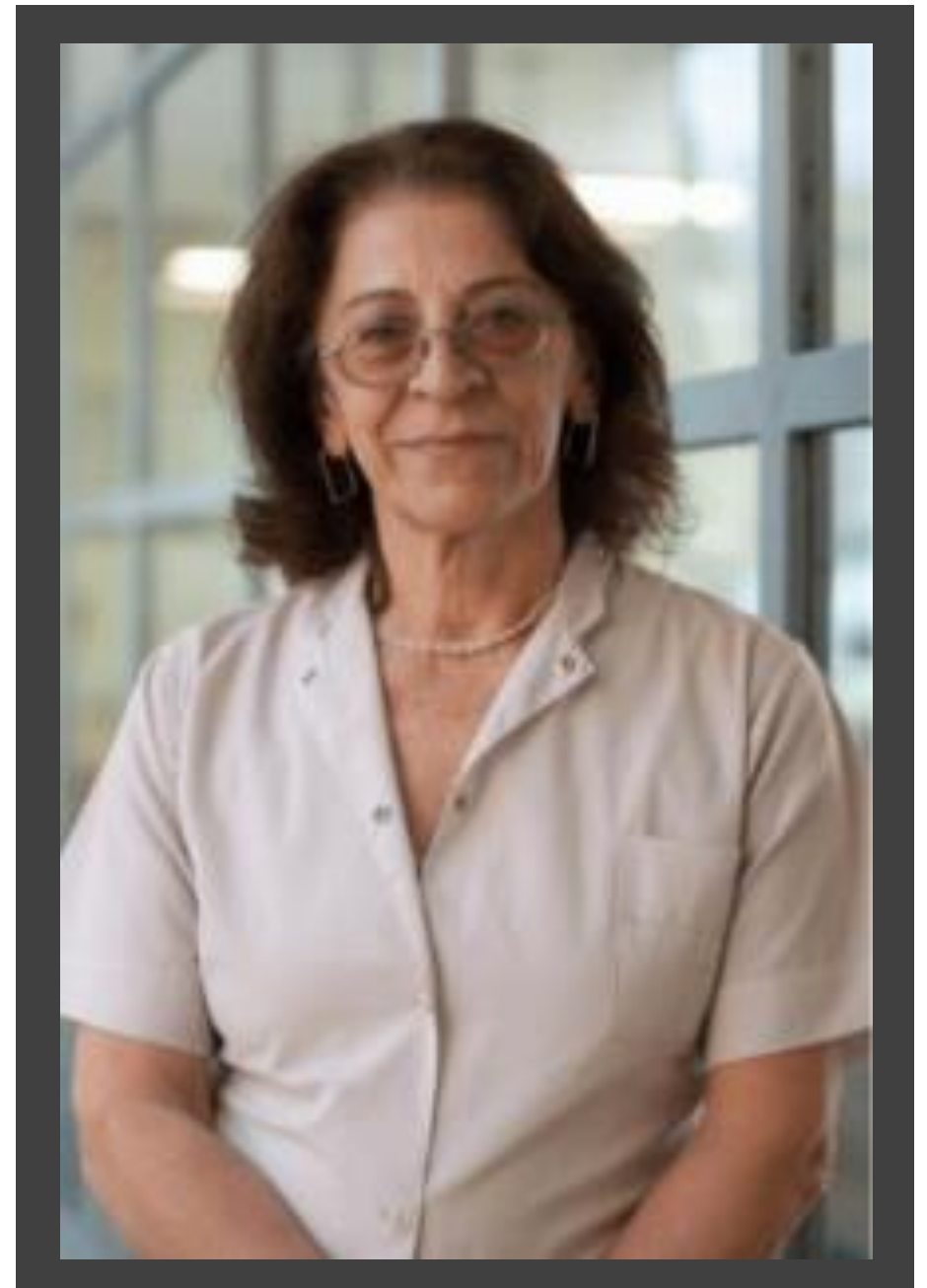




International Federation of  
Societies for Hand Therapy

Cristina Alegri Award 2019



This award is given to an Occupational Therapist or Physical Therapist who has made an innovative contribution to the practice of hand therapy



The innovation is a creative and unique, tangible or intangible and involve the development or use of methods, materials, systems, technologies or services that are new and enhance the practice of hand therapy

# Evaluation Process

- International ad hoc committee from around the world
- Blinded assessment
- Scored according to:
  - Originality of the innovation
  - Impact of the innovation
  - Practicality of its application

## Members of the committee:

- Daniel Harte, N Ireland
- Mia Erickson, USA
- Ma Wai Ling, Hong Kong
- Vera Beckmann-Fries, Switzerland
- Rosemary Prosser, Australia
- Valeria Elui, Brazil,
- Kecia Adenso, Denmark
- Veronique van der Zypen, Switzerland

