



IN HAND Newsletter

CANADIAN SOCIETY OF
HAND THERAPISTS

SOCIÉTÉ CANADIENNE DES
THÉRAPEUTES DE LA MAIN



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LETTER FROM THE EDITOR:

As incoming newsletter editor for CSHT , I welcome any comments/ suggestions for future newsletters. As you notice this newsletter mainly consists of introductory information as we are a new executive and just in the process of “getting out feet wet”. As we evolve there will be more hand therapy-type content.



Message From The President.....

Greetings from Atlantic Canada! I feel privileged and am honoured to accept the responsibility as leader of this wonderful organization for 2011-214. I would like to thank the outgoing executive as well as previous executives for their instrumental contributions to the CSHT. As the incoming President, I am committed to excellence. I am pleased and excited to be working with an ambitious team that holds high standards as Hand Therapists and hope that you - the membership - will benefit from our efforts. As you can see by our goals (in this newsletter and on our website), we have great expectations for our 3-year term. We want to hear from you and we plan to listen! Communication is a priority, as is education, relationships with our colleagues, and financial accountability. We want to stimulate and support innovation, progressive thinking, and evidenced-based practice – all in the name of enhancing our roles as clinicians, administrators, and researchers. I look forward to working with you over these next weeks and months to establish the direction of the CSHT for both the membership and our stakeholders. Any and all suggestions are welcome! Thank you once again for this opportunity!

Yours very truly,
Karen Landry OT
BScOT, MSc, CHT



In addition to the usual content, some other ideas we have are: member profile, tips and tricks, who’s published what, feature article etc. Please feel free to e-mail me with any comments.

Kelly Ross: newsletter@csht.org



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I. Introducing the new CSHT Executive for the 2011-2014 term:

President: Karen Landry



Karen Landry, CHT, is a graduate of Dalhousie University (BScOT'85 and MSc - Rehabilitation Research'10) and a licensed Occupational Therapist in Nova Scotia. She and her husband Mike have a private practice, Empower Physical Rehabilitation, where Karen offers hand and upper extremity rehabilitation. Karen is also a faculty member at the Dalhousie University School of Occupational Therapy, and a frequent guest lecturer in the School of Physiotherapy. Life-long learning is Karen's philosophy, whether it is for her clinical practice, her role as an educator, or, in raising her two teenaged children, Mallory, 16, and Daniel, 15! She is excited to take on the role of CSHT President and invites regular feedback and active participation from the membership.

Vice President: Heather Griffiths



Heather graduated with a Master of Science in Occupational Therapy from the University of Western Ontario in 2000. She has held a variety of inpatient and outpatient occupational therapy positions in Saskatchewan, New Brunswick and Nova Scotia before finally settling in Moncton, NB. She has worked full-time in Outpatient Hand Therapy at The Moncton Hospital since 2005 and achieved the Certified Hand Therapist designation in May 2010. Heather is a busy mother of 3 young children, is an avid runner and enjoys golfing and watching basketball in her free time.

Secretary: Amanda Higgins



For the past 8 years, Amanda Higgins has been working in the area of hand rehabilitation with the plastic surgery department at the Saint John Regional Hospital in Saint John, New Brunswick. Amanda attended Mount Allison University and graduated with a Bachelor of Science in Chemistry in 1999. She graduated with a Bachelor of Science in Occupational Therapy from Dalhousie University in 2002. Her top favourite five diagnoses to work with are: flexor tendon repairs, boutonnière deformities, sagittal band tears, mallet deformities, and de Quervain's tenosynovitis. Amanda enjoys spending time with her husband Shayne and their 19 month old daughter Ellie. On her own time, she participates in yoga, ballet dancing, and musical theatre.



