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

**Jenna Nicola**

**BAHT level 2 Management of the Thumb**

**13th-15th May 2021**

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| **Introduction:** (100 words max; include details of who you are, why you applied for this bursary and your experience of the event)I am an occupational therapist who qualified in South Africa in 2013 and completed a number of rotations before moving to the U.K. I’ve always had an affinity for hand therapy but this grew while working in a large London unit with incredibly experienced therapist. Their guidance helped me grow before moving to a more senior role in a smaller unit. The opportunity for me to guide the unit, on the management of conditions I had little previous exposure to, arose. I applied for the bursary for the BAHT II Thumb course to improve my knowledge and confidence and share this with my unit. |
| **Topic:**(500 words +/- 10%; this will be uploaded onto the BAHT website and may be included in an e-bulletin. The topic of this report will be agreed in negation with the Director of Bursaries. The report should not contain any comments that are potentially damaging or libellous.)What I took away from my first trust was invaluable to my career, I soon found out I knew more than I thought although it was still daunting having my colleagues look to me for support/guidance when I still felt so junior, this prompted me to grow as a therapist doing more independent research and looking for courses to gain further knowledge and competencies. There were certain operative procedures and conditions in my new trust such as trapeziectomies, and Nugrip Pyrocarbon CMC implants which I wasn’t exposed to in my last trust. With our current protocols we were finding that the rehabilitation time was taking longer than what we and the patients were happy with. When the Level 2 thumb course was advertised, I felt this would be an amazing opportunity for our unit to gain further in-depth knowledge as to what needed to be adapted.I had already completed the BAHT level 1 course in 2017 and the BAHT level 2 Fractures course in February 2021 and knew how valuable the courses were to feeling confident in my assessment and treatment.On the 13th- the 15th May 2021 I had the opportunity to attend the BAHT level 2 Thumb course run by Sarah Mee, Elaine Juzi and Nicola Goldsmith. The course was run online due to COVID however it was interactive and conducted smoothly without any glitches. I was impressed as I still felt I was able to meet new people and interact with both the course instructors and new colleagues with ease. We were able to move into breakout rooms and had the time to discuss as if we were face to face. We also received a box filled with samples and goodies from the sponsors of the course which added to the excitement. The course went in depth into the anatomy of the hand and thumb and discussed the mechanics, deforming factors and what anatomy required strengthening to ensure the stability of the thumb.We discussed the assessment of the thumb including standardised assessments and provocative tests and how these could be used to assess for different conditions. Which can be hugely beneficial when you don’t have the consultants around or images to look at.We brainstormed treatment options from both a Physiotherapy and Occupational Therapy point of view, looking at exercises and functional tasks to progress the patient. I was able to take this knowledge back to my workplace and have since done in-service training for my colleagues. We are currently working with our off site consultants to develop a new pre and post operative protocol for our trapeziectomy and joint replacement patients, to improve their outcomes.I am so grateful for this opportunity to be awarded the BAHT level 2 bursary; the knowledge gained has been vital to my growth as a Hand Therapist Thank you! |