Professional Development Course

Enhancing Upper Limb Rehabilitation through Evidence Based Practice

1, 2 and 3 February 2012
University of Ulster, Jordanstown campus, Northern Ireland

Module/Course Co-ordinator – Lucia Ramsey, l.ramsey@ulster.ac.uk

Module Code – OTH807
CRN - 39977

Outline Programme

<table>
<thead>
<tr>
<th>Day 1</th>
<th>1 February 2012</th>
<th>Identifying and developing a review question and search strategy and appraising the upper limb rehabilitation literature.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2</td>
<td>2 February 2012</td>
<td>Evidence based practice - Assessment for non traumatic symptomatic elbow, wrist and/or hand: diagnose precisely, treat effectively, Mary Naughton and Michelle O'Donnell.</td>
</tr>
<tr>
<td>Day 3</td>
<td>3 February 2012</td>
<td>Evidence Based Practice for traumatic conditions of the Upper limb and British Association of Hand Therapy Accreditation, Nikki Burr.</td>
</tr>
</tbody>
</table>
Enhancing Upper Limb Rehabilitation through Evidence Based Practice

Introduction
Therapists specialising in upper limb rehabilitation require an in-depth knowledge and understanding of the area in which they work. This module provides occupational therapists and physiotherapists with the opportunity to explore the evidence for an aspect of clinical work which will enhance the development and application of their knowledge and skills within upper limb rehabilitation.

Who should attend?
This course is open to all therapists involved in rehabilitation of the upper limb and will be of particular interest to occupational therapists and physiotherapists completing their British Association of Occupational Therapists (BAHT) accredited Hand Therapist qualification. Successful completion of the module assessment equates to 5 points at Level III BAHT accreditation.

Course Content
Day 1 – Identifying and developing a review question and search strategy and appraising the upper limb rehabilitation literature

Day 2 – Evidence Based Practice - Assessment for non traumatic symptomatic elbow, wrist and/or hand: diagnose precisely, treat effectively.

Day 3 – Evidence Based Practice for Traumatic Conditions of the Upper limb and British Association of Hand Therapy Accreditation information session.

Topics Covered
• Introduction to health science research and evidence based practice
• Identifying and developing a review question
• Developing a search strategy
• Hierarchy of research evidence
• Critical appraisal of qualitative and quantitative research
• Presenting and synthesising findings
• Evidences based practice - Assessment for non traumatic symptomatic elbow, wrist and/or hand: diagnose precisely, treat effectively.
• Evidence Based Practice - Traumatic conditions of the Upper Limb including, tendon injuries, crush injuries and fractures.
• British Association of Hand Therapy Accreditation

Key Speakers
Nikki Burr, Mary Naughton, Michelle O'Donnell, Lucia Ramsey
**Speaker Biographies**

**Nikki Burr, MSc, BSc Physiotherapy, AHT**
Nikki has over 15 years experience in Hand Therapy at Mount Vernon Hospital and Royal Free Hospital London. She gained her Accredited Hand Therapist (BAHT) award in 2002 and MSc in Advancing Practice in 2005. She has undertaken research projects over the years with different colleagues and is still very interested in research. Nikki has been a BAHT Education Sub-committee member since 1998-2008 and chaired the committee from 2004-2008. She was asked to rejoin in 2010 and is once again holding the Chair position. Nikki has also been a member of the European Society of Hand Therapy Education committee since 2006 and a member of the International Society of Hand Therapy Education committee since 2009. She is a returning lecturer at three local universities for Physiotherapy Graduate and Post Graduate Hand Therapy courses.

**Mary Naughton, BSc Occupational Therapy, CHT**
Mary Naughton is a Clinical Specialist Occupational Therapist, Certified Hand Therapist currently practising as a hand therapist in Plastics, Orthopaedics Upper Limb Out Patient services in Beaumont hospital and in a Sports Surgery Clinic in Dublin. In January 2000, she was awarded the prestigious Evelyn J. Mackin fellowship in Hand Therapy at the Philadelphia Hand Center, USA. Mary has been very proactive in development of hand therapy nationally and internationally. She is the chair of the Irish Association of hand therapy since 2004, she is the Irish representative to the World Federation of Hand Therapy and member of the International Educational sub Committee. In 2008 she participated in an International “Think Tank” addressing best practice for therapeutic management of Thumb arthritis. Mary is currently a corresponding editor for the Journal of Hand Therapy, official Journal of American Society of Hand Therapists. Mary is very involved in education locally and nationally, held numerous stand alone splinting workshops since 2001, presented at national and international conferences, guest lecturer for the School of Occupational Therapy, Trinity College Dublin. She formed Hand Dynamics with three other hand therapists in 2003 and runs BAHT accredited hand therapy courses for OT’s and Physiotherapist in Ireland and the UK.