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**Introducing the new CSHT Executive,
Continued.....**

Treasurer: Susan Kean



Susan (Sue) Kean graduated with a Bachelor of Physiotherapy degree from Dalhousie University in 1992. She has been working in the area of hand rehabilitation at the Saint John Regional Hospital since 1994 and became a certified hand therapist in 2002. Her top five diagnoses to treat include hand fractures, wrist injuries, nerve compressions, volar plate injuries and thumb CMC joint arthritis. In her spare time, Sue enjoys spending time with her husband Bill and their 2 children Sara and Gregory, running and practicing yoga.

Newsletter Editor: Kelly Ross



Kelly graduated from MacMaster University in 1996, with a Bachelor of Health Science in Occupational Therapy. She has held various positions in both Southern Ontario and Nova Scotia, including burns, plastics, orthopedics, and school care. She developed an interest in hand therapy while working in Oakville, Ontario in 2000 where she assisted in developing a sub-acute hand program. She moved back home to Nova Scotia with her family in 2004 and currently works in Kentville at Valley Regional Hospital where she specializes in hand therapy and chronic pain. She enjoys spending time with her husband and two boys, and feels very lucky to be able to live and work in the beautiful Annapolis Valley.

Happy Halloween and National Occupational therapy Month from the CSHT Executive





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2. Goals of CSHT (2011-2014): **Goals will also be on our website

COMMUNICATION & PROMOTION

CSHT executive will facilitate timely and consistent communication between and among members, and enhance the profile of CSHT within the hand therapy community and the general public.

1. Maintain an updated active membership list and membership profile.
2. Profile consenting members to use as a resource bank of information/experiences.
3. Maintain a high level of membership through recruitment and retention to CSHT.
4. Seek membership input regarding CSHT direction.
5. Publish an enhanced newsletter that will be emailed to members 3-4x/year
6. Re-activate the use of Regional Representatives.
7. Redesign and maintain the CSHT website that is efficient, informative, uses current technology, and is user friendly.
8. Explore other media outlets to expand current membership needs.
9. Develop and maintain a relationship between CSHT and: MANUS, ASHT, and Canadian Society of Plastic Surgeons.
10. Initiate and develop marketing materials for use by the membership.

EXECUTIVE ADMINISTRATIVE ORGANIZATION

CSHT executive will strive for efficient and formalized procedures within the organization.

1. Expand and update the responsibilities of the Executive and Regional Representative positions to reflect evolution of roles.
2. Create a smooth membership registration process utilizing and encouraging on-line transaction process.
3. Update registration application to ensure information requested meets the needs of CSHT and its membership.
4. Provide access and education to the membership related to the By-laws and CSHT procedures.
5. Establish processes to ensure the transfer of duties between the outgoing and incoming executive groups is efficient and transparent.

EDUCATION

CSHT executive will promote awareness for members to access high quality educational opportunities related to practice in hand and upper extremity rehabilitation.

1. Organize/assist with planning of an annual conference.
2. Seek feedback from membership about educational needs.
3. Facilitate access to hand and upper extremity educational opportunities for CSHT members.

FINANCIAL ACCOUNTABILITY

CSHT executive will demonstrate fiscal responsibility with well documented processes for financial operations.

1. Provide transparency in financial operations
2. Develop and maintain an annual budget.
3. Develop a plan for regular audit of finances.
4. Review membership fees annually.
5. Develop/update guidelines for reimbursement of executive expenditures.
6. Initiate and implement plan for financial investments



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We are currently updating our database of members and want to ensure we have the correct information. If you know of someone who did not receive this newsletter, please inform them that we might have an incorrect email address and send it to vicepresident@csht.org

3a. Regional Representatives:

