



## CHAIRMAN'S WELCOME



**Greg Pitts, MS, OTR/L, CHT**  
Chairman,  
American Hand Therapy Foundation

**Hello All,**

I hope everyone has had a great summer, and is ready for a new Fall. First, thank you Donors and Sponsors! You make funding of upper extremity research possible!

In 2018, there will be \$17,000 available to support research and education directly from AHTF fundraising efforts. Fundraising by the Tri-alliance accumulated to \$31,500. Thus, in total, \$48,500 will be available in 2018 to fund projects to enrich and benefit the practice of hand therapy. Participate, Apply! Read more in the section on grants.

The AHTF has been reorganized to meet the changing needs of our profession as a result of our first annual retreat in Houston, Texas, in May this year. Karen Peterson, past Executive Director of the ASHT, expertly facilitated the retreat. The primary focus was to improve the organizational working structure of the foundation to allow the AHTF to grow and better serve the profession of hand therapy.

The Annual ASHT Conference offers our main face-to-face time to build relationships and raise awareness of the Foundation. I hope to see you at the Annual ASHT meeting in Anaheim, CA: in the exhibit hall at the *Silent Auction* on Thursday night October 12, and at the *"AHTF Happy Hour with a Scholar"* Friday night October 13, and at our *booth in the exhibit hall!* Read further for news about events, grants and much more!

In closing, I want to encourage your support to the AHTF with a donation to advance hand therapy research and education. Donations can be made by visiting: [www.ahtf.org](http://www.ahtf.org).

AHTF is an all volunteer organization 501(c)(3) public charity

**Participate!**

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**AMERICAN  
HAND THERAPY  
FOUNDATION**  
[www.ahtf.org](http://www.ahtf.org)

### MISSION:

The mission of the American Hand Therapy Foundation (AHTF) is to fund clinical and scientific research and education in order to advance the practice of hand therapy and quality of patient care throughout the world.

### VISION:

Our vision is for all evaluation and treatment methods in hand therapy to have well-documented, evidence based outcomes in the literature.



## The new organizational structure of the American Hand Therapy Foundation

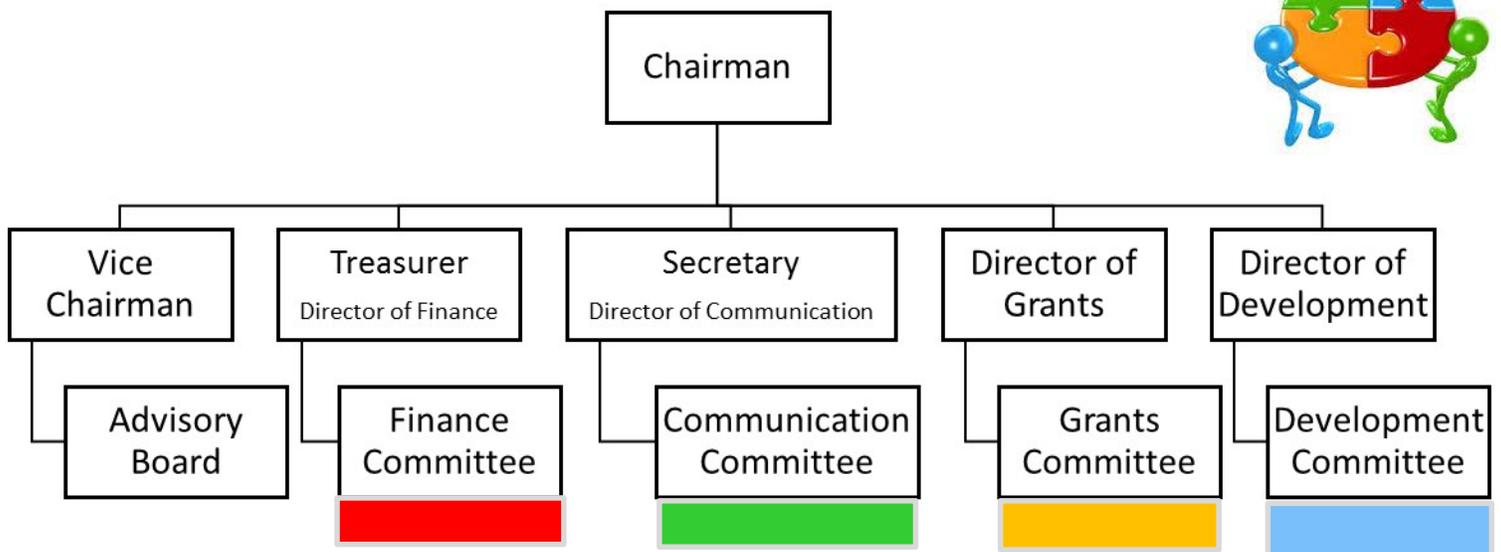
Changing times require changes in approach and organization. The primary focus was to improve the organizational working structure to allow the AHTF to grow and better serve the profession of hand therapy.