# Nominations:



Nominee	Innovation: Development of...	Nominating person
<b>Carmel Bain, Australia</b>	“Rehab Minder” exercise app for hand therapists	Melita Ryan
<b>Judith Bell-Krotoski, USA</b>	Semmes-Weinstein monofilaments for sensibility testing	Elaine Ewing-Fess
<b>Sarah Bradley, UK</b>	Non-invasive traction splint for intra-articular PIPJ fractures	Corinna Rogers
<b>Joy MacDermid, Canada</b>	Multiple patient rated scales for the wrist, wrist/hand, elbow and ulnar nerve	Ursula Wendling
<b>Eugenia Papadopoulos, USA</b>	Low-cost functional upper body, transhumeral, prosthesis	Julia Doty
<b>Jeffrey Sanderson, Australia</b>	Mobilisation orthosis from dynamic forearm rotation	Elizabeth Witherow
<b>Claude Spicher, Switzerland</b>	Somatosensory rehabilitation of neuropathic pain	Ursula Wendling
<b>Cynthia Srikesavan, UK</b>	Twelve week programme for strengthening and stretching of RA hands	Eda Tonga

# Carmel Bain, Australia



- Development of first hand and upper limb exercise iOS app “Rehab Minder” in 2013
- Exercises presented with GIF images, text and reminders to increase patient adherence.
- Partnered with TrackActive physiotherapy web-based software in 2017
- This allows therapist to further edit, add content and measure outcomes.
- The patient can access on iOS, Android, email or print so barriers to adherence are reduced.

*rehab***minder**

# Judith Bell-Krotoski, USA



- Took concept of Semmes-Weinstein monofilaments (SWM) into her clinical area
- Aimed to better understand effects of disability, tissue remodelling and sensibility loss
- Published the first study, with Tomancik, on the “Repeatability of the Semmes-Weinstein monofilaments”
- Provided international validity of SWM for objectively measuring sensibility
- Judy’s contribution included the ability to quantify sensory loss by using a more reliable testing instrument to detect sensory loss in skin patches and in areas innervated by peripheral nerves much earlier



# Sarah Bradley, UK



- Development of the only non-invasive traction splint for intra-articular PIPJ fractures. The Poole Finger Traction Splint
- Allows active assisted and passive movements immediately post fracture
- Launched 2015 and 10 hand centres in the UK now trained to use it
- Evaluation of 56 patients completed for MSc



Cost saving: ORIF £1,785 K-wire/plate £2,819 PFTS £87.33 including therapy sessions



# Joy MacDermid, Canada



- Development of the Patient Rated Wrist Evaluation (PRWE) 1996/1998 aimed at patients with distal radius fractures
- Patient Rated Wrist & Hand Evaluation (PRWHE) 2004
- Translated to many languages
- Used in over 250 international studies

**Development of a Scale for Patient Rating of Wrist Pain and Disability**

Joy C. MacDermid, BScPT, MSc  
 Codirector, Hand and Upper Limb Centre Clinical Research Laboratory,  
 St. Joseph's Health Centre,  
 London, Ontario

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**PATIENT RATED WRIST EVALUATION**

The questions below will help us understand how much difficulty you have had with your wrist in the past week. You will be describing your average wrist symptoms over the past week, on a scale of 0-10. Please provide an answer for ALL questions. If you did not perform an activity, please ESTIMATE the pain or difficulty you would expect. If you have never performed the activity, you may leave it blank.