PROVINCE	Region	Representative	Email
British Columbia	Victoria/Vancouver	Vacant	
	Kamloops	Sylvia Johnston	Jerry_johnson@telus.net
Alberta	Calgary	Desiree Kadelbach	desiree.kadelbach@albertahealthservices.ca
	Edmonton	Wendy Tilley	tilley@telusplanet.net
Saskatchewan	Saskatoon	Michelle Street	Michelle.Street@Saskatoonhealthregion.ca
Manitoba	Winnipeg	Carol Zimmerman	czimmerman@exchange.hsc.mb.ca
Ontario	Ottawa	Dominique Beelen	dbeelen@ottawahospital.on.ca
	London	Joey Pipicelli	Joey.Pipicelli@hotmail.com
	Toronto	Vacant	
Quebec	Montreal	Jean-Francois Oullet	ouelletjeanfrancois@hotmail.com
New Brunswick	Moncton	Marcia Campbell	MarciaCampbell@Horizonnb.ca
	Northern NB	Annie Robichaud	AnnieRobichaud@vitalitenb.ca
Nova Scotia, PEI	Halifax	Lisa Rand	lisarand@ns.sympatico.ca
Newfoundland & Labrador	Saint John's	Lori Collins	Lori.Collins@easternhealth.ca



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3b. Regional Rep. Updates:

Welcome to all the **Regional Representatives!** The Executive would like to say a BIG Thank You for your participation with CSHT. We would also like to invite members to fill some of the vacancies for Regional Representatives, especially Toronto, Vancouver and Victoria. We also do not have any representation in the Territories, so if anyone has any contacts in those areas, please invite them to join us! If you are interested in participating in this aspect of CSHT, please email one of the Executive members. Again, thanks for your involvement!

Nova Scotia, PEI (Lisa Rand):

In the spring of 2011, the plastic surgeons invited the occupational therapists and physiotherapists to present and discuss topics of interest on Hand Surgery and Management. The first session included the flexor tendon management using active movement protocols and trigger finger rehabilitation. The second session focused on conservative treatment of CMC joint arthritis and Post-operative therapy for the CMC joint.

The outpatient service at the Halifax Infirmary have recently seen a change in staffing, with Karen vonMaltzan's retirement and the addition of Steve MacDonald to the Service.

If you are interested in being part of a new regional Hand Therapy Interest Group in Nova Scotia and PEI connecting through teleconferencing, please contact Lisa Rand at lisarand@ns.sympatico.ca to link in and participate!

Quebec (Jean-Francois Ouelette):

The Montreal Hand interest group, organized by Mario De Almeida, should be held in late October 2011. An orthopaedic surgeon will be reviewing upper extremity radiological testing. In 2011, there were two more groups organized. First, Dr. Dominique Rouleau, an orthopaedic surgeon, gave a course on clinical evaluation of the elbow and we then had another presentation by Dr Chen Lee, a plastic surgeon, about hand and finger replantation.

We had a day course on October 3rd 2011 by occupational therapists and plastic surgeons working at the Centre Hospitalier Universitaire de Montréal presenting different therapeutic interventions done by O.T. working with hand injuries. This course was seen by many O.T.s all over the province as it was offered via videoconference.

On October 17-18th 2011, we will have Mr Claude Spicher, an O.T. from Switzerland, coming to Quebec City to present his first module on Sensory Reeducation. He will then give his second module in St-Hyacinthe on October 20-21-22nd 2011.



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3b. Regional Rep. Updates (Cont.):

Northern New Brunswick (Annie Robichaud):

I have always been passionate about hand therapy. I have been an OT for 10 years, specializing in hand therapy for 9 1/2 of those 10 years. I've been attending different hand therapy courses and conferences for a while now mainly to expand my knowledge and skills but also for the PR that comes with it, which is always pleasant, interesting and fulfilling. I'm glad to have discovered and to have become a member of CSHT. Before becoming a member, I, as many of my colleagues, was under the impression that you had to be a Certified Hand Therapist to be a member of this great association. Little did I know eh?!...

So recently, I put on my PR hat and talked to some of my colleagues, I'm pretty confident that membership will increase at CSHT, as some have shown interest in joining the association after my little sales pitch! Here in the northern part of our small but beautiful province of NB, there are very few opportunities to practice as a hand therapist on a full time basis. Some of us are lucky enough though, as I am one of the few. In total, we are approximately 8 Occupational Therapists who practice in this specialized field and most of us work in a Hospital setting.