The focus of the reorganization was to broaden the scope of activities and to improve efficiency of all board activities and improve communication between all committees.

The Chair, Greg Pitts, MS, OTR/L, CHT, oversees all foundation activities. The Vice-Chair James King, MA, OTR, CHT is leading the infrastructure organization such as bylaws and new board member nominations.

Members of the BOD structured the Foundation into four working committees:

- ☺ **Finance Committee: Chair**, Elaine Fess, **Vice-Chair**, Gary Solomon
- ☺ **Communications Committee: Chair**, Katie Yancosek, **Vice-Chair**, April Cowan
- ☺ **Grants Committee: Mia Erickson, Immediate past Chair**, Caroline W. Jansen
- ☺ **Development Committee: Chair**, Dorit H Aaron, **Vice-Chair: TBA**



# UPCOMING FUN FUNDRAISING EVENTS



**AHTF fundraising activities are organized by the fundraising committee, including board members and volunteers. The goal of the committee is to increase funds available to support research and education benefitting Hand Therapy!**

## WITH YOUR HELP, WE CAN DO IT!

**October 12, 2017: Silent Auction Exhibit Hall, Time 7:15 – 9:15 PM** – As is tradition it will take place during the Thursday evening exhibitors reception at the **ASHT Annual Meeting**. The auction will be streamlined to include about 30 items all of which will have an educational value. We will resume our “paper and pencil” traditional competitive bidding. After two hours of bidding the winners will be announced. Payments for auction items may be cash, check, or electronic means. Donations at the auction or at the booth will be welcome also.

**October 13, 2017: 6:30- 7:30 PM Happy Hour with a Scholar** – We are pleased to announce our “Happy Hour with a Scholar” event that will take place Friday as an end of the day social during the **ASHT Annual Meeting**. Roy Meals, MD will be our guest speaker. The title of his presentation is: “Are there still Giants out There?” For details and location, see [www.ahtf.org](http://www.ahtf.org). Joins us for reflection, relaxation and networking!

**Fall 2017: Appeal Letter** – AHTF will send electronic appeal letters once yearly to encourage therapists and physicians as well as all interested parties and ALL their friends to support the foundation. This is a wonderful opportunity to honor and remember special people in our practice and in our lives.

**Spring 2018: Virtual Run** – We have had a successful 2nd annual virtual run. We will host our 3<sup>rd</sup> virtual run in the Spring during Hand Therapy week.



**Just Arrived: Hand Therapy Products STORE** – We have launched, an on-line product store! Support AHTF by purchasing therapy supplies through NCM store on our website at: [www.ahtf.org](http://www.ahtf.org).

**Check the ASHT annual meeting schedule and the AHTF website for updates!**  
[www.ahtf.org](http://www.ahtf.org) .

## SILENT AUCTION

The foundation is still collecting items for the auction. Desirable auction items include rare books, professional memberships, certificates for continuing education courses, instructional videos, and/or any items that have the potential to increase hand therapy knowledge and appreciation.

**If you or your company would like to contribute to this worthwhile event, please contact:**  
**Greg Pitts, Chairman at (859) 509 5383 or [pittshand@gmail.com](mailto:pittshand@gmail.com)**  
**or April Cowan at [accowan@utmb.edu](mailto:accowan@utmb.edu).**



## NEWS FROM THE DIRECTOR OF GRANTS MIA ERICKSON, PT, PhD, CHT, ATC



### Grants available in 2018!

See grant descriptions for eligibility criteria at [www.ahtf.org](http://www.ahtf.org). ASHT membership is required of at least one researcher in an applicant team to be eligible for funding.

#### AHTF funded grants: Deadline February 28, 2018

- 1) **Up to \$5,000:** Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation,
- 2) **Up to \$9,000:** Judy Bell Krotoski Grab the Evidence Grant for Fundamental Research and Evidence-Based Studies,
- 3) **Up to \$3,000:** Evelyn Mackin Grant for Education by a Traveling Hand Therapist.
- 4) A new grant is under development: In honor of Jan Albrecht, her family has donated funds to the AHTF with the request to support those seeking education in hand Therapy.

#### Tri-Alliance funded grants: Deadline March 1, 2018

- **Up to \$30,000:** Founder's Grant for Research in Hand Therapy.
- **Up to \$ 1,500:** Mary Kasch Hand Therapy Certification Scholarship.

