

COURSE OUTLINE **Alterations in Health**

Course Description

MT 242 Alterations in Health. 3 hours credit. Prerequisite: AH 138 with a "C" or better. This course will enable the massage therapy student to understand the underlying concepts of pathophysiology and to explore the demographics, etiology, signs/symptoms and treatment options of common disorders in major body systems. The student will apply this knowledge to determine appropriate massage therapy techniques for individuals with common disorders.

Course Relevance

Massage therapy is a trusted and successful treatment for many physiological problems. This course will enable the student to move beyond basic massage techniques and gain an understanding of the relationship between pathophysiological systems and applied therapeutic massage. This knowledge is essential for those wishing to pursue a career in massage therapy.

Required Materials

MT 242 Textbook:

Werner, R. (2002). *A massage therapist's guide to pathology* (2nd ed.). Philadelphia, PA: Lippincott Williams & Wilkins.

Learning Outcomes

The intention is for the student to be able to

1. Discuss the pathophysiology, etiology, signs/symptoms and treatments of common disorders in the major body systems
2. Identify local and general contraindications from each of the major body systems
3. Apply pathophysiological content to his/her massage practice

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Problem Solving
 - Through the analysis of case studies, the student will develop problem solving skills.
2. Writing
 - Through various forms of written work, the student will develop written skills and apply standards of punctuation, grammar and spelling.

Secondary skills (developed but not documented):

Critical Thinking
Health Management
Computer Literacy
Internet Use

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. A written analysis of a progressive case study involving a common disorder of a major body system. The student's paper should communicate his/her ability to explain the etiology and pathophysiology of the specific disorder as well as identify the contraindications to massage presented in the progressive case study.

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Etiology of disease
 - B. Pathophysiology
 - C. Clinical manifestations
 - D. Medical treatments
 - E. Appropriate massage techniques
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Legal/ethical considerations
 - B. Alternative therapies
 - C. Contraindications
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Inflammation/healing
 - B. Infection
 - C. Growth and development
 - D. Pain
 - E. Contraindications
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Assess
 - B. Solve problems/make decisions
 - C. Communicate
 - D. Collaborate

Learning Units

- I. Skin disorders
 - A. Pathophysiology of common skin disorders
 - B. Etiology of common skin disorders
 - C. Clinical manifestations of common skin disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- II. Musculoskeletal disorders
 - A. Pathophysiology of common musculoskeletal disorders

- B. Etiology of common musculoskeletal disorders
 - C. Assessment and appropriate massage procedures
 - D. Clinical manifestations of common musculoskeletal disorders
 - E. Current treatments and adjunct therapies
- III. Neurological disorders
- A. Pathophysiology of common neurological disorders
 - B. Etiology of common neurological disorders
 - C. Clinical manifestations of common neurological disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- IV. Circulatory system disorders
- A. Pathophysiology of common blood, vascular, and heart disorders
 - B. Etiology of common blood vascular, and heart disorders
 - C. Clinical manifestations of common blood, vascular, and heart disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- V. Lymph and immune system disorders
- A. Pathophysiology of common lymphatic and immune system disorders
 - B. Etiology of common lymphatic and immune system disorders
 - C. Clinical manifestations of common lymphatic and immune system disorders
 - D. Four types of hypersensitivity
 - E. Acute and chronic inflammation
 - F. Diagnostic and laboratory procedures
 - G. Assessment and appropriate massage procedures
 - H. Current treatments and adjunct therapies
- VI. Respiratory disorders
- A. Pathophysiology of common respiratory disorders
 - B. Etiology of common respiratory disorders
 - C. Clinical manifestations of common respiratory disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- VII. Digestive disorders
- A. Pathophysiology of common digestive disorders
 - B. Etiology of common digestive disorders
 - C. Clinical manifestations of common digestive disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- VIII. Endocrine disorders
- A. Pathophysiology of common endocrine disorders
 - B. Etiology of common endocrine disorders

- C. Clinical manifestations of common endocrine disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- IX. Urinary disorders
- A. Pathophysiology of common urinary disorders
 - B. Etiology of common urinary disorders
 - C. Clinical manifestations of common urinary disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- X. Reproductive disorders
- A. Pathophysiology of common reproductive disorders
 - B. Etiology of common reproductive disorders
 - C. Clinical manifestations of common urinary disorders
 - D. Assessment and appropriate massage procedures
 - E. Current treatments and adjunct therapies
- XI. Miscellaneous conditions
- A. Benign and malignant cancer
 - B. Characteristics of normal and malignant cells
 - C. Effects of cancer on the body
 - D. Role of chemotherapy, radiation therapy, nutrition and other drugs in the treatment of cancer
 - E. Incidence and risk factors of cancers
 - F. Assessment and appropriate massage procedures
 - G. Current treatments and adjunct therapies

Learning Activities

Classroom: Learning activities will include lecture, class discussion, group activities, reading assignments, and classroom activities.

Online: Learning activities will include narrated PowerPoint presentations, class discussion, reading assignments, and Internet activities.

Grade Determination

Grade determination will be based upon class participation, assignments, and assessment tasks.