setting. Emphasis is placed on working with the client's primary healthcare provider to ensure a safe continuum of professional care. Students will explore both the physical and emotional process of aging to better prepare them to meet the needs of the ever growing elderly population. (Prerequisite: None) (1 credit: 1 lecture/0 lab)

**B. COURSE EFFECTIVE DATES:** 09/27/2000 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Define "geriatric" client
2. Explain the reasons for short length geriatric massage sessions
3. Explain geriatric environmental temperature control necessity
4. Explain the need to involve geriatric clients in goal setting
5. List deep pressure geriatric massage contraindications
6. Assess professional client referral potentials
7. Demonstrate strumming, tapping, rocking and patting techniques
8. Describe slow stroke back massage
9. Describe hospice care massage obstacles
10. Cite hearing impaired therapist/client communication techniques
11. Respond to non-verbal client reactions
12. Cite slow joint mobilization geriatric massage advantages
13. State geriatric hand massage advantages
14. State geriatric foot massage advantages
15. Identify geriatric massage client positioning possibilities
16. Identify pathological indication danger factors

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted