



# Delhi Hand Therapy workshop

9<sup>th</sup> – 10<sup>th</sup> March 2013

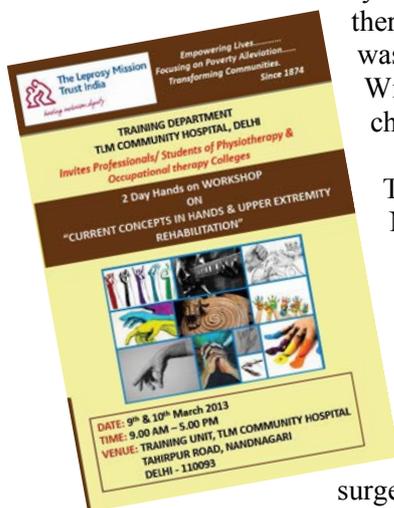
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Wim Brandsma, who has lived in India for several years, had the opportunity to visit India and has been in contact with Mr Satish Paul and Mr Suresh Mani, who is one of the founding members of Indian Hand Therapy Society and MSc in hand therapy. Both are therapists involved in the leprosy work and interested in hand therapy and were asked to explore if a training / workshop with Hands Across Borders therapists would be worthwhile. They were interested and gave us lots of topics they felt was relevant for the Indian therapist. It was decided to have a two day Hands on Workshop with both lectures from HAB and India.

Three therapist from the Netherlands, Wim Brandsma, Ellen de Boer and Ton Schreuders attended the IFSHT congress in Delhi and were willing to stay for the weekend after the congress to be involved in the training. It was decided to have the congress for the Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> of March. Mr Satish and Mr Suresh also attended the IFSHT congress and during the congress the program was finalized (picture right).



Several weeks before a flyer has been prepared and was send to a number of interested therapists in India. The Indian Hand Therapy association (IHTA) was informed about the congress for the 9<sup>th</sup> and 10<sup>th</sup> of March. Wim Brandsma has been in touch with Mr. Hermant who is the chairman of the Indian Hand Therapy association.



The host was the TLM Community Hospital in Delhi, called Nand Nagri. The congress was attended by almost 30 therapist from different places in India. Several are involved in the care of leprosy patients. Lunch and facilities were excellent and the organization was professionally done and quite a lot of effort was put in by Mr. Satish Paul. All speakers perceived flowers before their lectures and got presents after. The director of the oldest Hospital in Delhi; St Vincent's Hospital also attended besides one of the

surgeons. Stay for us and transport to and from meeting venue and airport were all paid for by the organisers

On the first day Wim Brandsma and Ton Schreuders started with a session on Hand Biomechanics. Two presentations were done by Indian therapists, one by Mrs. Vidushi Sharma who was from the Spinal Cord



Rehabilitation Center and talked about The Tetraplegic Hand in SCI. The second presentation was given by Mr. Suresh presenting: biomechanics of hand deformities. Ellen de Boer presented a talk on Hand Burns. Nerve injuries and nerve function assessment was also presented by Wim and Ton.



The second day Mr. Mrinmoy Karmakar (picture) gave an enthusiastic and excellent presentation about theory of splinting. Ton talked about extensor tendon injuries and mirror therapy and in the afternoon was a workshop which Ellen led. The local therapists had bought splinting material especially for the workshop. The workshop went very well and was well prepared by Ellen who had made posters and put them on the wall. (picture)



For most of the therapists this workshop was their first experience with splinting.

It was clear that the level of education is high and most therapists are eager to learn more and are cooperative in sharing knowledge and experiences.

The day was closed with presenting the certificates and a quiz where the best won a price. With a lot of laughs and fun the

day was closed with special words of appreciation said.

Finally everybody was asked to fill in an evaluation form (see hereafter) HAB was thanked and asked if such workshop could be organized in the future. Wim will continue to be in touch with the organisers and will meet with the chairperson of IHTA on his next visit to Mumbai and discuss possible future 'events'

#### FEEDBACK:

Score between 1 to 5

	1	2	3	4	5
<b>Presentation method</b>			1	10	7
<b>Use of AV aids</b>			1	7	12
<b>Practical sessions</b>			1	8	7
<b>Food</b>	1	2	3	8	5
<b>Accommodation (st. Stephens community)</b>		2	4	1	3
<b>Impact of this workshop in your knowledge in hand therapy</b>			2	11	5
<b>Total Participants</b>	1	4	12	45	39

#### Topics suggested by participants for future workshop

1. Podiatry -3

2. Muscle Testing-2
3. Knee joint rehabilitation-2
4. Mirror therapy-6
5. Hand rehabilitation-1
6. Taping-2
7. Current rehabilitation in leprosy-3
8. Splinting-2
9. Burn rehabilitation-2
10. Cardiovascular training-2
11. Type of neuropathies and rehabilitation-2
12. Spinal Cord Injuries-3
13. Ankle joint biomechanics-1
14. Tendon repair -3
15. Stroke, CP-6

**Few Suggestions:**

- The principles could have been applied to more patients with Neurological Deficits
- Food – Increase the variety (Workshop)
- More practical application of biomechanics in treating patients
- To make it more participatory
- Accommodation more near to the venue
- Handouts in the form of CD's
- Hot water facility in the rooms/ Food to be improved in St. Stephens Community
- Change the accommodation place