**Please, look at the [www.ahtf.org](http://www.ahtf.org) website for the latest updates as changes in the funding amounts and application forms may occur.**

**For inquiries:** Contact Mia Erickson at [grantsahtf@gmail.com](mailto:grantsahtf@gmail.com).

Mary Kasch Hand Therapy Certification Scholarship

<https://www.htcc.org/mary-kasch-hand-therapy-certification-scholarship>



### Call for Volunteers:

The American Hand Therapy Foundation Director of Grants is currently seeking volunteers to serve on the Grants Committee.

The primary duties include overseeing the grant application forms and procedures; serving as and identifying proposal reviewers; working collaboratively with others to select award recipients; and assisting in reviewing status reports from award recipients. Duties also include 2-3 conference calls per year and possibly a face-to-face meeting at the ASHT Annual Meeting.

Eligibility requirements include licensure as a physical or occupational therapist, membership in the ASHT, and prior experience with publishing in peer-reviewed journals, performing grant-funded research, or serving as a grant proposal or journal article reviewer. The position requires a 2-year commitment.

Please send an email describing your interest and experience as well as a copy of your CV to Mia Erickson, Director of Grants for the AHTF at [grantsahtf@gmail.com](mailto:grantsahtf@gmail.com).



## NEWS FROM THE DIRECTOR OF GRANTS MIA ERICKSON, PT, PhD, CHT, ATC



### 2017 Awarded Grants:

Applications to the AHTF grants were received for the Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation, and the Tri-Alliance Founder's Grant for Research in Hand Therapy, but unfortunately not for the Judy Bell Krotoski Grab the Evidence Grant for Fundamental Research and Evidence-Based Studies, or the Evelyn Mackin Grant for Education by a Traveling Hand Therapist.

**Participate Apply Inquire  
Investigate Educate**

#### **Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation: 2017 Awardees**

##### **First place recipient:**

**Title: The Impact of Shoulder Pathology in Individuals with a Distal Radius Fracture.**

The Principal Investigator is Sarah Wilson, MS, OTR/L, CHT, CLT, Co-Investigators: Richard Barth MD, David Moss MD, Madeline Fetzko OTR/L. The project is clinical project, a collaboration between the Nova Southeastern University, Fort Lauderdale, FL and Washington Orthopedics and Sports Medicine, Washington DC. Funding was provided for the Qualitative research portion of the grant application. *Sarah says: "Receiving this grant is an acknowledgement that my peers feel that my research is relevant and innovative to the hand therapy community. I am honored to receive this award and excited to share my findings at the ASHT conference in 2018."*



##### **Second place recipient:**

**Title: Determinants of positive functional outcomes at 16 weeks after flexor tendon repair at a tertiary hospital in South Africa. A descriptive, analytical study.**

Principal Investigator: Amy Menegaldo, BSc, OT, Livingstone Tertiary Hospital, Port Elizabeth, South Africa, and supervisor Helen Buchanan, PhD, OT, University of Cape Town, South Africa. Funding was provided for the translation of the Disabilities of the Arm, Shoulder and Hand portion of the project. *Amy says that she is honored to have received the award. It is the first native African language that has been added to the list of DASH translations. The translation will help further research and improve treatment of isiXhosa speaking persons in South Africa. (Amy is portrayed in the middle picture, Helen below it!)*





## RESEARCH IN PROGRESS



### **William Burkhalter Young Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation. 2015 Recipient**

**Kim McVeigh MBA, OTR/L, CHT, Stephanie Kannas OTR/L, CHT, CLT-LANA, Cindy Ivy OTD, OTR/L, CHT, MEd**

Our project, “The Efficacy of Dynamic Stabilization of the First CMC: A Prospective Randomized Study”, began enrolling patients in June of 2016. We have enrolled 51 patients across 3 sites located in Arizona, Minnesota and Florida over the past 12 months. We anticipate a total of 120 subjects by the end of enrollment, so we are a little over 1/3rd of the way through enrollment. We are extremely excited about this project and have noticed (anecdotally of course) improvement in both legs of the study. We are curious and anxious to learn the results of dynamic stabilization as we continue to enroll patients. This has been a phenomenal learning opportunity in the area of advancing the science and effectiveness of hand therapy.



