

Comment [TL(1):

Clinical Placement – Hand Therapy with Burns and Plastics

Placement Name:	Hand Therapy with Burns and Plastics
Placement Address:	RPH OT department
Telephone Number:	01772 524439
Contact Name:	Debbie Keough
Placement Facilitator	Identified Hand Therapist
Type of Placement:	Hospital based acute hand service
Details of type of clients being dealt with:	<p>Hand trauma including tendon injuries, nerve injuries, fractures, dislocations, skin grafts/flaps, burns and soft tissue injuries.</p> <p>Elective hand conditions including Dupuytren's disease, OA, RA, wrist procedures, joint replacements.</p> <p>Scar Management</p> <p>Patients are male and female of any age including paediatrics.</p>
The type of experience which may be gained from this placement:	<p><i>Students will be based with the Hand Therapy Team, giving the opportunity to experience integrated therapy working.</i></p> <p><u>Location and Description of Service</u> The hand therapy service is based at Royal Preston and Chorley Hospital sites. Treatment is provided by occupational therapy (OT) and physiotherapy (PT) staff who have integrated skills in the management of hand conditions/trauma</p>

Out Patient Service

Treatment interventions include:-

- Hand Assessment using standardised assessment tools and techniques to evaluate improvement in joint range of movement, grip/pinch strength, oedema, and sensation
- Provision of static, dynamic and static progressive custom moulded and off-the-shelf splints following Trauma, Burns and plastics elective/trauma surgery e.g. tendon repair, grafts/ flaps, Orthopaedic elective/ trauma surgery.
- Management of conservative hand conditions
- Advice and education on pathologies and conditions
- Manual therapy techniques
- Customised exercise regimes and home exercise programmes
- Progression and support for patients return to normal function including recreational, sport and work activities
- Electrotherapies
- Pressure Therapy – for the management of scarring, and/or to reduce oedema.
- Dynamic lycra splinting.
- Scar management
- E-Link computerized Upper Limb exercise

Therapy staff also have skills in wound care and undergo ANTT training to enable them to carry out therapy led dressing clinics for post-operative plastics patients requiring wound review, fitting of splints and commencement of exercise regimes

	<p><u>In Patient Service</u> Therapy referrals may be made for the following:-</p> <ul style="list-style-type: none"> ▪ Functional Assessment including Activities of daily living and cognitive assessment. ▪ Pre-discharge assessment and home visits including identification of equipment needs ▪ Wheelchair and seating assessment ▪ Exercise regimes and manual therapy techniques ▪ Cognitive screening assessment ▪ Provision of splints (see above)
<p>Special Knowledge and information which would be useful to the student:</p>	<p>Hand anatomy including bones, extrinsic flexor and extensor tendons, and peripheral nerves of the upper limb. Structure of the skin. Wound healing process. Knowledge of commonly seen hand conditions (depending on level of placement) e.g. De Quervain's tenovaginitis, Carpal Tunnel Syndrome, Dupuytren's Disease. An understanding of the functional/social/emotional implications of long/short term hand dysfunction</p>
<p>Recommended reading:</p> <p>General hand anatomy through books, lecture notes, web sites e.g. www.wheelessonline.com www.anatomy.tv.com</p> <p>Look at orthotic suppliers catalogues e.g. Northcoast Medical, Promedics, Homecraft if available.</p> <p>Books on orthotics / splinting if available.</p>	

Clinical Skills List:

- Basic Moving and handling.
- Clinical reasoning.
- Reflective practice.
- Assessment skills (standardised and non-standardised).
- Functional observations.
- Activity analysis.
- Team work.
- Caseload management.
- Multi-disciplinary team (MDT) working.
- Effective communication.

Learning Opportunities Available:

- Opportunity to develop orthotic & splinting skills
- Opportunity to develop skills in the assessment and treatment of hand conditions.
- Opportunity to develop MDT working
- Development of time management
- Opportunity to work as part of a specialist hand team including consultants, nursing staff, OT's and physiotherapists.
- Opportunity to observe theatre sessions related to clinical placement.

Visits which can be arranged:

We are based within a large acute hospital foundation trust, with a variety of regional specialist services. We are also supported by a variety of specialist community services. Opportunity exists for visits as relevant.

Important to read:

- Induction file – available in department
- Trust policies relevant to placement including moving and handling, infection control, hand washing, health and safety and risk assessment, uniform policy.
- Fire procedure

Work Hours:

08:30 – 16:30 Monday to Friday

(students generally shadow their allocated therapist who may work flexibly by arrangement)

Opportunities also exist for Health Promotion and Patient Education.

Last updated:

December 2019