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

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**BAHT Annual Conference 2023**

**6-7 October 2023**

| **Introduction:**  I am a band 7 OT in Hand Therapy at a Major Trauma centre in London. I am so glad that this BAHT bursary assisted me to attend the 2023 BAHT Conference.  As a newly graduated MSc. Hand Therapy student, I was excited to engage with the newest research occurring in our field, and to network with people that I have previously only communicated with online.  I also want to ensure that our department is putting evidence-based practice at the forefront of our service, and attending conferences like this can help us to keep up to date with this. |
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| **Topic:**  The theme of the 2023 BAHT Conference is “In Our Hands” and focusses on how we can ensure we are providing a sustainable service. This was emphasised well in Stuart Lane’s symposium and reiterated the importance of doing what we can as individuals within healthcare to decrease environmental impact.  Alex Nicholls and Kevin Spear lead sessions all about the base of the thumb and CMCJ replacements. We have recently seen an increase in the use of the MAIA thumb replacement, so I found Kevin’s talk particularly applicable to our practice. The thumb is always a tricky joint and the innovations and adaptations and updates of rehab protocols will hopefully see improved outcomes for our patients.  The session on Hand and upper limb transplants by Grianne Bourke was fascinating. I learnt a lot about the positives and the negatives of undergoing a limb transplant and also the fact that transplants can work on both high level and lower level upper limb loss. They really emphasised the importance of the MDT and collaborative working, which I believe are principles that be taken into any practice.  Today there was also a focus on developing your career as a Hand therapist, with Beverley Harden's presentation focussing on the importance of working together and defining our role in the MDT within the spheres of ECP, ACP etc. The later presentation on career development by Cate Allen was also helpful as a practical guide of how hand therapists can progress.  I enjoyed the research updates section, especially the update on the FIRST trial, which I have been following with interest, as many of the UoDerby therapists/lecturers are involved in the trial. The introduction to the SCOOTT trial is something I could see my department getting involved in and will be making contact with the lead therapists in the future. We are seeing an increase in CMCJ replacements and would like to delve deeper into research in this field, especially as part of a multi-centre trial such as this.  The Free Paper section was interesting to see what people have been working on and I definitely think that some principles, such as the research into why people DNA and the steps being taken to mitigate that has information that could be put into practice in my department too.  I felt that the wound care session was wonderfully practical and having all of the resources on the table to feel and practice with gave me an excellent insight into their properties and uses. I also enjoyed the freedom to discuss with the other delegates regarding how they normally practice wound care for certain diagnoses. I will definitely take home some of that knowledge and apply it to my wound care practices.  I found the Splinting with Silver session informative, and could imagine a few scenarios where the suggestion of this type of splinting could be beneficial for patients with more chronic hand deformities. I will be looking into their company a bit more and then keep them as a resource for our RA/hypermobikity patients especially.  I look forward to another day of exciting sessions and workshops, particularly the ulnar sided wrist management sessions and the presentation entitled “Don’t Let Nerves Get the Better of You.” |