**Post-course report form**

**Name: Hayley Smith**

**Bursary applied for: International Bursary**

**Title of course attended or Project details: IFSHT/IFSHH Conference Washington**

**Date: 24th-28th March 2025**

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| **Introduction:**  Include details of who you are, why you applied for this bursary and your experience of the event (maximum 100 words) |
| I am currently working as a Consultant Therapist in Hand Therapy and I applied for a £500 bursary to attend the IFSHT and IFSHH conference in Washington, D.C. to further my professional development and stay current with the latest advancements in hand therapy and surgery. The event provided a unique opportunity to learn from international experts, engage with cutting-edge research, attend both therapy and surgical lectures and enhance my clinical practice. The experience was enriching and inspiring, allowing me to gain valuable insights that I will integrate into my work moving forward. |
| **Title: “What have I learned and how will I put this into practice?”** The report will be uploaded onto the BAHT website and may be included in an e-bulletin. It should not contain any confidential information or any comments that are potentially damaging or libellous. It should be 500 words +/- 10%. |
| Attending the IFSHT and IFSHH conference in Washington, D.C. was an amazing experience, offering a wealth of knowledge and practical insights that I am excited to apply to my practice as a hand therapist. The event provided a comprehensive view of the current trends in both hand therapy and hand surgery, enriching my understanding of the intricate relationship between rehabilitation and surgical intervention.  One of the most significant takeaways from the conference was the focus on evidence-based rehabilitation techniques. Several workshops and sessions highlighted new modalities for managing complex hand injuries, emphazing the importance of individualised treatment plans and collaborative care. It was interesting to see how the use of casting was becoming more popular again with the stiff hand and is an area I will definitely revisit. I learned about the role of advanced technologies in improving rehabilitation outcomes, such as the use of virtual reality for motor training and biomechanical assessments, was interesting as my Trust goals are to look at bringing in more technology into the healthcare we provide.  A key theme throughout the conference was multidisciplinary collaboration. I participated in sessions that emphasized the importance of close cooperation between hand surgeons, therapists, and other healthcare professionals to optimise patient care. I am very lucky as this mirrors the relationship my team has with our surgical colleagues. I plan to foster this more to ensure a holistic approach to patient rehabilitation. This team-based model is essential in addressing the complex nature of hand injuries and ensuring the best possible outcomes for patients.  The speakers at this conference were truly inspiring and I was able to listen to a number of people that I have never before including those speakers that are world renowned and I have ready many of their published work.  The opportunity to network with international colleagues was also invaluable while learning tips and tricks that they use in their practice. I had the chance to exchange ideas with therapists and surgeons from various countries, learning about their approaches to hand therapy and surgery. These conversations have broadened my perspective and provided new ideas that I will incorporate into my practice.  In conclusion, the IFSHT and IFSHH conference was an incredibly beneficial experience. The knowledge I gained will have a direct and positive impact on my clinical practice, from incorporating advanced rehabilitation techniques and technological tools to improving collaboration with colleagues and addressing the psychological aspects of patient care. I am excited to implement these lessons to enhance the care I provide and contribute to the ongoing development of the field. |