

1 STATE OF ALASKA  
2 DEPARTMENT OF COMMERCE, COMMUNITY AND ECONOMIC DEVELOPMENT  
3 DIVISION OF CORPORATIONS, BUSINESS AND PROFESSIONAL LICENSING  
4 BOARD OF MASSAGE THERAPISTS

5  
6 MINUTES OF MEETING  
7 November 5, 2020  
8

9 By the authority of AS 08.01.070(2) and in compliance with the provisions of AS 44.62 Article 6, a scheduled  
10 meeting of the Board of Massage Therapists was held via videoconference and at State Office Bldg., 9<sup>th</sup> Floor,  
11 Conference Room B, November 5, 2020.  
12

13 **Item 1. Call to Order/Roll Call**

14  
15 The meeting of the Board of Massage Therapists was called to order by Chair David Edwards-Smith, at 9:00 a.m.  
16 Members present were:  
17

18 **Item 1. Roll Call**

19  
20 **Board Members Present, constituting a Quorum:**

21 David Edwards-Smith, Massage Therapist, Chairperson  
22 Julie Endle, Public Member  
23 Jill Motz, Massage Therapist  
24 Kristin Tri, Massage Therapist  
25 Traci Gilmour, Massage Therapist  
26  
27

28 **Present from the Division of Corporations, Business and Professional Licensing were:**

29  
30 Cynthia Spencer, Records & Licensing Supervisor  
31

32 **Members of the Public Present:**

33  
34 None in attendance  
35

36 **Item 2. Review/amend agenda**

37  
38 Board Chair, David Edwards-Smith asked the board if there were any amendments to the agenda. Hearing no  
39 requests for amendments; the agenda was approved.  
40

41 **Item 3. Ethics Disclosure**

42  
43 The Board reviewed the provided ethics information. There were no ethics violations reported.  
44

45 **Item 4. Expiration of Mandate 015 - Discussion**

46  
47 Chair David Edwards-Smith informed the board that he felt this would be a brief meeting which would  
48 specifically cover the repeal/expiration of Mandate 15 on November 15, 2020.

49 Chair Edwards-Smith stated the board would review the current mandate and discuss transition from mandate  
50 to board issued guidance and strategize this process. Chair Edwards-Smith also informed the board that per  
51 discussions from the Board Chair meetings, Dr. Anne Zink had stated the Governor would accept feedback and  
52 input from boards.

53  
54 Traci Gilmour stated that no special session of the legislative body had been called to discuss continuing  
55 mandates, so at this time it does seem Mandate 15 would expire.

56  
57 Chair Edwards-Smith responded that based on his last meeting with the Board Chair it seems like an inevitable  
58 reality that Mandate 15 would be expired/repealed and asked if the board had read his email that was send out  
59 prior to this meeting. The board responded they had read the email.

60  
61 Chair Edwards-Smith requested the board review their current guidelines line by line, discuss, and make  
62 changes. Chair Edwards-Smith continued that his goal was to get ahead of the November 15 expiration date in  
63 order to avoid any lag time or confusion for licensees who may think that as the Mandate expired there would  
64 no longer be any need to maintain a heightened safety/sanitization protocols.

65  
66 Ms. Gilmour stated that there has been a lot of confusion and disconnect with travel mandates (Mandate 10)  
67 and Mandate 15, and she felt travel is an important item to include with guidance both for service providers and  
68 clients. Ms. Gilmour went onto to state that the confusion is causing problems for clients who don't quite  
69 understand the requirements which is also causing problems for service providers and office staff. Ms. Gilmour  
70 asked Chair Edwards-Smith if the complementary medicine work group had made any recommendations. Ms.  
71 Gilmour stated that she would like to update prescreening questions to help alleviate confusion by addressing  
72 travel, negative test results, dissenting, and quarantine/self isolation.

73  
74 Jill Motz stated she agreed with Ms. Gilmour's statement and went on to state that she feels this advanced  
75 action to the expiration of Mandate 15 is positive movement. Ms. Motz also stated she has the same problems  
76 with the travel mandate that Ms. Gilmour is experiencing.

