**Bursary Report for the British Association of Hand Therapists**

**Lisa Scott**

**BAHT Annual Conference**

**6-7th October 2023**

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| **Introduction:**  (100 words max; include details of who you are, why you applied for this bursary and your experience of the event)  I am a senior physiotherapist working at Christchurch Hospital within the musculoskeletal department. I see upper limb patients, including hands. This ranges from elective post operative patients, trauma patients conservatively managed as well as surgically. I also see rheumatology and primary care referrals including self referral. |
| **Topic:**  (500 words +/- 10%;  “What have you learned on the course and how will you be able to put the information you have gained into practice?”  This was my first attendance at a BAHT conference and I thoroughly enjoyed it. It was inspirational to see the posters, hear the speakers and network with highly respected therapists. I would like to say a big thank you to BAHT bursaries for giving me this opportunity.  Carlos presentation and workshop on ulnar sided wrist pain was a particular highlight for me from the conference. I find these challenging to treat. He gave great insight into the anatomy of the ulnar side of the wrist and the potential pathologies that could be causing the patients symptoms. Classifying these pathologies into articular, ligament, impaction, carpal instabilities, other carpal conditions and extra-capsular cause of pain is helpful. I will use this when assessing patients with ulnar sided wrist pain.  The break out session of teaching on clinical examination was really useful, especially to see him demonstrate the assessment and then get chance to practice these skills with experienced clinicians. I feel I have a clear understanding and appreciation of the anatomy around the ulnar side of the wrist now, and how to differentiate between the pathologies with my assessment. I am looking forward to sharing this knowledge with colleagues and the junior staff within the department.  This breakout room also included an interesting discussion around the therapy management of these patients. I don’t tend to splint to the elbow, however after this session I will change my future practice, which will allow the DRUJ to fully settle by fully immobilising.    The brachial plexus injuries talk was fascinating. I was unaware that such treatments were available for high level trauma patients. The teaching around the anatomy of the plexus was a useful refresher. I was unaware of the tinels test to examine where the nerve has regenerated to so this is something I will use in practice.  In my practice I remove stitches and redress surgical wounds. However, the majority are straight forward. This workshop was useful in discussing what to look at in a wound and the variety of different bandages available. We do not use honey dressings in our department so that was useful to see what other options there are available on the market. It was interesting to learn the indications for each bandage and discuss with more experienced colleagues their rationale for use of each one. This has given me insight and some confidence into the management of more complex wounds should I be faced with this presentation in clinic.  The workshop I attended on how to conduct a small research project was invaluable to me moving forwards and being keen to be involved with research and audit. It clearly laid out what steps I would need to take and has given me a framework which I will refer to when I decide what I would like to look researching.  Word count 471 |