

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

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**[IFSSH, IFSHT and FESSH Combined Congress London 2022]**

**[3rd – 6th June 2022]**

### **Introduction:**

I am a band 6 hand therapist working in hand therapy for over 10 years. In this time, I have been a member of numerous hand interest groups and often heard of the benefits of attending these joint international conferences but never had the opportunity or finances to attend. With the congress being held in London this year this was not an opportunity I wanted to miss.

Words count 67

### **Topic:**

The Congress provided a platform for over 3000 medical specialists and therapists from all over the world to gather together in one place to share insights and inspiration. It was an amazing experience with each day being packed with a variety of different lectures and speakers sharing on numerous topics, it was hard to select which ones to attend throughout the day.

Another plus it that some of the sessions were being recorded giving you the opportunity to try attend as many of the different lectures as possible, catch up on the ones missed or just to revise on what was learnt. Everything was very well signposted and organised. If you were ever struggling there were always helpful staff members around to point you in the right direction.

The FESSH app became a friend throughout the conference and afterwards. I used the app not only navigate the different timetables/sessions but also to take notes under the relevant speakers and ask questions. It also was helpful in keeping you informed regarding unforeseen last minute changes to the itinerary.

Numerous social events had been arranged throughout the week. Which helped to form bonds and network with others in the field and unwind from the days learning or encourage conversations and debate.

Lunch and tea breaks gave you the opportunity to explore the different stalls/stands and chat to representatives about their product and pick up different ideas on how to better utilise their products and the new develops /products that are available. We were also able to arrange departmental visits for representative to share these with the rest of the department who weren't able to attend.

My favourite however would have to be the workshops as they were highly interactive and hands on. It also gave you the opportunity to speak to different people and ask questions. Networking and learning from each other and often having a chance to put in to practise what you have learnt.

It was an intense five days of learning in which I can say I have learned a lot. I am looking forward to going through my notes and collaborating what I have learnt and implementing the changes to my current practise. I would like to take this opportunity to thank you for assisting me in attending this coarse and for all the time and effort that has gone in to making this all possible for us. It was a fantastic week and I have come back full of ideas and inspiration to enhance / research ideas and re-examine what we do.