

# ABC MASTECTOMY FITTER

## Pre-Certification Course Approval Standards

ABCop.org



# ABC MASTECTOMY FITTER PRE-CERTIFICATION COURSE APPROVAL STANDARDS

ABC has established standards for the delivery and content of Mastectomy Fitter Pre-Certification Courses in order to provide guidance to program instructors of both online and classroom education courses. The standards ensure that the didactic and lab portions of the course are representative of current Mastectomy Fitter practice and that the provision of post-mastectomy items and services are appropriate, safe and effective for the patient. The mechanisms used to formulate the standards include surveys, survey analysis, focus groups, subject-matter expert committees and psychometric consultants.

All ABC approved mastectomy fitter pre-certification courses are approved for a three-year term. For information about how to apply for course approval, click [here](#). Upon expiration of a pre-certification course's initial three-year approval, the provider may request the course be renewed for one additional three-year period. Please see the [ABC Pre-Certification Course Renewal Policy](#) for details.

## COURSE REQUIREMENTS

**The course must be a minimum of eight hours, with a minimum of two hours of fitting lab.**

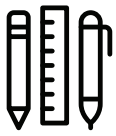
**The instructor of both the didactic and lab instruction must be a certified mastectomy fitter and be in good standing with their credentialing board.**

Announcements, catalogs, publications and advertising must accurately reflect the program offered and must describe what is required for completion of the program. All activities associated with the program must be non-discriminatory and in accord with federal and state statutes, rules and regulations. The health and safety of patient models, students and faculty associated with the course must be adequately safeguarded.

The sponsor must report substantive change(s) to ABC in a timely manner, including:

1. Change/addition/deletion of content that represents significant departure in approved course content;
2. Change in method of course delivery;
3. Substantial increase/decrease in requirements for successful completion of course;
4. Changes in chief executive officer and required program personnel including faculty.

**ABC reserves the right to audit any course offering during the approval period. This audit may be in-person or virtually. Course providers agree to provide ABC representatives with access to the designated course location, including but not limited to lab facilities or other approved venues, upon request.**



## **DIDACTIC CONTENT • minimum six hours**

**Students must have comprehensive exposure to all of the following content:**

- Breast prostheses
- Mastectomy items and services
- Mastectomy Fitter Knowledge and Skills (Appendix A)
- Domains of Practice (Appendix B)
- Professional Ethics (*ABC Code of Professional Responsibility*)
- Practice Management/HIPAA (Appendix A)

Upon completion of the course, students must have a basic knowledge of the content areas, have been assessed in their understanding of the post-mastectomy items, demonstrate their knowledge and use of the specific items and demonstrate understanding of their appropriate use as they relate to patient care.

Course content outside of the *ABC Mastectomy Fitter Scope of Practice* is not recognized and will not be counted towards the minimum time required for the course.



## **DELIVERY FORMAT**

**Didactic** – course content may be delivered synchronously (live online or in-person) or asynchronously (on-demand).

On-demand coursework is acceptable if the education provider offers opportunity for student/instructor communication during regular business hours (e.g., via instant messaging, video conferencing, email, phone, etc.) to ensure comprehension.



## **DIDACTIC ASSESSMENT**

Each student must be assessed to determine if they have obtained the required base set of competencies in the areas of mastectomy fitter knowledge and skills, required pathologies, required items, professional ethics and practice management during and at the completion of the course.

### **Student Assessment Guidelines**

- Case studies are encouraged to reinforce treatment concepts.
- A final graded exam is required at the conclusion of the course. Open book tests are not allowed.
- A maximum of six months can elapse between completion of the didactic portion and the beginning of the lab portion of the course.

**Lab** – minimum two hours of instruction with a maximum ratio of one instructor to 10 students. If lab delivered virtually, it must be synchronously and the ratio cannot exceed one instructor to two students.



## **LAB ASSESSMENT**

Each student must be assessed to determine if they have obtained the necessary skill in measuring techniques, item choice and practice management.

