**Post-course report form**

**Name: Paula Reynolds**

**Bursary applied for: Educational Bursary**

**Title of course attended or Project details:**

**BSSH Instructional course: Fractures and Joint Injuries**

**Date: 7-8 Feb 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 an Advanced Clinical Practitioner within Hand Therapy and the Outpatient Orthopaedic Trauma service in a busy acute hospital trust.  I applied for this bursary to support attendance at the BSSH Instructional Course: Fractures and Joint Injuries in Manchester.  These courses are well run and very informative. They are aimed primarily at doctors working in or with an interest in hand surgery, however, they are very inclusive for hand therapists.  (Word count: 71 words) |
| **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%. |
| The BSSH Instructional Course series consists of six 2-day courses, run over a 3-year period. Courses are held in Manchester in Feb and June each year. The faculty come from orthopaedic and plastics centres across the UK and delegates from the UK and Europe. I previously attended their wrist course 12 years ago and found it very useful. I was hoping this course would further inform my practice working in fracture clinics alongside hand surgeons and help shape a potential therapist-led closed hand trauma clinic. Although the courses are aimed at doctors, there was good hand therapy representation, with around 15 hand therapists present.  The course program was divided into short lectures and small group sessions (tutorials) throughout both days. The lecture program consisted of anatomical ‘topics’, such as “Phalangeal Fractures”. The lectures were scheduled at 10 minutes each, breaking each topic down into ‘bite-size’ sections, each with a different speaker. This made the lectures engaging and stimulating. The majority of speakers were very easy to listen to, but even the less engaging speakers only had to be tolerated for 10 minutes! Each section was followed by a Q&A session with interesting points raised and discussed. Pleasingly, from and hand therapy perspective, most of the speakers advocated for conservative management of injuries where possible and for early hand therapy. None the less, where surgical management was discussed, it was interesting to see what and why fixation options were suggested.  The last sessions of the first day and the first sessions of the 2nd day were small group ‘tutorials. These were 40 minutes sessions lead by 1 or 2 faculty members. Some were case based discussions (paediatric injuries and PIPJs), some discussed management of hand injury issues in a little more depth (e.g. open fractures and managing hand stiffness) and there were 2 practical fixation sessions. There was good opportunity for discussion and knowledge sharing in these sessions, with hand therapists made to feel very welcome and included in those discussions.  In summary, this was a well-organised and stimulating course. I would recommend any of this series to interested hand therapists, with places available via the BAHT bursary scheme. I have included a link to the BSSH Instructional Courses below:  https://www.bssh.ac.uk/professionals/instructional\_courses\_overview.aspx#:~:text=BSSH%20Intructional%20Courses%20Overview,orthopaedic%20and%20plastic%20surgery%20backgrounds.  Word count: 548 |