**Post-course report form**

**Name:** Christine O’Neill

**Bursary applied for:** Level II Bursary

**Title of course attended or Project details:**

“Surgical and Therapeutic Management of Tendon Injuries”

**Date:** 23rd -25th May 2025

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| **Introduction:**  |
| I am an OT specialising within the area of Hand Therapy. Previously I worked across Trauma & Orthopaedics, Rheumatology and Neurology but more recently obtained a role within the speciality of Plastics, a new clinical area for me.The timing of this course “Surgical and Therapeutic Management of Tendon Injuries” was perfect for the commencement of my journey into Plastics rehab to enhance my clinical knowledge, and to contribute towards obtaining my Hand Therapy Accreditation. I was delighted to obtain the Bursary; the course was so beneficial theoretically and practically. I thoroughly enjoyed this learning opportunity. |
| **Title: “What have I learned and how will I put this into practice?”**  |
| This course was hosted and delivered by the Hand Dynamics team based in Dublin by experienced, knowledgeable and indeed dynamic Hand Therapists. The content of the course included lectures and practical workshops with ample opportunity for questions, clinical discussion, networking and hands-on practical’s.The initial focus was on ensuring we were equipped with a sound theoretical knowledge base and understanding of the anatomy of the hand/upper limb with particularly focus on the extensor and flexor anatomy. As the course content developed into the practical focus of treatment then the theory was made to come to life but the anatomy remains the underpinning basis for practice. This was perhaps the most beneficial aspect of the course for me, developing a sounder anatomy knowledge base (particularly structures within the zones) but also in relation to the protocol choice.The surgical approaches lectures were delivered by Plastic Surgeons giving a balanced approach into the complexities of tendon management medically but also highlighting the subsequent impact on the patient’s rehab.The anatomy base was consistently reinforced over the whole course and implemented into practice for guiding protocol and splint choice. Practical splinting workshops introduced a variety of splints to choose in practice and we had opportunity to fabricate with encouragement to choose those we were least familiar with. I obtained clinical pearls for flexor and extensor splints and feel more confident in selecting the most appropriate splint for the injury. The tips/hints from the experienced clinicians have improved my splinting skills in creating bespoke options for individual patient needs. The new splinting patterns and alternative various strapping techniques will be put into daily practice as splinting is such an integral part of my role. There was a variety of methods particularly for the flexors repairs and I am now better equipped to mould these in practice.Plastics protocols always seemed to me like a clinical minefield, but the protocols were introduced and discussed practically in a way that enabled understanding firstly the theory/anatomy but also the clinical reasoning backing the chosen protocol. This will be invaluable in practice when so many exist, I now feel that I could discuss with our medics and hand consultants concerns more confidently if a patient is not progressing using the clinical knowledge to adapt a treatment protocol based on outcome measures, patient feedback and MDT joint decision making. We were encouraged that we are all autonomous therapists as well as being part of the wider MDT.A physical folder was provided with copies of all the lectures and protocols. This will be invaluable to refer back to in day-to-day clinical practice. I plan to share new protocols within our plastics team and will be able to implement into my Orthopaedic caseload also. The knowledge obtained on the course has improved not only my own personal confidence in a new clinical area but moving forward into my new role our service users will also benefit from the implementation of evidence based and up to date practice being implemented.  |