

CHAPTER 133
CONTINUING EDUCATION FOR MASSAGE THERAPISTS

[Prior to 6/26/02, see 645—Ch 132]

645—133.1(152C) Definitions. For the purpose of these rules, the following definitions shall apply:

“*Active license*” means a license that is current and has not expired.

“*Approved program/activity*” means a continuing education program/activity meeting the standards set forth in these rules.

“*Audit*” means the selection of licensees for verification of satisfactory completion of continuing education requirements during a specified time period or the selection of providers for verification of adherence to continuing education provider requirements during a specified time period.

“*Board*” means the board of examiners for massage therapy.

“*Continuing education*” means planned, organized learning acts acquired during initial licensure designed to maintain, improve, or expand a licensee’s knowledge and skills in order for the licensee to develop new knowledge and skills relevant to the enhancement of practice, education, or theory development to improve the safety and welfare of the public.

“*Hour of continuing education*” means at least 50 minutes spent by a licensee in actual attendance at and completion of an approved continuing education activity.

“*Inactive license*” means a license that has expired because it was not renewed by the end of the grace period. The category of “inactive license” may include licenses formerly known as lapsed, inactive, delinquent, closed, or retired.

“*Independent study*” means a subject/program/activity that a person pursues autonomously that meets standards for approval criteria in the rules and includes a posttest.

“*License*” means license to practice.

“*Licensee*” means any person licensed to practice as a massage therapist in the state of Iowa.

645—133.2(152C) Continuing education requirements. Each biennium, each person who is licensed to practice as a massage therapist in this state shall be required to complete a minimum of 12 hours of continuing education approved by the board. Beginning with licensees whose licenses are due to expire August 15, 2006, or thereafter, each person who is licensed to practice as a massage therapist in this state shall be required to complete a minimum of 24 hours of continuing education per biennium.

133.2(1) The biennial continuing education compliance period shall run concurrently with each renewal period.

133.2(2) Requirements of new licensees. Those persons licensed for the first time shall not be required to complete continuing education as a prerequisite for the first renewal of their licenses. Continuing education hours acquired anytime from the initial licensing until the second license renewal may be used.

133.2(3) Hours of continuing education credit may be obtained by attending and participating in a continuing education activity. These hours must be in accordance with these rules.

133.2(4) No hours of continuing education shall be carried over into the next biennium. A licensee whose license was reactivated during the current renewal compliance period may use continuing education earned during the compliance period for the first renewal following reactivation.

133.2(5) It is the responsibility of each licensee to finance the cost of continuing education.

645—133.3(152C,272C) Standards.

133.3(1) General criteria. A continuing education activity which meets all of the following criteria is appropriate for continuing education credit if the continuing education activity:

- a. Constitutes an organized program of learning which contributes directly to the professional competency of the licensee;
- b. Pertains to subject matters which integrally relate to the practice of the profession;
- c. Is conducted by individuals who have specialized education, training and experience by reason of which said individuals should be considered qualified concerning the subject matter of the program. At the time of audit, the board may request the qualifications of presenters;
- d. Fulfills stated program goals, objectives, or both; and
- e. Provides proof of attendance to licensees in attendance including:
 - (1) Date, location, course title, presenter(s);
 - (2) Number of program contact hours; and
 - (3) Certificate of completion or evidence of successful completion of the course from the course sponsor.

133.3(2) Specific criteria for licensees whose licenses expire on or before July 15, 2006. This subrule applies to licensees whose licenses are due to expire on or before July 15, 2006. Beginning with licensees whose licenses are due to expire August 15, 2006, or thereafter, each person who is licensed to practice as a massage therapist in this state shall be required to complete a minimum of 24 hours of continuing education per biennium as specified in subrule 133.3(3).

