

## CAHPR South West

### Small Grants Scheme 2024

**Alex Christiansen**



#### **Which conference/study day did you attend?**

I was lucky enough to be asked to present my poster at the Association of Chartered Physiotherapists in Neurology (ACPIN) International Conference in May 2024.

Following completion of my dissertation for the MSc at UWE, I submitted my poster abstract entitled "The Factors Influencing Delivery of Constraint-Induced Movement Therapy for Upper Limb Recovery in Stroke: A Systematic Literature Review".

#### **What were the benefits of attending?**

As someone who is looking to progress my career, I need to evidence work across all 4 pillars of practice. Research is often one of the pillars that is more difficult to evidence, particularly for someone who is predominantly clinical. Being able to showcase the hard work that I'd put into the dissertation was extremely rewarding on a personal level. Perhaps more important than that was the great feedback that I got from other attendees of the conference. This meant that my research and learning was being disseminated to other physiotherapists with similar interests to mine. Obviously, an additional benefit to attending the conference was the learning from the presentations. Submitting a poster presentation was a great way of supporting my study leave application to attend the conference, expand the impact of my dissertation work and further my own knowledge by learning from the conference.

#### **What did you learn and how will you use that learning?**

My main learning from the process is that submitting a poster is a very time effective way to demonstrate working within the research pillar of practice. Although it was nerve-racking presenting the poster, it was well worth the effort to be proud of the work that I'd done. Following on from this learning, I have been able to support my clinical team and we have since had several more posters for quality improvement

projects accepted at other national conferences. This is great to share my own experience with my colleagues to encourage them to shout about the great work they do!

## **Cat Rolls**

### **Which conference/study day did you attend?**

Thank you to CAHPR for awarding me a grant that helped to fund my attendance to the British Association of Hand Therapists (BAHT) annual conference. This is the only conference for our clinical speciality in the UK and is always an excellent opportunity to hear about both clinical developments but also what research work is currently being undertaken nationwide. I am a member of the Clinical Evidence Committee (CEC) for BAHT which is a voluntary position but requires that I help co-ordinate the abstract and free paper sessions at conference. Grants such as this make attending the conference in person possible.

### **What were the benefits of attending?**

This year I was asked to speak about a research project I have recently undertaken which was a UK survey of practice on the use of Patient Reported Outcome Measures with patients who have had a distal radius fracture. This research was funded by BAHT and speaking about the findings of the survey was an excellent opportunity to disseminate what we learned about the barriers and facilitators to PROM use within this clinical speciality. This year there were several research presentations about the use of PROMs with upper limb conditions both in the UK and abroad. It was a great opportunity to network with other academics with similar research interests.

### **What did you learn and how will you use that learning?**

I am currently undertaking a PhD and as such am largely working in an academic setting and only doing one clinical session a week. This conference provided the opportunity to stay on top of my clinical development. Of most value was the shared learning during workshops on managing complex soft tissue injuries of the wrist. I will be taking the exercises and concepts covered back into my clinical practice.

## **Rachael Brandreth**

### **What were your reflections and learning from the conference?**

International Allied Health conference 2024 1<sup>st</sup>-5<sup>th</sup> November, Singapore.

An out of this world experience is what comes to mind as I reflect on attending the international allied health conference earlier this month. 1200+ delegates from 9 different countries gathered in Singapore's Expo centre with a full programme including focusses on leadership, education, and population health and primary care. I was invited as a VIP alongside Carrie Biddle, as we are the co-founders of AHPs Day which is now celebrated around the world on 14<sup>th</sup> October each year. I presented on the topic of aligning AHP practice to meet the population health strategies of England and ran a 4-hour workshop on co-developing and delivering national policy. Our elevated VIP status meant that we got to be with global AHP leaders and learn about what it is to work at that level, the commonalities and differences that allied health professionals encounter and to start to consider how we can work together for the benefit of AHPs globally.

My learning/ reflections:

- The definition of which professions make up allied health differs across countries, extending to 70 professions in Canada! Complicating this further with differences in professional scopes across countries for example in the UK a physiotherapist may specialise in respiratory, whereas in Canada physios do not work in respiratory at all, this would be a respiratory scientists.
- Digitalisation and AI has an important role in future health and care delivery, and we need to know how best to use it rather than shying away. Remembering that nonsense in = nonsense out, so to make the most of it we need to be using high quality data / information and sense checking any outputs.
- It's not the 'what' but the 'why' and the 'so what' that is key. Becoming more literate in health economics can help us communicate impact and value better.

- Allied health leadership is growing but not universal nor on the agenda in some countries where strong uni-professional presence is at the forefront. There is a lot of commonality in the challenges and opportunities we face. Lets not do it in isolation.
- 'Change happens at the speed of trust' and relationships are key to this. There is an incredible amount of talent and innovation within our workforces and we need to take the time to share, learn and adapt for the true impact to be felt for our communities.

For interest IAHC24 programme: <https://iahc2024.com/programme-overview/>