77  
78 The board discussed negative tests, 14-day quarantine, self-isolating, use and replacement of face masks,  
79 responsible party to provide PPE gear, and sanitation practices while reviewing their current "COVID-19 Practice  
80 Guidance for Licensees and Facilities" dated September 11, 2020.

81  
82 **Item 5. Update of Board Guidance Regarding Travel and Testing**

83  
84 **A. "Have you received a COVID-19 test related to travel?"**

85  
86 **Section I:** No changes

87  
88 **Section II:** change title from "social distancing" to "pre-screening". Move second sentence to be the first, first  
89 sentence to be first with minor verbiage changes. Rearrange lettered subsections with additional subsection  
90 bullet point information addressing CDC definition of social distancing and possible "yes" answers; last two  
91 paragraphs of section also amended.

92 **II. Pre-Screening:** Clients must be screened for symptoms consistent with COVID-19, recent out-of-state  
93 travel, and exposure to people with suspected or confirmed COVID-19 within the last 14 days to qualify  
94 for massage therapy services. Therapists should also be able to answer "no" to all the following  
95 questions in order to safely treat clients.

96  
97 Standard questions include:

- 98 a. Do you have a current COVID-19 test pending?  
99  
100 b. Have you been confirmed positive for COVID-19?

- If yes, have you received two (2) negative tests since recovering or diagnosis?
- c. Are you currently experiencing, or have you recently experienced, any acute respiratory illness symptoms such as fever, cough, or shortness of breath?
- d. Have you knowingly been in close contact with anyone who has been confirmed positive for COVID-19? **NOTE: CDC defines “close contact” as less than 6’ feet for 15 minutes or more.**
  - If YES, have you received two (2) negative tests or self-isolated for 14-days?
- e. Have you traveled out of state in the last 14 days?
  - If YES, have you received two (2) negative tests or self isolated for 14-days?
- f. Have you knowingly been in close contact with anyone who has traveled to or from Alaska? **NOTE: CDC defines “close contact” as less than 6’ feet for 15 minutes or more.**
  - If YES, have you received two (2) negative tests or self isolated for 14-days?

If the answer to any of the questions are yes and/or unresolved, the LMT or business owner shall decline to schedule an appointment for a massage session with a client.

Clients and LMTs must wear face coverings for the duration of services.

**Section III:** Amend subsection a by adding guardians, caregivers, sanitation; add new subsection c, re-letter subsections, amend new subsection d, AND CHANGE “facility” to “clinical areas”.

**III. Procedures Upon Arrival:**

- a. Only clients, guardians, caregivers, staff, and clinicians may be present in clinical areas.
- b. Clients shall wash or sanitize hands upon entry into the business and are encouraged not to touch their face.

Upon arrival, the client will call/text/knock for entry into the massage establishment. This allows smaller businesses to follow hygiene protocols and ensures adequate cleaning and disinfecting between all appointments.

- c. Prior to any session, the business owner, service provider, or LMT **must:**
  1. Verify client has, at a minimum, a cloth face covering.
  2. Take client temperature, sanitize thermometer, and document in chart.
  3. Assure social distancing and hygiene guidelines are adhered to as much as possible (if pen and paper is required for use upon entry, pens, clip boards, and other commonly touched items must be cleaned and disinfected).
  4. Conduct an additional round of pre-screening questions upon client/guardian/caregiver arrival prior to beginning session.

*Recess            The board recessed at 10:08 a.m. for a break; reconvened at 10:12a.m. All board members in attendance via roll call.*

Section IV: Add board regulatory reference number, add CDC link regarding mask use for subsection (c)(1), remove subsection (c)(iv), re number subsections.