- a. A licensee may obtain continuing education hours of credit by attending:
 - (1) Programs listed but not limited to hydrotherapy; superficial hot and cold applications; vibration and topical applications; contraindications; pathology; HIV/AIDS education. Also included is therapy which involves manipulation of the muscle and connective tissue of the body to treat the muscle tonus system for the purpose of enhancing health, providing muscle relaxation, increasing range of motion, reducing stress, relieving pain, or improving circulation.
 - (2) Courses on aromatherapy, herbalism, herbology, homeopathy and other similar areas are eligible for approval only if they specifically include topical application techniques for professional practitioners. Only the number of hours spent on teaching, explaining or demonstrating topical application are eligible for continuing education credit and must be specifically described and scheduled in the continuing education program application.
 - (3) Courses on applied Kinesiology, Hellerwork, Ortho-Bionomy, Polarity Therapy, Touch for Health, Visceral Manipulation, and other similar areas are eligible for approval only if they specifically include massage therapy techniques for professional practitioners. Only the number of hours spent on teaching, explaining, or demonstrating massage therapy techniques are eligible for continuing education credit and must be specifically described and scheduled in the continuing education program application.
- b. The maximum number of hours in each category in each biennium is as follows:
 - (1) Two hours of credit per biennium may be granted for each of the following topics: professional ethics; CPR/first aid.
 - (2) Six hours of credit per biennium may be granted for home study courses, which include written and electronically transmitted material or video, if the following criteria are met:
 1. There is an approved sponsoring person, group or agency;
 2. The program meets all the criteria set forth in standards for approval of continuing education;

3. The program is accompanied by a certificate of postcourse testing which includes the participant's examination score and the passing examination score; and

4. The program is accompanied by a certificate of completion which includes:

- Course title;
- Date of completion;
- Number of program hours; and
- Verification that the course was conducted by home study delivery.

c. Unacceptable subject matter may include but is not limited to: meditation, Feng Shui, personal development, practice management, communication, government regulation, insurance, collective bargaining, community service presentations or courses that do not deal with manipulation.

d. Courses about energy-based techniques performed without physical manipulation of tissue are not eligible for approval.

e. Excluded from approval are programs involving modalities listed but not limited to: Alexander Technique, Barbara Brennan Healing Sciences, Breema Bodywork, Feldenkrais, Healing Touch, Jin Shin Jyutsu, Reiki, Rosen Method, Therapeutic Touch, and Trager. Also excluded are other modalities which focus primarily on emotions or energy.

133.3(3) *Specific criteria for licensees whose licenses expire on or after August 15, 2006.* A licensee shall obtain a minimum of 24 hours of continuing education credit per biennium.

a. At least 12 hours shall be obtained by attending programs which pertain to massage, myotherapy, massotherapy, bodywork, bodywork therapy, or therapeutic massage including, but not limited to, myofascial release, craniosacral, neuromuscular therapy, stretching techniques, hands-on hydrotherapy techniques, structural integration, medical massage techniques, chair massage, infant massage, prenatal massage, sports massage, shiatsu, acupressure, tui na, manual lymphatic drainage, hands-on Eastern techniques, and zero balancing. The course shall be sponsored by a local, state, national or international professional organization or chapter of massage/bodywork therapy or a professional hands-on school of massage/bodywork therapy that meets or exceeds the standards set forth in 645—Chapter 132. The presenter must be a massage/bodywork therapist with a minimum of five years of clinical experience in massage/bodywork therapy.

b. A licensee may obtain continuing education in content areas that are programs of learning which contribute directly to the professional competency of the licensee and which may include alternative therapy techniques. Programs listed as exclusions in 133.3(3)“c” are not included.

c. Excluded content areas for continuing education include but are not limited to meditation, feng shui, communication, insurance, personal development, nutrition, yoga, collective bargaining, and community service.

d. A licensee may receive credit on a one-time basis, not to exceed two hours of continuing education credit per biennium, for delivery of course(s) in a massage school setting, if the following criteria are met:

- (1) The course(s) is part of a curriculum approved by the board as outlined in 645—132.4(152C);
- (2) The licensee is qualified to teach the course(s) as outlined in 645—132.3(152C);
- (3) The school provides an official written statement which verifies the following:
 1. Course title and number of course hours;
 2. Inclusive dates the course was taught by the licensee;
 3. Teaching qualifications of the licensee.

e. For programs of learning necessary to meet mandatory reporter training requirements and CPR/first-aid recertification, only the number of hours obtained during the biennium renewal period may be utilized toward meeting the continuing education requirement; no hours shall be carried over into the next biennium.

645—133.4(152C,272C) Audit of continuing education report. After each educational biennium, the board may audit licensees to review compliance with continuing education requirements.

133.4(1) The board may audit a percentage of its licensees and may, at its discretion, determine to audit a licensee. A licensee whose license renewal application is submitted during the grace period may be subject to a continuing education audit.