**Michelle O’Donnell, BSc Occupational Therapy**
Michelle O’Donnell is a Clinical Specialist Occupational therapist in hand and upper limb trauma and burns at St James’s Hospital and works as a generic hand therapist combining the skills of Occupational Therapy and Physiotherapy. She graduated from the University of Ulster in 1984 with a Diploma in Occupational Therapy and completed an Hons degree in 1994 in Prof. Dev. She spent the first ten years of her career working in the UK, Australia and NI predominately in rehabilitation services for head injuries, burns and spinal cord injury. She took up a senior post in Plastic surgery and Burns at St James's Hospital in 1994 and was upgraded to clinical specialist in 2002. Michelle has gained extensive experience in the management and treatment of hand and upper limb conditions/injuries through her work in the public and private sector. She has completed numerous accredited courses specific to the treatment of upper limb trauma and burns. She has been actively involved in clinical audit of flexor and extensor tendon repairs and peripheral nerve injuries at St James’s Hospital for many years, with a view to modifying practice and improving clinical outcomes. She is a member of AOTI, and BAHT and has been an active committee member of the IAHT for the past 15 years, organising courses and conferences for OT’s and Physiotherapists with an interest in developing skills and expertise in Hand Injuries. She formed Hand Dynamics with three other hand therapists in 2003 and runs BAHT accredited hand therapy courses for OT’s and Physiotherapists in Ireland and the UK.

**Lucia Ramsey, BSc (Hons) Occupational Therapy, PgCHEP, AHT.**
Lucia is a lecturer in occupational therapy at the University of Ulster and an accredited Hand Therapist with the British Association of Hand Therapists with nine years clinical experience in upper limb rehabilitation. She is currently carrying out research into splinting for patients with rheumatoid arthritis which forms the theme for her PhD studies and is collaborating in the update of the Cochrane review on splints and orthosis for treating rheumatoid arthritis.
Further Information

Date: 1, 2 & 3 February 2012

Time: 9.00am – 4:30pm

Venue: University of Ulster, Jordanstown Campus, Room 1F122

Fee: £315 (UK and EU applicants)  £781.50 (Non-EU applicants)

Attendance only 1 Day (Day 2 or 3)  £ 150
Attendance only 2 Days (Day 2 & 3)  £ 260

Credits: 15 points at level 7 (Masters level, Level III BAHT submission)

Closing date for applications: Monday 19 December 2011

Certificates of attendance will be provided to all who attend the course. However applicants may wish to complete the assessment in order to achieve 15 credit points at Masters Level and additionally complete Level III of the British Association of Hand Therapists accreditation process.

Please note: early applications are advisable as places will be issued on a first come first served basis.

Please do not book any flights or accommodation until you receive confirmation that you have been accepted onto the module. This generally happens soon after the closing date.

This module can be taken: stand-alone OR as part of a PgCert/PgDip/MSc in Advancing Practice in your profession.

Northern Ireland NHS applicants only – if you are seeking a Department of Health (DHSSPS) commissioned place, please DO NOT apply online. To find out if there are commissioned places available for this course, please contact your Trust Manager.

Admission criteria: please go to: http://ahpacademy.ulster.ac.uk/courses/ to download the admission criteria.
Professional Development Course
Enhancing Upper Limb Rehabilitation through Evidence Based Practice
Wednesday 1, Thursday 2 and Friday 3 February 2012
University of Ulster, Jordanstown campus, Northern Ireland

Credit Bearing Module (15 credit points) £315 (UK and EU applicants)  £781.50 (Non-EU applicants)

Northern Ireland NHS applicants only – if you are seeking a Department of Health (DHSSPS) commissioned place, please DO NOT apply online or complete the attached application form. To find out if there are commissioned places for this course, please contact your Trust Manager.

Admission criteria: please go to: http://ahpacademy.ulster.ac.uk/courses/ to download the admission criteria.

How to Apply for this Module
To apply for this module – credit-bearing:

1. Go to the University of Ulster homepage: www.ulster.ac.uk/
2. Click on - How to Apply
Apply Online

The application process depends upon the level and mode of study. Please select the appropriate item.

**Undergraduate Full Time**
For Undergraduate Full-Time Applications with the exception of the courses below please apply through UCAS

**All Other Courses**
For all other courses including Part-Time, Postgraduate, Research & Distance Study Courses please use the online applications system.

You should reach the page below. Please read this page carefully before proceeding. Further help with the application process and step by step instructions are available from: http://ahpacademy.ulster.ac.uk/courses/. Please download and use the instructions provided to ensure that you apply for the correct course (PgCert/PgDiploma/MSc in Advancing Practice) OR module (stand-alone module). You will require the Module Title/Module Code/CRN code on the first page of this document to help you with the application.