152 **IV. Hygiene Protocols:**  
153

- 154 a. **Per board regulation (12 AAC 79.900, Code of Ethics, Standards of Practice), massage therapists**  
155 **must adhere to CDC safety and sanitation guidelines for health care providers.** Currently, these  
156 guidelines include COVID-19 mitigation. Full details can be found online at  
157 <https://www.cdc.gov/coronavirus/2019ncov/hcp/infection-control-recommendations.html>.  
158
- 159 b. Additional infection control guidelines for general practice are available at  
160 <https://www.cdc.gov/infectioncontrol/index.html>.  
161
- 162 c. The highlights below are not exhaustive and are provided for clarification.  
163     ➤ Personal Protective Equipment  
164
- 165         i. LMTs must wear a surgical mask and follow CED Guidelines.  
166             <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html>  
167
- 168         ii. All personal protective equipment (PPE) must be properly removed and disposed of or  
169             cleaned and disinfected in accordance with CDC recommendations.  
170
- 171         iii. If LMT is an employee of, or works as part of a larger business operation, the  
172             employer/business owner is responsible for supplying PPE and sanitation supplies to its  
173             employees.  
174
- 175         iv. IF the LMT is self-employed, the LMT must provide their own equipment and maintain  
176             all safety and sanitation requirements in the business space during work hours.  
177
- 178     ➤ Personal and Environmental Mitigation  
179
- 180         i. LMT must wash hands, arms, and elbows before and after each client.  
181
- 182         ii. LMT or business owner must schedule clients to allow appropriate time for cleaning and  
183             disinfecting between each client according to manufacturer recommendations.  
184
- 185         iii. LMT or business owner must assure that all surfaces that have been in contact with a  
186             client must be disinfected according to CDC guidelines.  
187
- 188         iv. LMT or business owner must safely handle linens according to CDC guidelines.  
189
- 190         v. LMT or business owner must ensure that all soiled linens are washed at the warmest  
191             appropriate water setting.  
192
- 193         vi. LMT or business owner must keep records so they can contact clients who received  
194             services within two weeks of a client testing positive for COVID-19.  
195

196 Chair Edwards-Smith asked the board if there was any further discussion needed for this section; hearing none,  
197 Chair Edwards-Smith requested a motion to approve the changes and a roll call vote.  
198

199 **On a motion duly made by Jill Motz, seconded by Traci Gilmour, and approved by unanimously,**  
200 **it was**  
201

202 **RESOLVED to adopt the changes to the “COVID-19 Practice Guidance for Licensees and**  
203 **Facilities” dated September 11, 2020.**

204 **Roll Call Vote**

205

206	NAME	YES	NO	ABSTAIN	Not in attendance
207	David Edwards-Smith	X			
208	Julie Endle	X			
209	Traci Gilmour	X			
210	Jill Motz	X			
211	Kristin Tri	X			

212

213 **THE MOTION PASSED UNANIMOUSLY.**

214

215 **Item 6. Discussion of Draft Letter Related to Transition from Mandate 15 to Board Guidance**

216

217 The board reviewed and discussed the provided draft sample letter from Director Sara Chambers and the draft  
218 letter from Chair Edwards-Smith.

219

220 The board made the following changes to the letter drafted by Director Chambers. Change bullet points after  
221 the second paragraph to be:

- 222
- 223 • Prescreening and waiting room protocols
  - 224 • Environmental Mitigation
  - 225 • Universal masking

226 Following bullet points, add the second (2<sup>nd</sup>) paragraph from Chair Edwards-Smith’s letter to follow  
227 bullet points.

228 “All licensed massage therapists, employees, and employers are advised to follow the entirety of the  
229 board guidance to ensure public safety and compliance with state law. If you do not have the equipment  
230 and ability to follow the COVID-19 board guidance you may not practice. Please refer to the revised  
231 COVID-19 Practice Guidance for Licensees and Facilities, which is available on the web.

232 <https://www.commerce.alaska.gov/web/cbpl/CBPLCOVID-19Information.aspx>”

233

234 Add following license/disciplinary verbiage to follow Chair Edwards-Smith’s paragraph.

235 “License/disciplinary action may occur for violations for mandates, board guidelines, and/or CDC  
236 guidance.”

