



**CAOT · ACE**

Canadian Association of Occupational Therapists  
Association canadienne des ergothérapeutes

## **Easy Choice: Practice Bundle**

### **Arthritis and Hand Therapy**

**This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:**

#### **Evaluating current trends and building capacity for occupation-based interventions in the hand therapy setting**

*Erin Phillips, Beth Ekelman, Kelsey Traetow, Effie Tounas, and Meghan Waack on November 5, 2019*

Occupational therapy is actively responding to the current political climate of healthcare reform with the reaffirmation of professional roots in occupation. Therapists are advocating for the power of occupation as evidence-based practice, yet in many settings occupation is still underutilized due to barriers.

This webinar will discuss current trends in hand therapy practice and the barriers that limit the use of occupation-based interventions in this setting. In addition, presenters will provide action steps for implementation of occupation-based interventions in daily work in order to promote the distinct value of occupational therapy.

After taking part in this webinar, participants will be able to:

1. Identify the barriers to implementation of occupation-based interventions in the hand therapy setting.
2. Understand options presented for overcoming barriers and examine opportunities to build capacity for integration into daily services.
3. Develop an action plan for implementation of occupation-based interventions into their own hand therapy practice.

#### **The evolution of splinting: Non traditional splint design**

*Presented by Heather Tizzard on May 15, 2018*

Historical review confirms that over the centuries, splints have been, without interruption, an important element in the treatment of bone and soft tissue pathology (Fess, 2002). This webinar will briefly outline the historical evolution of splint use from Hippocrates time until today. Although the reasons to incorporate splinting into the treatment of upper extremity injuries has remained relatively consistent over the last 65 years, contemporary therapists are combining orthopedic and neurology research that adds depth and efficiency to these most common uses of splint application. Case studies will be used to illustrate several emerging trends in splint design and methodology to treat common upper extremity pathologies.

After watching this webinar, you will be able to:

1. Appreciate the consistent use of splints throughout history and how occupational therapists have become key players in the continued evolution of splint practice.
2. Identify new trends in splinting including: active, minimal immobilization and 3D printing.
3. Apply knowledge of new splinting trends to practical examples through the use of case studies.

## **Arthritis: Products and life hacks to tackle stigma**

*Presented by Ela Neugu & Lizzie Rabby on May 1, 2018*

A wide range of products are available to support people with arthritis in their daily occupations – but which ones are the “best”? The team compiled a peer led database collecting relevant products (both everyday items and specialist items) and tips, with a particular focus on daily mobility difficulties. This webinar will explore the development and the products included in this database. Examples will be provided to participants to be able to share with clients in their practice.

After watching this webinar, you will be able to:

1. Identify everyday products that have been identified as useful by people with arthritis.
2. Effectively communicate information about everyday products using terminology that people with arthritis understand.
3. Better understand people with arthritis’s perception of stigmatizing aids.

## **Chronic conditions on-the-job: Inflammatory/autoimmune disorders**

*Presented by Karen Joudrey on March 27, 2018*

Most people over 40 have at least one chronic condition, and our Canadian workforce is aging. Addressing the impact of inflammatory, autoimmune diseases such as Rheumatoid Arthritis; Crohn’s disease; ulcerative colitis; psoriasis; psoriatic arthritis; and ankylosing spondylitis is a workplace priority (second only to addressing the impact of mental health conditions at work). Occupational therapy theory provides a framework to identify facilitators and remove barriers to mitigate disability. Review of the occupational therapy literature reveals that appropriate chronic disease self-management practices increases our clients’ occupational participation and performance. Regardless of your area of practice, how can OTs partner with our clients living with these conditions to support self-management and enable occupation? Can compassionate and innovative occupational therapy intervention respect economic imperatives of the workplace? Can these two interests be win-win?

After watching this webinar, you will be able to:

1. Understand the impact of inflammatory, autoimmune conditions on the workplace.
2. Consider application of self-management strategies and principles in the context of work.

## **Pathomechanics of wrist and hand deformities in rheumatoid arthritis**

*Presented by Shrikant J. Chinchalkar on March 25, 2014*

The hand of a client with rheumatoid arthritis (RA) presents many challenges to clinicians. As the disease progresses, certain mechanical changes occur at various joints leading to sequential collapse of the joints. This collapse has a debilitating effect on the ligamentous complex, subsequently producing changes at the tendinous and articular structures. These changes are commonly named "Zig-zag deformities in rheumatoid arthritis". The common pathological situations seen in the hands of clients with RA include: carpal collapse, ulnar drift of the metacarpophalangeal (MCP) joints, subluxation of the MCP joints, boutonnière and swan neck deformities, as well as ruptures of the tendons. Occupational therapists treating this population are greatly challenged in protecting the joints and conserving energy while maintaining optimal function of the hand and enabling the client's participation in their activities.

After watching this webinar, you will:

1. Understand the relationship between the wrist and the hand.
2. Understand pathological changes occurring at the wrist, MCP and IP joints in clients with rheumatoid arthritis.
3. Sequentially assess the deformities and plan a treatment program to enable occupation for clients with surgical and non-surgical rheumatoid arthritis conditions.

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