



Fingerprints

September 2024



HAND THERAPY NEW ZEALAND
Ringaromi Aotearoa

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Editors' Note

Kia ora colleagues,

This is the third edition for 2024. In this issue we are showing you a splint to improve pronation/supination! Thanks to Adam White for sharing the information 😊

If you have any material that you would like to share on Fingerprints, please send us an email at fingerprints@handtherapy.org.nz

Nico

Pronation/supination splint

By Adam White

We have used colourfit, orfit eco, or polyflex to make the round hollow splint. We mould the thermoplastic around a swimming pool noodle with some foam and stockinette around it to stop the thermoplastic sticking to it. We have some pre-made tubes to use in the clinic. We vary the size depending on the size of the patient's hand. Then we make a handle moulded by the patient's hand by gripping, and heat gun the ends and stick it inside the circular interior.

We have used it for patients post fractures around the wrist, CRPS, cerebral palsy patients post tendon transfer, anyone with severely limited supination/pronation, and wrist flexion/extension. It makes it easier to do passive, active assisted and active movements.





Research study on CRPS

Adults needed for a research study

We are looking for people who have been diagnosed with Complex Regional Pain Syndrome affecting their upper limb

About the study:

Our research team has developed a new Virtual Reality based programme that will let users change what their affected limb looks in VR, like making it bigger or smaller or changing its colour or transparency.

We would like to find out if this new VR technology is usable and acceptable for people with Complex Regional Pain Syndrome affecting their upper limb. We would also like to see if people feel more connected to their limb and if it improves pain.

What would be involved:

There are three parts to this study: Initial assessment (week 1), 4xVR sessions (weeks 2-3), Follow-up (week 5).

In this study, you will be involved in four laboratory-based sessions using a VR headset and a custom-designed software over a 2-week period.

You will be required to complete questionnaires and assessments in week 1 and week 5 of the study and before and after each VR session. We will also complete an interview to explore your views on your experience of using the new VR technology.

The whole study will take around six hours of your time across five weeks.

We will provide you with a \$50 petrol voucher for each session you have to travel to, to help defray the cost of transport.

If you are interested in taking part or finding out more about the study, please call or email:

Debbie Bean

Debbie.bean@aut.ac.nz

09 921 9999 ext 7157

Approved by the Health and Disability Ethics Committee of New Zealand on 8 May 2024, HDEC Reference number 2024 EXP 19544.

Educational opportunities

Below are a series of resources for educational purposes that the HTNZ Education committee and us have identified in the last period. You can also keep an eye out for updates on the [HTNZ blog page](#).

Online Journals

Hand Therapy New Zealand offers access to several fantastic journals. If you haven't already done so, head over the [Journal page](#) and try accessing any of the resources available (e.g. Journal of Hand Therapy). If you do not have a log in, contact admin@handtherapy.org.nz to receive a unique login code. The benefit of having access to these journals is that if you find an article on [HandyEvidence](#) that you like or you just want to search for information in the journals, you can often access the full text.

IFSSH-IFSHT 2025

The triennial congress is back! This is a combined hand therapist and surgeons conference and it is packed with research presentations on a wide variety of topics. It will take place in Washington D.C. (USA) in March 2025. Have a look at the [conference website](#) for more info!

HandyEvidence

Nico's website reviews and assesses three clinically relevant scientific articles on Hand Therapy every week. In addition, it contains a database of over 650 previous synopses searchable by topic and level of evidence. It has been sponsored by HTNZ for 2024 for all New Zealand Hand Therapists.

Consent for clients' information and images



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Consent form – use of clinical case information and images

I, (*patient's name:* _____) consent to the use of information and images including photographs or videos from my hand therapy assessment and treatment to be used for (*mark agreement by clicking on box or print and tick*)

- Educating clinicians relevant to hand therapy
- Educating clinical students
- Service audit
- Publication in professional or scientific journal

I understand that the information and images will not have my name attached to them and will not obviously identify me in any way.

Patient Details:

Name: _____ Tel: _____

Email: _____

Signed: _____ Date: Click or tap to enter a date.

Clinician Details:

Name: _____ Tel: _____

Email: _____

Organisation: _____

Hand Therapy New Zealand membership Full Associate Membership No. _____

Signed: _____ Date: Click or tap to enter a date.

You can download the original document on [HTNZ webpage](#).