237

238 Remove “your” from fourth (4<sup>th</sup>) paragraph, last sentence so it reads:

239 “As health care providers, we have a direct legal obligation to practice our profession in a  
240 manner that does not knowingly expose others through our contact. Do not allow deliberate or  
241 reckless practice decisions to result in illness, impairment, or death of others.”

242

243 The board continued to discuss the letter specifically the data and use of “trend” provided in the first (1<sup>st</sup>)  
244 paragraph of the letter.

245

246 Chair Edwards-Smith requested a motion to accept the guidance letter with changes; Chair Edwards-Smith also  
247 requested this letter and board guidance be sent to licensees as soon as possible.

248

249 **On a motion duly made by Jill Motz, seconded by Traci Gilmour, and approved by a majority roll  
250 call vote, it was**

251

252 **RESOLVED to accept the drafted letter with amendments.**

253

254 Chair Edwards-Smith asked for discussion.

256 Julie Endle asked that the board remove the last sentence in the first (1<sup>st</sup>) paragraph which reads “This  
257 trend is expected to continue into the foreseeable future.” Ms. Endle elaborated that the information  
258 provided was an assumption and stated she felt uncomfortable making or using information that was  
259 assumptive based on the provided statistics and what actual doctors have said.

260  
261 Ms. Gilmour stated that she understood Ms. Endle’s concerns. Ms. Gilmour went on to state that she wouldn’t  
262 mind keeping the first sentence of that paragraph, replace the last sentence with “please refer to the State of  
263 Alaska’s COVID-19 page and include a link to that website and the Department of Health and Social Services  
264 (HSS) website.

265  
266 The board briefly discussed the HSS website where the provided data was pulled from, and sources of the data  
267 being used and provided statistical information.

268  
269 Ms. Motz stated that she felt it is very important to remind people that this pandemic is happening and that  
270 provided data is received via the Governor’s office. Ms. Motz also stated that she felt the board should be  
271 reminding people that they should not be slacking off and that the board will also continue to track the ongoing  
272 pandemic.

273  
274 Ms. Gilmour and Chair Edwards-Smith agreed with Ms. Motz.

275  
276 The board continued to discuss the letters first paragraph.

277  
278 **On a motion duly made by Julie Endle, seconded by Traci Gilmour, and approved by a majority**  
279 **roll call vote, it was**

280  
281 **RESOLVED to accept the drafted letter with amendments and remove the verbiage**  
282 **“This trend is expected to continue into the foreseeable future.” in the first**  
283 **paragraph.**

284  
285 Cynthia Spencer reminded the board that a “yes” vote will remove the verbiage “This trend is expected to  
286 continue into the foreseeable future.” and a “no” vote will keep the verbiage in the letter.

287  
288 **Roll Call Vote**

289  
290 **NAME YES NO ABSTAIN Not in attendance**  
291 **Jill Motz X**  
292 **David Edwards-Smith X**  
293 **Kristin Tri X**  
294 **Traci Gilmour X**  
295 **Julie Endle X**

296  
297 **THE MOTION FAILED BY A MAJORITY.**

298  
299 Ms. Spencer stated she would make the amendments to the board’s COVID-19 guidance and the informational  
300 letter; the amended documents would be sent to the board for review before being submitted to Director  
301 Chambers for review before being posted to the web and sent to licensees.

302  
303 **In a motion made by Jill Motz, seconded by Julie Endle, and passed unanimously with a roll call vote, it was**  
304 **RESOLVED to ADJOURN.**

305 *The Board adjourned at 11:04 a.m.*

306

307

Respectfully submitted:

308

\_\_\_\_\_/s/\_\_\_\_\_  
\_\_\_\_\_

309

Cynthia Spencer, Records and Licensing Supervisor

310

311

Approved:

312

\_\_\_\_\_/s/\_\_\_\_\_  
\_\_\_\_\_

313

David Edwards-Smith, Chairperson

314

Board of Massage Therapists

315

316

Date: 01/25/2021 -