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

**Zoe Miles**

**Developing as an Evidence Based Practitioner**

**Msc Module – University of Derby Jan – April 2022**

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| **Introduction:** I work within the NHS and in a Hand therapy unit full time. It has been a dream of mine to become an AHT since starting in hand therapy 3 years ago. I finally took a leap and started the Msc Hand Therapy at the University of Derby. This report is on my first module of the masters. I am so grateful to BAHT for helping me make my dream a reality in assisting with course fees and book fees.  |
| **Topic:**The module Developing as an evidenced based practitioner really opened my eyes. I have always been aware that we should be evidenced based but often when you are new to a department/role you learn how to do things –without asking WHY. It really resonated with me that we do things because they are evidenced based and give good outcomes to patients and not just because that is the departmental protocol. Overall the module was full of thoughts to consider and/ or to implement in our everyday practice, and I definitely feel like a better clinician having attended this course. I did my assessment essay for this module on to splint/not to splint Dupuytrens postoperatively. This topic has already been heavily debated but it was the perfect topic to ensure I learned how to effectively do a literature using the PICO method, and how to critically appraise literature. Critical appraisal is not something I learned as an undergraduate as I studied outside the UK. This skill is so vital for clinicians and to ensure one is being evidenced based but if you have never heard or seen of CASP, being evidenced based would be somewhat challenging. This module taught me not only how to critically appraise literature but also how to critically debate the found research and the implementation thereof. I highly recommend this module for anyone wanting to commence post graduate studies as the introduction and foundational building block to further studies. This course has given me the confidence to commence discussions with colleagues about their clinical reasoning and the evidence behind their treatment process and the subsequent rehabilitation guidelines within or department. As a result, I have come away feeling encouraged as a clinician and I am eager to complete my next module within this degree. I plan to make changes within my own clinical practice to achieve better outcomes for my patients, and to ensure that treatments are evidenced based.I would like to thank BAHT for the bursary and opportunity to continue to extend my learning.  |