Comprehensive clinical exam and formulation of treatment plan • 45 Min

Measuring, material selection and fitting of post-mastectomy items • 45 Min

Patient management, education and instruction • 30 Min

## APPENDIX A

### Required Knowledge and Skills

#### Knowledge of:

- Musculoskeletal anatomy, including upper limb and spinal
- Anatomical landmarks
- Tissue characteristics/management
- Post-surgical edema
- Range of motion
- Medical terminology
- Breast treatment options
- Lymphatic system
- Prescription/referral documents
- Documentation and document retention requirements
- Policies and procedures regarding Protected Health Information (HIPAA)
- Roles and responsibilities associated with other healthcare professions
- Reimbursement coverage criteria (e.g., CMS/third party payers)
- Material safety procedures and standards (e.g., OSHA, SDS)
- Standard precautions and infection control
- Ethical standards regarding proper patient management
- Scope of practice related to mastectomy fitter credential
- When to refer the patient to other healthcare providers/caregivers
- Post-mastectomy items
- Post-mastectomy item fitting criteria
- Examination techniques
- Measurement tools and techniques
- Care and maintenance of post-mastectomy items
- Item warranties
- Inventory control and management
- Federal and state rules, regulations and guidelines (e.g., CMS, ADA, state licensure)

#### Skill in:

- Performing clinical examinations and interviewing patients
- Interpretation of physical findings
- Developing or modifying a treatment plan
- Adapting treatment plan relative to the patient's functional needs (e.g., patients with stroke, cognitive impairment)
- Measuring and fitting post-mastectomy items
- Evaluating fit and function of post-mastectomy items



## APPENDIX B

### Domains of Practice

Upon completion of the course, students should be able to demonstrate their ability to accomplish the following:

#### Patient Assessment

- Review patient's prescription/referral
- Obtain a relevant patient medical history, including previous use of a post-mastectomy items, diagnosis and activities of daily living (ADL)
- Discuss patient's expectations and goals
- Perform a diagnosis-specific functional clinical examination that includes observation of chest wall, evaluation of range of motion, manual dexterity, skin integrity and shape/physical characteristics
- Consult with other healthcare professionals and caregivers about patient's condition as needed
- Refer patient, if appropriate, to other healthcare professionals (e.g., therapist, physician) for intervention beyond mastectomy fitter's scope of practice

#### Formulation of Treatment Plan:

- Use the assessment results to formulate a treatment plan, including goals and expected outcomes, to increase patient comfort, enhance function, accommodate deformity (e.g., shoulder drop, scoliosis) and improve balance, symmetry and appearance
- Consult with licensed healthcare prescriber to obtain supporting documentation and/or modify the original prescription, if necessary
- Document the patient's needs described in the treatment plan
- Identify post-mastectomy items to support the treatment plan
- Communicate to patient and/or caregiver about the recommended treatment plan and timeline for completion
- Inform patient or responsible parties of their financial responsibilities as they pertain to the recommended treatment plan and/or any coverage limitations

#### Implementation of the Treatment Plan

- Measure patient and select appropriate post-mastectomy items
- Assess fit and comfort of post-mastectomy items and make any necessary adjustments
- Ensure that post-mastectomy items are provided as prescribed
- Educate patient and/or caregiver about the use and care of post-mastectomy items (e.g., wearing schedules, cleaning), including benefits, possible risks and warranty information
- Advise the patient and/or caregivers about their rights and responsibilities
- Document treatment using established record-keeping techniques to verify implementation of treatment plan
- Develop and communicate follow-up plan



## APPENDIX B (cont.)

### Follow-up

- Obtain feedback from patient and/or caregiver about the outcome of the treatment plan (e.g., tolerance, comfort, ability to don and doff, proper usage and function)
- Re-evaluate the patient through a follow-up clinical examination that may include review of changes to patient status, shape and physical characteristics
- Identify need for changes relative to initial treatment goals and expectations by assessing fit of post-mastectomy items
- Modify or adjust post-mastectomy items based on assessment and/or patient/caregiver feedback
- Educate patient and/or caregiver on proper use of post-mastectomy items relative to modifications/adjustments
- Document follow-up care, including any changes in treatment plan

### Practice Management

- Comply with federal and state regulations for the delivery of items within the Certified Mastectomy Fitter Scope of Practice (e.g., CMS, Medicaid, OSHA, HIPAA)
- Comply with policies and procedures regarding universal precautions and infection control
- Comply with documentation requirements (e.g., document retention, verification that post-mastectomy items were delivered and billed as prescribed)





# ABC Pre-Certification Course Renewal Policy

## POLICY:

Upon expiration of a precertification course's initial 3-year approval, the provider may request the course be renewed for one additional 3-year period if the following have not changed:

- course content
- method of delivery
- requirements for successful completion
- instructors

If there have been significant changes to the above, the course provider may be required to submit a new application, application fee and required supporting documentation. Failure to notify ABC of any program changes may result in termination of the course approval.

After the initial approval and one renewal period (total of 6 years) the course provider must submit a new application for initial course approval.

## FEE SCHEDULE:

Fitter Pre-certification Courses – \$150 renewal fee

Pedorthic Pre-certification Courses – \$400 renewal fee