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

**Caroline Halpin**

**BAHT Level 2 Wrist Course**

**29th November 2024 – 1st December 2024**

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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 specialist hand therapist with 8 years experience in the field of hands. I work for the NHS in the North East of England and am currently working in a mixed role of primary care treating First Contact and GP referral hand and wrist patients and Secondary Care treating mainly Orthopaedic elective and trauma patients. I have recently been selected for promotion into an Extended Scope Hand Trauma Physiotherapist post within the trust. I have 10 BAHT points and was keen to gain the additional 2 points required to apply for BAHT accreditation. With no further funding available this year through my NHS trust, I sought assistance through the BAHT bursary scheme and was delighted to be successful. I was keen to attend the wrist course in particular as distal radial fractures are my bread and butter and non-specific ulnar sided wrist pain an area of my practice, I wished to further develop my clinical skills and confidence in. The 3-day Wrist Course in London presented by NES was a fantastic learning opportunity, delivered professionally, highly evidence based, interesting and engaging with immediate impact on my practice. I would highly recommend the course and am so grateful to BAHT for supporting my attendance with the Bursary, Thank you. |
| **Topic:**  (What have you learned on the course and how you will be able to put the information you have gained into practice?)  The three days of the wrist course were packed with anatomy, kinematics, assessment skills, diagnostic tests, clinical reasoning discussions, an in depth look at specific conditions of the wrist and all aspects of management for hand therapists. It was a fantastic opportunity to consolidate and expand upon my knowledge of wrist anatomy and dive deeper into the individual articulations of each joint. Understand the normal kinematics of the wrist and, how these are affected by injury or disease. With this improved understanding, I now feel I am more accurate in my assessment skills with more specific surface anatomy and handling. An in-depth evidence-based look at assessment techniques allowed me to refine my physical examination skills including the team’s goniometry protocol to ensure standardisation between therapists. As a team following the course we have also looked at the special tests we are using and the current evidence base supporting them. I now have a better understanding of how to interpret the results of these tests to make accurate diagnoses.  By exploring the movement mechanics of the wrist and carpus I have a much-improved understanding of the intricate coordination and movement patterns of the carpal bones. I can now analyse how disruption to this can contribute to altered dynamics and function of the wrist and hand.  I gained a deeper knowledge of acquired and traumatic conditions of the wrist on the course and particularly considered the impact of these on individual’s function. Since returning from the course, I am aware I have taken an even greater individualised approach, focusing my treatment on what is going to make the biggest difference to that patient.  The practical management section of the course explored innovative rehabilitation techniques and the role of proprioceptive rehabilitation. I learned new methods for enhancing wrist stability and function to use with my patients and cascade to my team, including exercise therapy, taping, manual therapy and splinting.  I am so grateful to BAHT for this opportunity, thank you so much again for supporting my development on this course with the level 2 bursary. The information received and skills gained will be invaluable in our service and have a significant impact on my patient care. |