**Post-course report form**

**Name: Samuel Adedigba**

**Bursary applied for: Level II Bursary**

**Title of course attended or Project details: Treatment Modalities – 7OT524**

**Date: 27/04/2025**

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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’m an experienced hand therapist dedicated to providing evidence-based, patient-focused care. I applied for the bursary to facilitate my participation in the Treatment Modalities module of my MSc in Hand Therapy, acknowledging it as an essential progression in enhancing my clinical proficiency and professional growth. Having completed this third module in my MSc journey, I have acquired considerable theoretical and practical knowledge that has improved my treatment planning and clinical decision-making. This program has enhanced my comprehension of the theoretical principles behind upper limb therapies and strengthened my ability to select, implement, and assess treatment modalities in interdisciplinary, resource-efficient settings.** |
| **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%. |
| **Completing the module "Treatment Modalities" has greatly improved my theoretical knowledge and practical implementation of Hand Therapy intervention tools. By means of research and critical analysis of treatment modalities amenable to hand conditions, I have gained a better awareness of the evidence basis supporting therapeutic decisions and the provision of effective rehabilitation for the hand and upper limb.****The capacity to critically evaluate the theoretical underpinnings of several hand treatment interventions was one of the main outcomes of this module. Engaging with the main text by Skirven et al. (2011) and a wide variety of other materials has helped me to better discover, understand, and use research results to clinical practice. Selecting suitable treatment modalities depends on this evidence-based strategy; hence, it is equally important for justifying therapeutic decisions in multidisciplinary environments.****On overall reflection of the module, I don't think a dramatic shift in my clinical approach is warranted. The underlying ideas I follow in my current practice—individualised evaluation, evidence-based splinting, and functional integration—stay relevant and in line with present best practices. There are, nevertheless, certain aspects of my work that need for improvement. To establish TERT (Total End Range Time) targets, I first have to use a more patient-led approach. Rather than defaulting to high-duration wear, I will co-develop reasonable wear goals that fit the patient's habits, obligations, and comfort. I have to improve my evaluation and support of adherence by using additional motivational interviewing strategies, practical demonstrations, and written support materials. Also, knowing that continuous mechanical integrity is essential for long-term treatment effectiveness, I will create a regular evaluation procedure for splint wear and tear.****The module underlined also the significance of understanding tissue composition, reaction to injury, and psychological elements affecting recovery. This all-encompassing approach has increased my awareness and underlined the importance of including both physical and psychological elements in therapy strategies. Understanding the essential part psychological status plays for patients has underlined the need of a sympathetic, patient-centered strategy, which guarantees that treatments support emotional well-being as well as physical recovery.Emphasising labour within service and resource limits was another important factor. The module showed me how to make sensible choices depending on my team's available talents and resources. This learning is crucial for real-world clinical practice, where ideal settings are uncommon, and therapists have to give priority to treatments that are both efficient and feasible within organisational constraints.****The module also promoted a better knowledge of multidisciplinary cooperation. Studying the functions of many specialists within the multi-disciplinary hand therapy team has highlighted the need of communication, respect for professional knowledge, and teamwork. I can see how teamwork improves patient results and supports team homogeneity, hence creating more consistent and efficient rehabilitation paths.****All things considered, the Treatment Modalities course has greatly helped me grow professionally. It has provided me with useful tools for including theory into clinical environments, improved my evidence-based practice, and sharpened my critical thinking. Going forward, I am certain that the abilities and knowledge acquired will enhance my capacity to provide efficient, all-encompassing, and patient-centered hand therapy treatments, hence improving patient outcomes and service delivery.** |