So my contribution to this newsletter issue is to put our little region on the map in the hand therapy world in Canada. We strive on new knowledge and techniques and hope to continue to improve our expertise and services that we offer to our clients. We are also fortunate to have great plastic surgeons as well as orthopaedic surgeons who trust our work.

Since going to the CSHT Conference last April in Vancouver, my passion and interest for hand therapy has grown even more. As the CSHT regional rep for northern NB, I will do my best to keep my peers informed and on their toes about what's going on in the hand therapy world in Canada and to make sure we continue to improve our knowledge and expertise.

I wish to extend my congratulations to the new CSHT executive council and I look forward to the exciting hand therapy projects, conferences, etc. that might arise in the near future.

Southeast New Brunswick (Marcia Campbell):

Fall is here, and the leaves are turning in beautiful New Brunswick. It has been quite a summer for new and exciting happenings in the world of hand therapy! Of particular note, we are wishing Chantal Trembley good luck as she begins a new chapter in her career. Chantal Trembley has worked as an occupational therapist at the Dr. Georges Dumont Hospital in New Brunswick with a specialty in hand therapy for the past 25 years. Chantal has moved to Bathurst, NB and is now working at the Réseau de Santé Vitalité completing projects for the senior leadership team. Well done Chantal, we wish you all the best!

As a province we are currently looking into how best to streamline our hand therapy protocols and services so that a patient can expect the same service once they are transferred back to home hospital for continued care. We are hoping to develop a sub-committee under the umbrella of our provincial clinical practice committee to update these protocols and patient handouts. Stay tuned!

****Clinical gem** – for those of you still looking for Quickcast, we have had some success using a new product from Remington Medical called Orficast (*editor note: see Remington add on page 12), and also Cellocast Active from Sammons Preston.



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3b. Regional Rep. Updates (Cont.):

Ontario/London (Joey Pipicelli):

Many hand therapists in our region were busy this fall after a quiet summer. London was well represented at the **American Society of Hand Therapists Annual Meeting** which took place in Nashville, Tennessee on September 22-25. 7 Scientific Paper presentations were accepted from local therapists which included:

- **Derek Cheung**-Health and Rehabilitation Science Physical Therapy, Faculty of Health Science, the University of Western Ontario.
~The validity of sensory threshold measures and functional measures in patients with carpal tunnel syndrome.
- **Shrikant Chinchalkar**-Hand and Upper Limb Centre
~Videographic, fluoroscopic, and biomechanical analysis of swan neck deformity in two stage flexor tendon graft.
- **Ian Pereira**-Faculty of Medicine, The University of Western Ontario
~Biomechanical analysis of secondary swan neck deformity following IP joint flexion contracture of the thumb.
- **Joey Pipicelli**-Hand and Upper Limb Centre
~The clinical significance of the radiographic drop sign following elbow dislocation.
- **Joey Pipicelli**- Hand and Upper Limb Centre
~A closer look at the complications of Zone III flexor tendon repairs- an analytical cadaveric study.
- **Jayaprakash Raman**- Faculty of Health Sciences, The University of Western Ontario
~Effectiveness of different methods of strengthening exercises in lateral epicondylitis-a systematic review.
- **Joshua Vincent**- Faculty of Health Sciences, The University of Western Ontario
~Psychometric evaluation of self-reported pain and disability measures for elbow pathologies.

Furthermore, **Dr. Joy Macdermid** provided the *Keynote Address on the Challenges and Solutions in Demonstrating that Hand Therapists are Evidence-Based*. Also, Shrikant Chinchalkar and Joey Pipicelli conducted a Cornerstone session titled Brachial Plexus 101-Simplified.

