



# Student Case Study Contest 2012

## Submission Guidelines And Criteria



### Introduction

The Australian Association of Massage Therapists (AAMT) is pleased to invite students of massage, remedial massage and myotherapy to participate in the 2012 Student Case Study Contest. AAMT under the National Conference Scholarship Scheme will provide funding to support the contest winner attending and presenting their case study at the AAMT National Conference in 2012. This scholarship will support an AAMT student member seeking to develop their professional capacity in the massage therapy industry. Applications are open to student members of all States and Territories who have not attended the Conference previously and who are currently a student or who will be a student in 2012.

### Purpose

AAMT believes that the delivery of high quality, evidence-based research generates professional progress and improved standards within the massage industry. Writing case reports is a great opportunity for massage students to develop their research and critical thinking skills, and allows them to contribute to future research and clinical practice. By presenting their case study at the AAMT National Conference, the contest winner also has the opportunity to develop their communication skills and their knowledge of massage treatments.

### Benefits

- The successful applicant will receive the opportunity to present their case study at the AAMT National Conference 2012, May 25th - 27th, in Melbourne. They will be able to discuss their work with their peers, providing them professional exposure and the potential for various networking opportunities.
- The successful applicant will also receive due recognition for their efforts by having their case study published in the AAMT journal – *Massage Therapists*, and on the AAMT website.
- The contest award will take the form of payment of, or reimbursement for, agreed applicant costs for travel and accommodation/conference registration including the conference dinner and clinical workshops to a maximum value of \$2000. All other costs including any necessary leave to undertake the 3 day national conference must be met by the applicant. Successful applicants will be entitled to state the following in their curriculum vitae:  
'AAMT Student Case Study Contest Winner 2012'
- The successful applicant must attend a promotional/media meeting at the national conference. The successful applicants will be required to provide a completed evaluation questionnaire of the conference and how winning the Student Case Study Contest contributed to their professional development. The review will be published in the AAMT journals – *Massage Therapists* and *HandsOn!*



## Case Study Structure

Students must report on an independent clinical intervention on one client, as follows:

- Conduct an assessment on the client and their presenting condition, within your scope. Discuss the details of the client's profile including client history, current treatments. Describe the nature of the presenting condition as you see it; and how your client sees it. Describe the results of the massage assessment including movement limitations.
- Discuss the anatomical structures comprising the affected region e.g. bones, joints, ligaments, muscles, blood/nerve supplies; discuss relationships with other body structures/functions; discuss normal function compared to client function of the affected region.
- Conduct a literature review on the presenting condition.
- Devise a hypothesis and a treatment objective based on your client assessment and literature findings.
- Create a treatment plan in accordance with the literature, the needs of the client, the assessment results, and your scope of practice. Present the short term and long term goals of the treatment plan. Discuss self-help practices the client could use.
- Discuss post-treatment results, describe any implications of the outcomes and adjustments throughout the treatment plan.
- Offering suggestions for future study, other techniques, referrals to other practitioners.

## Eligibility Criteria

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

- Applicants must be enrolled in one of the following courses at an Australian RTO:
  - Diploma of Remedial Massage HLT50302 or HLT50307
  - Advanced Diploma of Remedial Massage (Myotherapy) 21920 (VIC) or 21511 (VIC)
  - Bachelor of Health Science (Musculoskeletal Therapy)
  - Certificate IV in Massage Therapies Practice HLT40302 or HLT40307
- Applicants must first 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 win the contest. See Appendix 1 for the required consent form.
- Case studies are based on a sequence of a minimum of six massage sessions.
- Applicants are encouraged to use an advisor (i.e. someone who is experienced in research) to help guide the planning and execution of the treatment series, and who can make recommendations in the preparation and editing of the case report. Possible advisors could be:
  - Research staff at academic institutions;
  - Staff at Massage schools;
  - Practicing health professionals e.g. doctors, nurses, psychotherapists, osteopaths, chiropractors, other massage therapists.
- The application must be received in a typed format, adhere to the word count and be presented in the required structure as outlined in the Document Presentation criteria.
- Applicants must have current liability insurance or confirm they are covered by their College insurance.

### Document Preparation Criteria

- ↳ Length
  - 3000-6000 words, excluding cover page and references
- ↳ Format
  - Text to be double-spaced, Arial 12 pt. font size, and written in English language
  - Correct use of referencing required (refer to College Guidelines)
  - Diagrams to be clearly labelled, relevant to the case study, and sources acknowledged
  - Case study must be concisely and coherently written
  - Case study should have a research question that is interesting and relevant to the massage therapy profession
- ↳ Presentation
  - Document must be received in hard copy, secured in a folder (not plastic sheet protectors)
  - Include a title page with the title/research question of case study (please do not list your name or contact details on this page)
  - Fill out the Submission cover sheet (Appendix 2) and place in front of the title page

### Submission Criteria

All Case Study submissions must be received by the close of business for AAMT office by Friday 30th March, 2012. Submissions received after this closing date 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 Conference 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 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 event.

Please direct any questions to the contest guidelines and criteria, to:

**Catherine Thompson**

AAMT

85 Queen Street,

Melbourne, VIC 3000

Email: [catherinet@aamt.com.au](mailto:catherinet@aamt.com.au);

Phone: 1300 138 872

APPENDIX 1

## AAMT Student Case Study Contest 2012

### 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 AAMT Student Case Study Contest 2012.

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 2012 AAMT National Conference, or published in the AAMT Massage Therapists journal, or posted on the AAMT 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 him or her?

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: \_\_\_\_\_ Date: \_\_\_\_\_

APPENDIX 2

## AAMT Student Case Study Contest 2012

### Submission Cover Sheet

Closing date: 5pm, 30 March, 2012

#### Applicant details

Name \_\_\_\_\_

AAMT Member No. (if member) \_\_\_\_\_

Telephone Contact \_\_\_\_\_

Email Contact \_\_\_\_\_

#### Eligibility criteria (tick the box)

- Must be a current student in 2011/2012
- Must be enrolled in an eligible course (see Eligibility Criteria, page 2)
- Must NOT have attended any AAMT Conference previously
- Curriculum Vitae attached
- Client's written consent form attached
- Submission Cover Sheet attached
- Selection Criteria attached

#### Return to:

#### Student Case Study Contest 2012

c/- CEO's Office  
Australian Association Of Massage Therapists  
Level 6, 85 Queen Street  
Melbourne  
VIC 3000

### APPENDIX 3

## AAMT Student Case Study Contest 2012

### 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	Client Profile. Includes the client history, current treatments, massage assessment. The client's desired outcomes and goals for massage intervention should be detailed.	10%
Criteria 3	Anatomical Discussion. Considers the anatomical structures within the affected region and their functional relationships. Discuss normal structure/function compared to client's structure/function.	10%
Criteria 4	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, 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 5	Hypothesis. Clearly states study hypothesis and objectives based on the findings from the client profile and literature review.	5%
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 student's assessment. A plan for tracking changes and progress should be included.	20%
Criteria 7	Results. Findings should be reported concisely, without interpretation. Graphs, charts and tables used to display results in text.	10%
Criteria 8	Discussion. (This is a summary and interpretation of the findings from the literature review). Links the outcomes to the goals or research question, problems with the process considered, and gives suggestions for further research, techniques and/or modality referrals discussed.	20%
	TOTAL	100%