1. PAIN													
Rate the average amount of pain in your wrist over the past week by circling the number that best describes your pain on a scale from 0-10. A zero (0) means that you did not have any pain and a ten (10) means that you had the worst pain you have ever experienced or that you could not do the activity because of pain.													
RATE YOUR PAIN: Sample Scale →	0 1 2 3 4 5 6 7 8 9 10 No Pain Word Ever												
At rest	0 1 2 3 4 5 6 7 8 9 10												
When doing a task with a repeated wrist movement	0 1 2 3 4 5 6 7 8 9 10												
When lifting a heavy object	0 1 2 3 4 5 6 7 8 9 10												
When it is at its worst	0 1 2 3 4 5 6 7 8 9 10												
How often do you have pain?	0 1 2 3 4 5 6 7 8 9 10 Never Always												
2. FUNCTION													
A. SPECIFIC ACTIVITIES													
Rate the amount of difficulty you experienced performing each of the items listed below - over the past week, by circling the number that describes your difficulty on a scale of 0-10. By "usual activities", we mean the activities you performed before you started having a problem with your wrist. A zero (0) means that you did not experience any difficulty and a ten (10) means it was so difficult you were unable to do any of your usual activities.													
Sample scale →	0 1 2 3 4 5 6 7 8 9 10 No Difficulty Unable To Do												
Turn a door knob using my affected hand	0 1 2 3 4 5 6 7 8 9 10												
Cut meat using a knife in my affected hand	0 1 2 3 4 5 6 7 8 9 10												
Fasten buttons on my shirt	0 1 2 3 4 5 6 7 8 9 10												
Use my affected hand to push up from a chair	0 1 2 3 4 5 6 7 8 9 10												
Carry a 10lb object in my affected hand	0 1 2 3 4 5 6 7 8 9 10												
Use bathroom tissue with my affected hand	0 1 2 3 4 5 6 7 8 9 10	B. USUAL ACTIVITIES		Rate the amount of difficulty you experienced performing your usual activities in each of the areas listed below, over the past week, by circling the number that best describes your difficulty on a scale of 0-10. By "usual activities", we mean the activities you performed before you started having a problem with your wrist. A zero (0) means that you did not experience any difficulty and a ten (10) means it was so difficult you were unable to do any of your usual activities.		Personal care activities (dressing, washing)	0 1 2 3 4 5 6 7 8 9 10	Household work (cleaning, maintenance)	0 1 2 3 4 5 6 7 8 9 10	Work (your job or usual everyday work)	0 1 2 3 4 5 6 7 8 9 10	Recreational activities	0 1 2 3 4 5 6 7 8 9 10
B. USUAL ACTIVITIES													
Rate the amount of difficulty you experienced performing your usual activities in each of the areas listed below, over the past week, by circling the number that best describes your difficulty on a scale of 0-10. By "usual activities", we mean the activities you performed before you started having a problem with your wrist. A zero (0) means that you did not experience any difficulty and a ten (10) means it was so difficult you were unable to do any of your usual activities.													
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Recreational activities	0 1 2 3 4 5 6 7 8 9 10												

© JC MacDermid



# Eugenia Papadopoulou, USA



- Low cost customised fabrication of a temporary upper body prosthesis for patients with transhumeral amputation allowing functional use of extremity
- Maintains bilaterality and motor cortex organisation especially if implemented early after trauma (30-60 days)
- Fabricated from acrylic casting, aluminium tubing, photography clamps and thermoplastic materials



# Jeffrey Sanderson & Brodwen McBain, Australia



- The **Pronosupinator** is a dynamic mobilisation orthosis (stretching splint) for forearm rotation
  - Stretches forearm at end of range supination or pronation
  - Wearers can move out of stretch position for brief function
  - Lightweight & low profile
  - Allows free elbow flexion/extension and hand use
  - Launched 2018
- [www.upperlimbco.com](http://www.upperlimbco.com) for videos





Claude J Spicher  
Switzerland

# Neuropathic pain management through Somatosensory Rehabilitation of Pain Method (SRPM):

- An evidence-based practice method - level 2b
- A community of practice from 40 different countries ( $n = 1253$ )

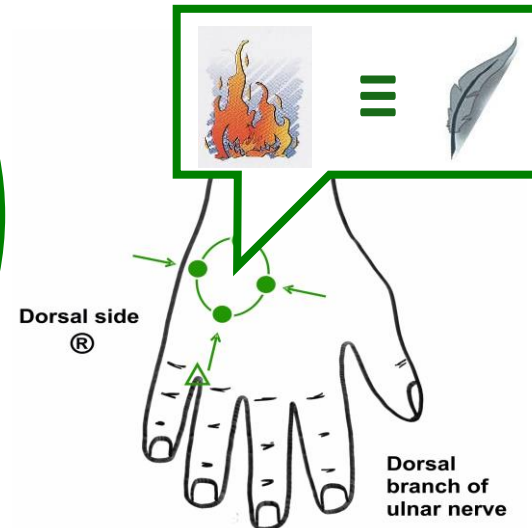


## HYPOaesthetic paradoxical neuropathic pain

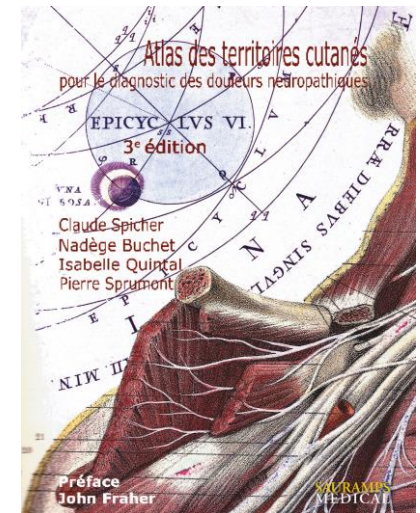
SRPM aims to **minimize** all direct contact to the painful area and to **invert** the mechanisms of spinal and cortical sensitisation

From adaptative neuroplasticity to practice

The localisation of burning pain sensation corresponds to the hypoaesthetic territory assessed by **aesthesiography**