**How to Login to the Online Application System**

1. Part-time Undergraduate programmes.
2. Internationally Exchange/Study Abroad programmes - only open to those whose universities have Exchange/Study Abroad/other current agreements with Ulster University.
3. Taught Postgraduate programmes
4. Distance Learning programmes
5. Research programmes.

This facility cannot be used to apply for full-time undergraduate degree programmes. Application for such programmes must be made through UCAS. Please see the UCAS website for further information on how to apply.

If you are a current University of Ulster student on an HND, Foundation Degree or Associate Bachelors Degree and wish to apply for a related full-time undergraduate degree programme, please contact the Admissions Office for advice on how to apply.

**FIRST TIME USERS**

If this is the first time you have used this service please click on 'FIRST TIME USER ACCOUNT CREATION' at the bottom of this page to create your own Login ID and PIN. Please keep a record of the Login ID and PIN you create for future use. Please note that the Login ID is case sensitive.

**RETURNING USERS**

If you are a returning user, wishing to check on the progress of an application or to make a new application, please enter your existing Login ID and PIN and then select Login. If you have forgotten your Login ID and/or PIN, please contact the Admissions Office. Please do not allow anyone else to use your ID to submit their applications.

This system requires the use of HTTP cookies to verify authorization information. Our system has detected that your browser has disabled HTTP cookies, or does not support them. Please refer to the Help page for more information on how to correctly configure your browser for use with this system.

Please note that only applications for one person can be processed against an individual Login ID and PIN, and that each user must set up their own login details in order to apply.

In order to view these pages fully and clearly, please set your web browser to the full screen setting.

Login ID: 
PIN: 

Login

This module can be taken: stand-alone OR as part of a PgCert/PgDiploma/MSc in Advancing Practice in your profession.

For further information or a draft programme please visit website www.ulster.ac.uk/ahpacademy or contact:

Maria Keenan
T: +44 (0)28 9036 6608
E: M.Keenan1@ulster.ac.uk

**Closing date for applications:** 19 December 2011
Application Form for **ATTENDANCE ONLY**
(no assessment or credit)

Professional Development Course
Enhancing Upper Limb Rehabilitation through Evidence Based Practice
Thursday 2 and Friday 3 February 2012
University of Ulster, Jordanstown campus, Northern Ireland

**Closing date for applications: Thursday 19 December 2011**

I wish to apply for an **attendance only** place on the above programme and enclose the fee:
(please tick the following as appropriate)

- Attendance only 1 day £150 please circle date 2 February 2012 OR 3 February 2012
- Attendance only 2 days £260 - 2 February 2012 AND 3 February 2012

Payment in full must be enclosed to secure an attendance only place on this course – see Payment and Cancellation Policy:
http://ahpacademy.ulster.ac.uk/fs/doc/Payment%20and%20Cancellation%20Policy%2024.08.10x.pdf

**PERSONAL INFORMATION**

MR/MS/MRS/MISS:  [ ]  FORENAMES: 

SURNAME: 

Do you have a disability or a medical condition (e.g. Dyslexia, visual impairment, mobility issue) which might affect your studies and for which special arrangements might have to be made to facilitate your study

[ ] YES  [ ] No  If yes please provide details:

Lunch and refreshments will be provided on a daily basis. Please indicate whether you have any specific dietary requirements below:

HOME ADDRESS:  

POSTCODE: 

TEL. NO. (HOME):  

MOBILE NO: 

NAME & ADDRESS OF WORK PLACE:

POSTCODE: 

PROFESSION:  

POSITION HELD:  

TEL NO (WORK):  

EMAIL ADDRESS:  

H.P.C REGISTRATION: YES [ ] NO [ ]

Where did you hear about this course?

Applicants Signature:  

Date:  
METHODS OF PAYMENT

CHEQUES
Cheques should be made payable to the University of Ulster and crossed. Cheques can only be accepted if in Sterling or Sterling Draft. Unfortunately it is not feasible to invoice your company/employer.

Please see our website for further information on accommodation and flights www.ulster.ac.uk/ahpacademy. Please do not book any flights or accommodation until you receive confirmation that you have been accepted onto the module. This generally happens soon after the closing date.

For further information or a draft programme please visit website www.ulster.ac.uk/ahpacademy or contact Maria Keenan Tel: +44 (0)28 9036 6608 Email: M.Keenan1@ulster.ac.uk.

In order to secure your place you must send the course fee in full along with your completed application form by 19 December 2011 to AHP Academy Applications at the address below:

AHP Academy Application Forms
University of Ulster
Shore Road
Newtownabbey
Co Antrim, BT37 0QB
Tel: +44 (0)28 9036 6608
Fax: +44 (0)28 9036 8419
Email: M.Keenan1@ulster.ac.uk

Please note early applications are advisable as places will be issued on a first come first served basis.

The closing date for all applications is 19 December 2011