**Post-course report form**

**Name:** Claire Paxman

**Bursary applied for:** Conference bursary

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

BAHT Conference 2024

**Date:** October 2024

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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 currently work as an advanced physiotherapy practitioner in a Yorkshire hand therapy unit. However, at the time of conference, I was working as an APP in an upper limb MSK service. I have been a member of BAHT for nearly 12 years and like to attend their yearly conferences where possible to keep up to date with the latest evidence-base and research and disseminate this to my team. It is also a great opportunity to meet those from other units and share approaches/knowledge and skills. |
| **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%. |
| As always, the BAHT 2024 conference held a great variety of sessions and workshops to suit all specialities and interests. I have a keen interest in research and enjoyed meeting with and networking with other hand therapy colleagues to discuss options for developing my own skills further as well as increasing my awareness of research trials currently available. The BAHT conference has been useful for generating useful research ideas and knowledge of priorities that exist within hand therapy. I really enjoyed the “First steps in research – designing a feasibility study” workshop by Esther Williamson which was very interactive, practical and informative. I am currently looking into options to increase research activity in my current team.  In 2024, I joined the BAHT advanced practitioner network. I also joined a BAHT standards group and we developed the standard for distal radius fractures. Through these groups, I have met other hand therapists nationwide and it was great to have the opportunity to meet with them face-to-face rather than virtually to build relationships further. At the time, a colleague and I were looking into developing a regional network for hand therapists in the Yorkshire area. Attendance at conference has greatly enabled the networking opportunities and contact sharing necessary for this. The regional group has started off well with approximately 50 therapists joining our group. Our first virtual meeting took place in January with our second meeting being face-to-face and taking place in April, with positive feedback so far.  Poster presentations and free paper presentations were all great. Specifically, I really enjoyed the presentation by Dr Eva Sierra Silvestre on her clinical study of carpal tunnel syndrome where she took biopsies and found that those with negative nerve conduction study results do present with a reduction in the volume of small nerve fibres. This evidence was useful to discuss with my team to further justify us not being too reliant on NCS findings.  The workshops have been beneficial in upskilling my clinical knowledge and exploring some different assessment and management techniques along with the evidence-base to support these. One of the workshops that I particularly enjoyed was that by Miss Meg Birks on peripheral neuropathy. She gave useful practical tips for assessment and this was a very interactive session that enabled us to explore her clinical reasoning in the management of these patients.  The presentation by Dr RuthAnn Fanstone was also fascinating. She discussed the many methods of scar management. Of particular interest, she also spoke of the LPG machine which can have amazing results on scar characteristics. This machine has been in use in my current Trust and I am excited to see what results it will bring and differences made to patients.  There were also plenty of opportunities for hands-on training such as the practical splinting and taping sessions by Nicola Goldsmith but also the ‘therapy management of proximal phalanx fractures’ workshop by Sarah Rodgers and Rebecca Lewis. Thank you to all the organisers and presenters for a fantastic conference experience! |