

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

**[Tom Beech]**

**[BAHT Level II - Peripheral Nerve Injuries of the upper limb]**

**[30/10/24 - 1/11/24]**

## **Introduction:**

I work in a hand therapy role split between plastics and orthopaedics and MSK conditions. I applied for this bursary as I was keen to increase my assessment and treatment skills in relation to peripheral nerve injuries.

**Topic:**

Attending the BAHT Level 2 Peripheral Nerve Injury Course has profoundly enhanced my understanding of peripheral nerve injuries and equipped me with advanced skills that are essential for effective patient assessment and treatment. This three-day course offered a comprehensive exploration of the complexities surrounding peripheral nerve injuries in the upper limb, allowing me to delve into both the theoretical and practical aspects of this vital area of hand therapy.

The course started with an in-depth review of the anatomy and physiology of the peripheral nerves in the upper limb. Gaining a clearer understanding of the intricate pathways and functions of these nerves was an important foundation for improving my diagnostic capabilities. The knowledge I acquired about how different nerves interact and the potential implications of their injuries will significantly aid my ability to assess and treat patients more accurately.

Throughout the course, I felt an increase in my confidence regarding assessment techniques for peripheral nerve injuries. The practical workshops were particularly beneficial, as they provided hands-on experience with various assessment methods under the guidance of experienced teaching staff. Engaging in these workshops allowed me to practice techniques in real-time, reinforcing my learning and better preparing me for clinical application. I am excited to implement these skills in my practice, as they will enhance my diagnostic skills and ultimately lead to improved patient outcomes.

Additionally, the course placed a strong emphasis on the treatment approaches for peripheral nerve injuries, which I found invaluable. Topics such as sensory re-education, motor retraining, and the use of splinting to support nerve recovery were thoroughly covered. There was a wide variety of treatment workshops including work related upper limb disorders and ways to manage this, managing sensory issues, working through strengthening, the role of splinting and when appropriate to apply and how to apply functional tasks in a rehab programme. The whole course had a heavy emphasis on restoring function which will ultimately improve the overall quality of life for my patients.

Another significant benefit of any BAHT course is the opportunity for professional networking. Engaging with fellow hand therapists and instructors who share a passion for hand therapy has enriched my professional experience. The discussions about emerging techniques and research developments in the field have broadened my perspective and inspired me to stay updated on the latest advancements. This collaborative environment fosters a sense of community among practitioners, which is invaluable for professional growth and development.

In conclusion, I found the BAHT Level 2 Peripheral Nerve Injury Course to be of great benefit to my practice. It has not only deepened my understanding of peripheral nerve anatomy and function but also equipped me with advanced assessment and treatment skills. I am enthusiastic about applying the knowledge and skills gained from this course into my clinical practice, confident that these improvements will enhance the treatment I provide to my patients and ultimately lead to better recovery outcomes.

