

## **Guidelines for Completing the Position Statement Idea Submission Form**

### **Brief Overview**

Suggest an idea that you believe has the potential to become a Position Statement of AMTA. This idea should be significantly different from any existing approved AMTA Position Statement. You can review all approved AMTA Position Statements [here](#).

This document was created to help you organize the information you will need to fill out the [Position Statement Idea Submission Form](#). By filling out and submitting the Position Statement Idea Submission Form, you are requesting that your Idea be discussed by the Assembly of Delegates (AOD) at the AMTA National Convention.

### **Submission Approval Process**

The approval process for a Position Statement Idea (IDEA) submission is a lengthy one:

1. First, the submission is vetted by the AODAC Chair and members, as well as appropriate AMTA staff, who determine whether or not the IDEA will be put forth to the AOD for discussion.
2. If, after discussion by the AOD at their annual meeting, the IDEA is approved to move forward, it will then go to the National Board of Directors (NBOD) for its review.
3. The NBOD will vote on whether or not it would like to see the IDEA considered by a Position Statement Review Workgroup.
4. The workgroup will review the IDEA submission, as well as any comments from the AOD's discussion, and will determine the feasibility of the IDEA becoming a position statement based on available research.
5. If research warrants, and the NBOD approves, the workgroup will then be charged to write the position statement.
6. The final position statement then goes back to the NBOD which will vote on whether or not to accept the statement as an official AMTA Position Statement.
7. Once written, the position statement and accompanying support will be submitted for publication to an appropriate professional journal.

### **How to Write a Position Statement Idea for Consideration**

Here are some suggested steps you should take when writing your IDEA. There is also a sample submission form included below.

1. In one or two sentences, write the broad IDEA you would like to see become an AMTA Position Statement.  
*Mock IDEA: The effects of massage on ingrown toenails*
2. Find existing research specific to your IDEA as it relates to massage. You do not need to evaluate the research, but you need to read the abstracts to determine that the research relates to your IDEA and massage. Ask questions such as:

- What information can I glean from the existing research?
  - What did the studies use as a population?
  - What do the studies have in common, or, what about each can be included in the Position Statement Idea Submission Form?
3. List at least three studies and make a note if you are aware of more additional studies specific to your IDEA and massage. List the studies as follows:
- Author, date of study, title, where to locate study*
4. Think about your rationale. What are the reasons for proposing this IDEA? How might it benefit the profession, clients, therapists, and AMTA? Include any highlights from the research you reviewed.

*For example if the Mock were factual, we might have found the following to use in our rationale:*

- *Research shows that ingrown toenails in a client's big toe affect people between the ages of 50 and 75.*
  - *In the US, the number of people in this age range is increasing every year.*
  - *Many in this age range live on Social Security and are poor. They cannot afford new shoes or visits to a podiatrist. Massage may prove to be a cost effective way for them to address their problem.*
  - *As we age our toenails become thicker making them more difficult to trim - especially those who are older and weaker.*
  - *In this age range there are many who have conditions such as arthritis, obesity, diabetes, etc., which prevent them from maintaining proper foot care. This causes them to feel anxious about the health of their feet.*
  - *Massage therapy can greatly benefit these people by reducing their anxiety and the pain associated with ingrown toenails. If this word gets out, it may help increase clientele to massage therapists, thus benefiting therapists with more clients.*
  - *If clinics that work with the elderly are aware of the benefits of massage with ingrown toenails, they may look to hire more MTs to work in the clinics, thus increasing job opportunities for MTs throughout the US.*
5. Based on what you now know about the IDEA, complete the "Position Statement Idea Submission Form."

## Sample Position Statement Idea Submission Form

### Name of Submitter(s) and AMTA Chapter if applicable:

Julie Smorten and William Calligro; NC Chapter

### Date Submitted

2-17-2019

### IDEA proposal:

Clearly state the idea that you feel warrants consideration as a position statement of the AMTA. This IDEA should be significantly different from any existing AMTA Position Statement.

*The effect of massage therapy to alleviate pain of ingrown toenails of the Hallux in people between the ages of 50 -75.*

### Summary Rationale:

#### Why should AMTA have a Position Statement related to this idea?

*Provide a summary rationale for why this Idea should be taken into consideration for assignment to a Position Statement Workgroup. Include the value that a position statement related to this idea would have for AMTA, the profession and/or consumers. This summary must be expressed in 300 words or less.*

AMTA has done a wonderful job identifying many populations that may benefit from massage. One major demographic group that is conspicuous in its absence is related to patients with pain due to ingrown toenails. Research shows that ingrown toenails can affect people between the ages of 50 and 75. In this age group, there are also many conditions like arthritis and obesity that decrease flexibility and make foot care more difficult. This population's complex foot condition can often lead to anxiety surrounding the care of their feet. They must cope with a variety of stressors and symptoms related to their foot pain and treatment. There is evidence that massage can improve flexibility and improve ease of foot care. In addition facilitating healthy touch experiences, while improving their condition and reducing pain, helps them trust and effectively express their needs while improving the outcomes for these patients dealing with ingrown toenails. Finally, if this were to become a position statement of AMTA, it may help promote massage in clinics that work within the population of people dealing with ingrown toenails, and could potentially increase job opportunities for massage therapists nationwide. Massage therapists will also be able to market their services to this population, thus increasing their clientele.

### Research:

*List at least three research studies you are aware of specific to this subject and massage. List only the studies, the author, and how to locate them.*

1. Ashrug, X., Towit, C. (2010) *Complementary alternative medical therapies for patients with Ingrown Toenails: feasibility, safety, and impact. Common Knowledge Journal. 81(1), 201*
2. Curiosit, T., Appel, Y. (2005). *Health-related quality of life, health risk behaviors, and disability among adults with pain-related to ingrown toenail of Hallux. I Am A Public Health Journal, 95(11), 2042–2048.*
3. Overdo, M., Mystir, E., Solve, D. (2001) *Exploring the value of massage therapy in toenail clipping services. International Journal of Podiatry Services. May; 7(5):234-9*

### Research Summary

- All three studies deal with ingrown toenails of the Hallux;
- The age range of the studies subjects were between 50 and 75;
- The studies report that massage therapy is effective in treating people with ingrown toenails of the Hallux in the elderly;
- There are more studies.