133.4(2) The licensee shall provide the following information to the board for auditing purposes:

a. Date and location of course, course title, course description, course outline, course schedule, names and qualifications of instructors/speakers and method of presentation; or a program brochure which includes all the information required in this paragraph;

b. Number of contact hours for program attended; and

c. Individual certificate of completion issued to the licensee or evidence of successful completion of the course from the course sponsor.

133.4(3) For auditing purposes, all licensees must retain the information identified in subrule 133.4(2) for two years after the biennium has ended.

133.4(4) Information identified in subrule 133.4(2) must be submitted within one month after the date of notification of the audit. Extension of time may be granted on an individual basis.

133.4(5) If the submitted materials are incomplete or unsatisfactory, the licensee may be given the opportunity to submit make-up credit to cover the deficit found through the audit if the board determines that the deficiency was the result of good-faith conduct on the part of the licensee. The deadline for receipt of the documentation for this make-up credit is 120 days from the date of mailing to the address of record at the board office.

133.4(6) Failure to notify the board of a current mailing address will not absolve the licensee from the audit requirement, and an audit must be completed before license renewal.

645—133.5(152C,272C) Automatic exemption. A licensee shall be exempt from the continuing education requirement during the license biennium when that person:

1. Served honorably on active duty in the military service; or
2. Resided in another state or district having continuing education requirements for the profession and met all requirements of that state or district for practice therein; or
3. Was a government employee working in the licensee's specialty and assigned to duty outside the United States; or
4. Was absent from the state but engaged in active practice under circumstances which are approved by the board.

645—133.6(152C,272C) Continuing education exemption for disability or illness. A licensee who has had a physical or mental disability or illness during the license period may apply for an exemption. An exemption provides for an extension of time or exemption from some or all of the continuing education requirements. An applicant shall submit a completed application form approved by the board for an exemption. The application form is available upon request from the board office. The application requires the signature of a licensed health care professional who can attest to the existence of a disability or illness during the license period. If the application is from a licensee who is the primary caregiver to a relative who is ill or disabled and needs care from that primary caregiver, the physician shall verify the licensee's status as the primary caregiver. A licensee who applies for an exemption shall be notified of the decision regarding the application. A licensee who obtains approval shall retain a copy of the exemption to be presented to the board upon request.

133.6(1) The board may grant an extension of time to fulfill the continuing education requirement.

133.6(2) The board may grant an exemption from the continuing education requirement for any period of time not to exceed two calendar years. If the physical or mental disability or illness for which an extension or exemption was granted continues beyond the period initially approved by the board, the licensee must reapply for a continuance of the extension or exemption.

133.6(3) The board may, as a condition of any extension or exemption granted, require the licensee to make up a portion of the continuing education requirement in the manner determined by the board.

645—133.7(152C,272C) Grounds for disciplinary action. The board may take formal disciplinary action on the following grounds:

133.7(1) Failure to cooperate with a board audit.

133.7(2) Failure to meet the continuing education requirement for licensure.

133.7(3) Falsification of information on the license renewal form.

133.7(4) Falsification of continuing education information.

645—133.8(152C,272C) Continuing education exemption for inactive practitioners. Rescinded IAB 7/6/05, effective 8/10/05.

645—133.9(152C,272C) Continuing education exemption for disability or illness. Rescinded IAB 7/6/05, effective 8/10/05.

645—133.10(152C,272C) Reinstatement of inactive practitioners. Rescinded IAB 7/6/05, effective 8/10/05.

645—133.11(272C) Hearings. Rescinded IAB 7/6/05, effective 8/10/05.

These rules are intended to implement Iowa Code section 272C.2, chapter 152C as amended by 2000 Iowa Acts, Senate File 2113, and chapter 272C.

[Filed 9/15/00, Notice 6/28/00—published 10/4/00, effective 11/8/00]

[Filed 6/5/02, Notice 1/23/02—published 6/26/02, effective 7/31/02]

[Filed 7/3/03, Notice 4/16/03—published 7/23/03, effective 8/27/03]

[Filed 6/15/05, Notice 4/27/05—published 7/6/05, effective 8/10/05]◇

[Filed 12/9/05, Notice 9/28/05—published 1/4/06, effective 2/8/06]