Packham et al. (2018)  
*J Hand Ther* 31(1)



Prospective study of 2519 patients  
**2698 aesthesiographies**



# Cynthia Srikesavan, UK

On behalf of SARAH implementation team, University of Oxford



- SARAH: Strengthening And Stretching for Rheumatoid Arthritis of the Hand  
A 12-week progressive and tailored hand exercise programme
- iSARAH: Online training for therapists on SARAH programme  
4 short modules, Self-assessment, Resource library, Training certificate <https://isarrah.octru.ox.ac.uk>
- mySARAH: Self-directed online SARAH programme for people with rheumatoid arthritis

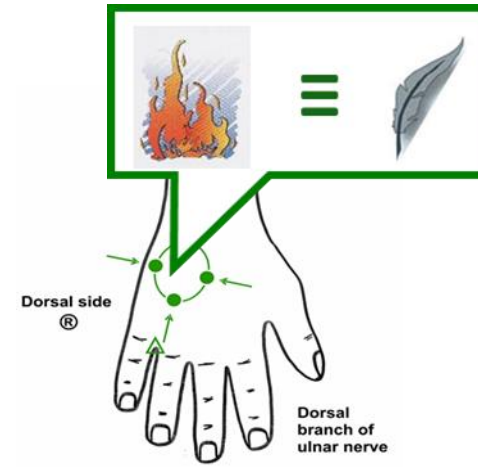
A Web-Based Training Resource for Therapists to Deliver an Evidence-Based Exercise Program for Rheumatoid Arthritis of the Hand (iSARAH): Design, Development, and Usability Testing

Cynthia Swamalatha Srikesavan<sup>1</sup>, PhD; Esther Williamson<sup>1</sup>, PhD; Lucy Eldridge<sup>2</sup>, BA (Hons); Peter Heine<sup>1</sup>, BHSc; Jo Adams<sup>3</sup>, MSc, PhD; Tim Cranston<sup>2</sup>, BSc (Hons); Sarah E Lamb<sup>1</sup>, DPhil

An Online Hand Exercise Intervention for Adults With Rheumatoid Arthritis (mySARAH): Design, Development, and Usability Testing

Cynthia Srikesavan<sup>1\*</sup>, PhD; Esther Williamson<sup>1\*</sup>, PhD; Tim Cranston<sup>2</sup>, BSc (Hon); John Hunter<sup>1</sup>, BSc (PT); Jo Adams<sup>3</sup>, PhD; Sarah E Lamb<sup>1</sup>, DPhil

...and the winner is



### Development of a Scale for Patient Rating of Wrist Pain and Disability

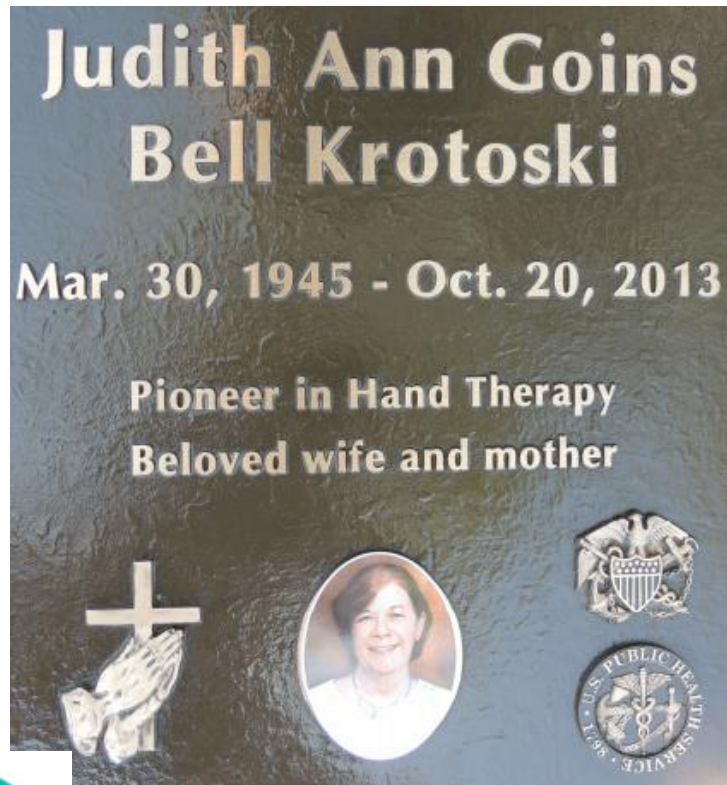
Joy C. MacDermid, BScPT, MSc  
Codirector, Hand and Upper Limb Centre Clinical  
Research Laboratory,  
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**rehab**minder



Winner of the Cristina Alegri Award  
2019

Judith Bell-Krotoski

30 March 1945 - 20 October 2013