

**Website Report following Conference or Course**  
**Facilitated by a BAHT Education Bursary**

**Conference Title:** Eurohand 2008

**Organised by:** FESSH and EFSHT

**Location:** Beaulieu Centre, Lausanne

**Dates of Conference:** 18-21 June 2008

**Cost:** £505 (Conference, travel and accommodation – all arranged separately)

**“What I have learnt at the Conference and how I will share this information locally and nationally with colleagues and peers.”**

I applied for a bursary to attend Eurohand 2008 to further develop my knowledge as a Hand Therapist. Attending conference gave me the opportunity to meet and share ideas with my colleagues in the world of Hand Therapy, which I find invaluable in such a specialist field. This was also my first opportunity to attend a joint meeting of surgeons and therapists.

At conference there were a vast range of topics to being presented by renowned surgeons and therapists alike. I chose to attend workshops on intrinsic muscles, wrist radiographs and the wrist; focus sessions on hand and brain and patient education; the FESSH session on scapholunate. I also attended the keynote lecture on early controlled motion for extra-articular fractures and the joint FESSH and EFSHT session on finger stiffness.

I have learnt a great deal from attending these sessions. Some sessions consolidated previous knowledge, but in a formal manner. The focus session on 'hand and brain' was remarkable and highlights the vast amount of work that is being done in both therapies and surgery to understand the role of central changes in painful conditions. It was particularly helpful to see the functional MRIs and gain further insight into treatment options. The use of mirror visual feedback was presented by Dr Candy McCabe, Bath and the St Gallen protocol by Nicole Grunert-Pluss. This session enhanced my knowledge on this topic and addressed specific treatment options. I will be able to use this knowledge to enhance treatment of my patients.

The focus session on patient education was very interesting and consisted of a presentation of recent research from Norway on patient compliance and a session on factors that influence patient education. The features of good patient education, which were based on adult education models, are the foundation for encouraging patient compliance. It was highlighted that the key aspects of how adults learn are: adults are autonomous and self-directed; they have a foundation of knowledge and life experience; they

seek relevancy; are practical; and need respect. Details and specific examples of how to directly relate these aspects of education to the clinical setting were discussed and this has definitely made me reflect on my current practice and refine some aspects of communication with patients.

All of the sessions I attended were informative and thought provoking. Beyond the two more detailed examples given here I have gained further knowledge on wrist X-rays and their interpretation; rehabilitation of wrist pain, especially non-specific or occupation-related pain that needs conservative management; the treatment considerations and clinical details needed for mobilising extra-articular fractures and much more information, including that gained from the display posters and the stalls we were able to visit during breaks. I am glad that through this report I will be able to share what I learnt with other BAHT members, and I will also be presenting a summary of key-learning points to my colleagues during in-service training. I am exceptionally grateful for the BAHT bursary to help me attend Eurohand 2008 and feel that the knowledge gained will be influential in my future practice as a specialist Hand Therapist.

(516 words)

**Was attendance at this course/conference worth attending, and value for money?**

Yes

**When did you apply for your BAHT education/conference bursary?**

6 May 2008

**When were you advised that you were successful in your application for a BAHT bursary?**

19 June 2008

**Completed by**

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**Date**

26<sup>th</sup> June 2008