➡ **What Educational Opportunities Do We Have To Share?** The Second Annual Hand and Upper Limb Symposium will take place November 18-19, 2011 at St. Joseph's Health Care in London, Ontario. Please refer to the **upcoming courses** section in this newsletter for more information.

➡ **Employment Opportunities:** Currently there are no vacancies within hand therapy for physiotherapists or occupational therapists within the London area.

Northern Alberta (Wendy Tilley):

Alberta has seen many changes over the past couple of years. Our health care structure has re-structured significantly which I sense (and certainly feel myself) has put us in a bit of a tizzy! We "are one" now, which means that management of our health care system is now universal across the province. This has resulted in changes in many areas so, for myself, my day is focused on keeping up with the changes. As such, our hand interest group has taken a back burner. One goal I would like to pursue in the coming months is to develop some kind of "list" of Alberta surgeons (who they are and where they practice) which would hopefully also give us an idea of where there might be programs that offer hand therapy in Alberta. This is usually a more significant issue in the summer as vacationers sustain injuries that require follow-up "back home". If we can gather this information then when you call and ask for a therapist who treats hand injuries in a town or city outside of one of our big centres then, hopefully, we can help you direct your referral in the most appropriate direction and offer a name of a follow-up surgeon. This list could also help us stay connected to these therapists so we may network with them to offer and receive the best educational exchanges. I would encourage any Alberta therapists reading this to initiate contact with me if you would like your facility to be included in this list.



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4. Upcoming Courses:

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Contact/Link</i>
Friday, October 21, 2011	4th Annual MacHAND Day of Evaluation and Management of the Upper Extremity	The Waterfront Banquet & Conference Centre Hamilton, Ontario, Canada	www.machand.ca
November 18th & 19th, 2011	Hand and Upper Limb Symposium Surgery and Rehabilitation of the Upper Limb	St. Joseph's Health Care, London, Ontario, Canada	HTTP://WWW.UWO.CA/ SURGERY/PLASTICS/ HULC/HULC%20HAND %20THERAPY/ UPCOMING.HTM
May 4th & 5th, 2012	The 5th Annual Canadian Society of Hand Therapists Conference	Toronto, Ontario, Canada	www.csht.org



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5. IFSHT Corner (Wendy Tilley):

We are proud to say that the Canadian Society of Hand Therapists is a member of the International Federation of Societies for Hand Therapy (IFSHT). In fact, Canada's own Lynne Feehan is currently the President of IFSHT. We want to thank Lynne for all her hard work and on-going commitment to hand therapy as well as all the other executive members of IFSHT. CSHT members are invited to visit the IFSHT website (www.ifsht.org). At this website you can learn more about IFSHT, its membership and read about the federations activities through the most recent but also past updates posted at the newsletter tab. Work is already underway for the 2013 Triennial Congress to be held in New Delhi India, March 4-8, 2013. Watch the website for any updates as they become available and make sure you visit the website just to familiarize yourself with the resources available there.

6. ASHT Conference update (Karen Landry):

The 34th ASHT was recently held in Nashville Tennessee, and Canadian Hand Therapists made a strong and memorable showing! 8 Scientific Papers, 4 instructional sessions, 7 poster presentations and the Keynote Speaker were all part of the Canadian contributions. In addition, two of the prestigious awards were given to two attendees: Saurabh Mehta (Evelyn Mackin Grant) and Helia Sillem (Journal of Hand Therapy Award). Congratulations to all for your impressive educative and scholarly pursuits! **See picture below of Canadians in Nashville September 2011 with ASHT President Jerry Coverdale.**





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7. Advertising/Rates:

Advertising Space: Corporate advertisements must be provided to the CSHT executive for approval (must be professionally and/or clinically relevant) prior to printing. Advertisements must be emailed and in "print ready" format. Cost for advertising: ¼ page: \$40.00, ½ page 75.00, full page \$120 per issue of publication. Cheques can be made payable to CSHT. CSHT members may advertise at a 20% reduction.



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