

# Texas Chapter - American Society of Hand Therapist

## November 2013 Newsletter: Hand Jive

### Letter From the President, Molly Hudson

by Editor on 13 Nov

Hello to all fellow therapist and hand enthusiasts! I hope this letter finds you all doing well. I just returned from Chicago where the ASHT 36 Annual Conference was held. It was a fantastic conference and Chicago is a beautiful city. In typical ASHT fashion the conference was educational, motivating, re-energizing and reuniting. I would like to share some high lights from the meeting.

Thursday started off with Review of Carpal Anatomy and Kinematics, Examination of the Wrist and Provocative Testing. The "promiscuous Lunate", which will go with who is ever still attached. For example, when there is a disruption in the SL Ligament the Lunate goes with the Triquetrum. Wrist proprioception role in wrist function (limb position and coordination) was reviewed. Proximal structure are more richly innervated than distal structures. A video was shown of a patient with DRF trying to spin 2 marbles in a cup in supination to promote proprioceptive awareness. Dart Throwers Motion (DTM- Extension and radial deviation to Flexion with ulnar deviation) is the plane of motion that occurs at the mid carpus with the radial side offering stabilization and the ulnar side with sensory feedback.

Opening of General Session was given by Joy MacDermid, titled "What was I thinking". She discussed how she became involved in research and called for us all to get involved in research.

Friday morning kicked off with Evidence for Practice: Scientific Papers. Texas' own Marisol Monasterio who presented Conservative Wound Care treatment of Fingertip Amputations Injuries With and Without Bone Exposure. She also had 2 Poster Presentation: 1) Use of Bivalve Finger Fracture Splint in the Treatment of a Comminuted Fracture and Dorsal Dislocation and 2) Dynamic Hinged Splint Following a Surgical Reattachment of a Distal Triceps Tendon Avulsion. All were very well received and we are very proud of her contributions and representation of our Texas State Chapter. Please see her article for details.



(Pictured above are Marisol Monasterio presenting and Kathleen Longsworth, Dr. Steve Viegas and Marisol Monasterio in front of their two poster presentations)

Paul Lastayo PhD, PT, CHT gave a fantastic Natalie Barr Lecture and encouraged "clinical research... We all do it". He incited, "Observation is the seed of all innovation".

ASHT Business Meeting and Hand Therapy Hot Spots: What keeps you up at night? Texas therapist that participated on the Awards Committee were Dorit Aaron and Helen Konduris. Several speakers gave outstanding talks which challenged therapist to look beyond. Sue Michlovitz spoke about Setting the Stage with IBM- Integrity Based Medicine. Dr. Richard Berger talk was titled The Shadow Knows. He illuminated the fact that the chief complaint is not always the problem and we need to look at the human factor; challenge what you see and advocate for the patient. I loved how Sue Blackmore compared therapy to The Wizard of Oz and we are to help our patients find their hearts, courage and strength for the journey home. In Rebecca Van der Hyde talk, Illuminating the Shadows, she touched on the importance of building trust in your patients. Trust is instilling confidence that you are competent. Trust is like an eraser- "it gets smaller with each mistake". Dr. Scott Kozin had trouble titling his talk and after a few ideas like "The One That Got Away", he settled on

"WTF". He highlighted the importance of looking at our mistakes with a honest humble eyes and learn from these experiences.

Maureen Hardy, ASHT incoming President gave a beautiful homage to Judy Bell Krotoski who passed away October 20, 2013. (Please see earlier blog for details). Maureen spoke of Judy's contribution to the field of hand therapy and work with Dr. Paul Brand. She stated, "We are better because of you".

IFSHT was held in India and was considered wildly successful. Evelyn Mackin was honored for her works with "Reflections of Legends". The motto for India was "Joining hands to mold the future". I would like to recognize our own Peggy Bouineau who was the Treasurer for the IFSHT conference.

The State Chapter meeting was well attended by our members and other Texas therapist. We discussed the relationship between ASHT and state chapters and how we can support each other.

Dr. Jon Kolkin gave the key note address titled "Seeking Balance in our Lives, Improving Patient Care". In the beginning we were not stamped "hand therapist". There are things that make us who we are. We all have interest, values and things that drive us. If those things are suppressed; it will lead to frustration. There are real and perceived reasons for settling for the status quo. For example, lack of control or there is comfort in the unknown. The key is tapping into the areas that drive us. Ask yourself, "If I am not for myself, then who will be for me? If I am only for myself, then what am I?" and then "If not now, then when?". He spoke of strategies to achieve balance and ways to create an environment for constructive thoughts. Develop a pattern of meditation, stay on track, pause before each patient and ask "why am I here?", active listening and integrative medicine were a few of the strategies.

Other breakout sessions included topics such as; Fracture University: A Review of Adult Fractures- Distal Humerus to Distal Phalanx; Nuances of Flexor Tendon Treatment (Why we should treat by zones); The Dreaded Droop: Extensor Lag or Adherence: Mechanics, Causes, Prevention and Treatment and What About the Other tendons? Let's talk About Tendon Repairs and Rehabilitation of the Elbow, Wrist and Thumb.

Sundays started with concurrent instructional courses. Aviva Wolff demonstrated treatment options for Patient Centered Approach to Management of Systemic Sclerosis, a Model for Management of Chronic Hand Conditions. General Session followed reviewing Legislative Updates from ASHT/AOTA/APTA panel discussion. The final concurrent course was a great presentation by Joey Pipicelli and Shirkant Chinchalkar on the Management of PIP Joint Fractures and Dislocations. Pipicelli spoke on soft tissue components and Chinchalkar presented the bony management portion. They did a fantastic job unwrapping this complex injury in 2 hours.

As usual I walk away from the ASHT Annual Meeting with a sense of renewal and conviction for greater involvement in research for EBP. I want to put a call out to our chapter for getting involved with more research. Our chapter is dedicated to further supporting research for hand therapy that will promote our profession and our ability to care for our patients. We have annual fund established in order to do this. If you have any projects in the works or wanting to implement one, please contact the board for more information.

Another area that the Texas State Chapter is dedicated to is sponsoring community outreach programs. There were several organizations present that have opportunities for hand therapist doing community outreach. As Dr Kolkin asked us to think about ... "If I am only for myself, then what am I?" We have the opportunity to share our experiences with others, expand knowledge, develop relationships and help others in need locally and internationally. The Texas chapter puts aside annual funds to help sponsor a member who is involved in outreach.

I hope that this letter finds you all well and look forward to seeing you all at our annual educational Conference March 22-23, 2014! Until then, enjoy the ride or a Chicago Dog!

