

## Guidelines for Completing “Proposed Idea for a Position Statement” 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 **Proposed Idea for a Position Statement Submission Form**. By filling out and submitting the Proposed Idea for a Position Statement 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 Proposed Idea for a Position Statement 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 proposed idea will be put forth to the AOD for discussion.
2. If, after discussion by the AOD at their annual meeting, the proposed 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 proposed idea considered by a Position Statement Research Workgroup.
4. The research workgroup will review the proposed idea, as well as any comments from the AOD’s discussion, and will determine the feasibility of the proposed idea becoming a position statement based on available research (both quality and quantity).
5. If research warrants, and the NBOD approves, a workgroup will then be charged to write the position statement.
6. The final position statement then goes back to the NBOD who 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 Proposed Idea for a Position Statement

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

1. In one or two sentences, write the broad proposed idea for an AMTA position statement:

*Mock Proposed Idea:  
The effects of massage on ingrown toenails*

2. Find existing research specific to your proposed 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 proposed 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 Proposed Idea Submission Form?
3. List at least three studies and make a note if you are aware of more additional studies specific to your proposed 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 your proposed idea, complete the “Proposed Idea for a Position Statement Submission Form.”

#### **Sample Proposed Idea for a Position Statement Submission Form**

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

Imma Sample and Justin Case; NC Chapter

**Date Submitted** 2-17-2020

##### **Proposed Idea for a Position Statement**

AMTA can benefit from a position statement on the effects of massage therapy to alleviate pain of ingrown toenails of the Hallux. This appears to be mainly in the 50-70 age group.

##### **Summary Rationale**

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.