**Post-course report form**

**Name:** Dr Cynthia Srikesavan

**Bursary applied for:** International Bursary

**Title of course attended or Project details:** 2025 IFSSH and IFSHT Triennial Congress**,** Washington DC, United States of America

**Date:** March 24-28, 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 a Senior Research Fellow and applied to the BAHT International Bursary to attend the IFSSH and IFSHT Triennial Congress, Washington, D.C., March 24–28, 2025.  I presented an abstract, *"Implementation of the Online Version of an Evidence-Based Hand Exercise Programme in Routine Therapy Care”*. This work was also nominated for the prestigious IFSHT’s Cristina Alegri Award for Innovation in Hand Therapy, where I represented my team. I was also successfully elected for the position of Chair of the Publication Committee of IFSHT for 2025 to 2028. I networked with global leaders in hand surgery and therapy. |
| **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%. |
| **Overall Experience at the 2025 IFSSH and IFSHT Triennial Congress**  Attending the 2025 IFSSH and IFSHT Triennial Congress was a highly productive and rewarding experience for me. It provided an international platform to showcase my research and engage with leading hand therapy experts and researchers from around the world. This event allowed me to achieve significant milestones in my professional journey and benefit in the following ways:   1. **Platform presentation on the online SARAH programme** My presentation highlighted how the online SARAH programme empowers people with rheumatoid arthritis to self-manage their condition and regularly incorporate SARAH hand exercises into their daily routines. Sharing our insights about the world’s first online hand exercise programme with an international audience of hand therapists and researchers was a valuable opportunity. It was particularly fulfilling to discuss the programme's potential to improve accessibility to care, especially in resource-limited settings. During the presentation, I connected with experts working on cutting-edge advancements in digital rehabilitation, paving the way for future collaborations with professionals from various regions, including low- and middle-income countries. 2. **IFSHT Cristina Alegri Award nomination** Our work on the SARAH programme was honoured with a nomination for the prestigious IFSHT Cristina Alegri Award for Innovation in Hand Therapy. While we were not successful, being shortlisted among numerous innovative entries was incredibly encouraging. This recognition provided a valuable learning experience and reinforced the significance of our work in advancing digital solutions for hand therapy. It was inspiring to see the wide range of innovative, simple and usable ideas being developed globally to enhance patient care and therapy outcomes. 3. **New role as Publication Committee Chair** I am pleased to share that I was elected as the Publication Committee Chair of the IFSHT for the 2025–2028 term. In this capacity, I look forward to contributing my expertise to promote high-quality research and support strategic publishing initiatives that will benefit the global hand therapy community. This role offers an exciting opportunity to drive impactful publishing decisions and advance the dissemination of knowledge across diverse settings. 4. **Networking and collaboration** The congress also provided an excellent platform to network with esteemed health professionals such as Dr. Joy McDermid, Dr. Tara Packham, and Dr. S. Raja Sabapathy, President of IFSSH. Through these connections, I was invited by Dr. S. Raja Sabapathy to speak at Ganga Hospitals in India on April 19, 2025, where I addressed an audience of physiotherapists and hand surgeons. This opportunity further led to collaborations with physiotherapists in India, with whom I am now working on several research projects. We plan to present the outcomes of these projects at the IFSSH-IFSHT conference in Singapore in 2028.   I am sincerely grateful to the British Association of Hand Therapists for their generous support of my travel and accommodation, which made this enriching experience possible. |