

IFSHT Mentoring Guidelines

The mentoring programme set up by IFSHT in 2020 matches with the IFSHT mission to provide global networking and educational opportunities to develop and enhance the practice of hand therapy. Each mentee country has been assigned one or two mentor countries. The matching was done by looking at the strengths of the Full Member countries offering mentoring and the Corresponding and Associate Member countries with aspirations to grow and develop.

We have kept the guidelines very open to allow for maximum flexibility and personalisation of the relationships but the following may help:

The relationship:

- This relationship is collaborative and respectful
- The aim is for the representatives of the Corresponding / Associate Member country to outline their short, medium and long-term goals in the **development of Hand Therapy** in their country and for the representatives of the Full Member country to help with the achievement of these goals
- The development may include recruitment of members, development of an official society, developing a committee structure, establishing a level of education and annual meeting for hand therapy, use of social media, linking to professional bodies.
- This relationship is not about providing hand therapy education by the Full Member to the Corresponding/Associate Member
- There should be no costs involved in the provision or receipt of the mentoring. It is about time.

The commitment:

- There is no set time commitment on either side as the goals will be so diverse and the timescales for implementation so varied.
- It is suggested that the mentor and mentee find time at least once a quarter (every three months) to work together.
- IFSHT will be asking for brief biannual (twice a year) updates from each country

Fundamentals:

- Each country will make efforts to understand each other, for example, in terms of the culture, education and language
- The legal systems and requirements for development of hand therapy in each country varies enormously. For this reason, the mentor will need to understand the individual in-country challenges
- IFSHT endorses equal access to hand therapy specialisation from both an occupational therapy and a physiotherapy background. Both mentor and mentee will recognise that representation may differ between their countries

IFSHT would like to thank all the participating countries in advance. This is an amazing opportunity for development of hand therapy around the world and how each country representative can make such a huge difference.

Please feel welcome to contact the IFSHT executive at any time via secretarygeneral@ifsht.org

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