From L to R:  
Stephanie Kannas,  
Kimberly McVeigh  
and Cindy Ivy



### **ASHT Founders Grant: 2014 Recipient**

#### **Effects of Mind-Body Interventions on Stress, Anxiety, and Pain in Hand Therapy Patients.**

**Shawn C. Roll, PhD, OTR/L, RMSKS, FAOTA, David Black, PhD, Janice D. Rocker, MS, OTR/L, CHT, Aimee Aguillon, OTR/L, CHT.**

Since completing our grant, we have presented the data in 9 different professional presentations, including two presentations at last year’s ASHT conference. As we prepared our manuscript, we found that our qualitative data were more extensive and rich than originally anticipated. As such, we had to put our manuscript submission on hold until we could give those data fuller consideration. We are now finalizing that iterative process and have determined that the scope of the data require two separate manuscripts – which we are in final stages of preparing for submission.

As a feasibility trial, these data provided insight into the use of mind-body techniques in hand therapy. The most interesting findings were that, when provided at the start of a hand therapy session, mind-body techniques can lead to a rapid decrease in a client’s anxiety. Furthermore, as compared to standard care alone, we noted a trend toward greater overall decreases in stress and anxiety across the entire hand therapy session when mind-body techniques were used. These data provide proof of concept that mind-body techniques have potential utility for hand therapists as preparatory activities. In addition, participants provided valuable input on how we might further develop these interventions for use in hand therapy.

Given the positive results from this feasibility study, we have been actively seeking funding to further develop and pilot test the full integration of mind-body techniques into the plan of care for hand therapy clients. We remain optimistic and passionate about this work and are using all previous reviewer feedback to develop multiple additional applications for funding. We are ever grateful to AHTF and ASHT for providing resources to obtain preliminary evidence and initiate this work!

## EDUCATION: A LASTING COLLABORATION



### The Sweet Fruits of AHTF Education by a Traveling Hand Therapist: A Visit to the Nepal Cleft & Burn Center.

Caroline W. Jansen, PT, PhD, CHT, Mohan Krishna Dangol, Hand Physiotherapist,, Rajani Sharma-Abbott, OT, CHT.

It is not often that a board member of the American Hand Therapy Foundation can visit to see the fruits of funding in a face-to-face visit. Still, this is exactly what happened when I visited Nepal for my niece's wedding, almost two years after the completion of the educational travel by Rajani!

Rajani received the Evelyn Mackin Grant for Education by a Traveling Hand Therapist in 2015. The aim of the funding was to equip, educate and train therapy staff at the Kirtipur Cleft and Burn Hospital in Kathmandu, Nepal on safe use of physical agent modalities with hand and burn therapy patients and to learn from each other, gaining pearls of developing/delivering continuing education/training course in underserved areas of the world. The funding provided the center with an 8 stem Hydrocollator, Cold Pack machine, Ultrasound machine, Electrical Stimulation, and 2 TENS units. All other needed materials and travel were provided by the hospital and Rajani took care of her own travel expenses.

The Nepal Cleft & Burn Center is an unique 501(c)3 Non-Profit Charitable Organization headquartered in Salt Lake City, Utah, USA, organized by a group of US-based Tibetan rug importers to give back to the wonderful people of Nepal. (<http://www.nepalcleftandburncenter.org>)

Mohan writes: "Well, we are quite busy using the equipment. Patients flow and new referral cases are abundant. We now have an orthopaedic surgeon in our hospital. Thank you for your kind support. I would like to thank Rajani also, because of her funding and education we got the much-needed help."

Rajani writes: "I have worked with Mohan since 2011 and it has been nice to see the progress in the clinic. I facilitated Mohan to receive a scholarship to attend the Philadelphia Hand Center Annual Meeting (March 2017), where, as his "ambassador", I introduced Mohan for his presentation about his work in Nepal. I enjoyed hosting him in my clinic and at different clinics in in Maryland, including The Curtis Hand Center and John's Hopkins Burn Center. When I went for a follow-up visit to their clinic last year, they were using all the modalities with patients appropriately. They charge a very low fee for using modalities to help offset the cost of maintenance of the units, but it is up to the patient's discretion and financial abilities. I thought this was a great idea.

I have learned that if you want to really help local therapists to succeed, long term investment in terms of time and effort is necessary. My motto is to ask clinicians "how can I help to provide better care for your patients?" I have been going to Ghana since last year and starting to invest my time and effort at a hospital to establish a hand clinic, and the experience in Nepal has really been useful."



Thank you, Mohan Dangol, Hand Physiotherapist, and Nhashala Manandhar, MPT, for your warm welcome you gave my family and myself to the Kirtipur Cleft and Burn Hospital in Kathmandu, Nepal!

## ***Saying Goodbye and Moving on to serve!***



### **LTC Sarah Goldman, Ph.D., OTR/L, CHT**

AHTF wants to thank LTC Sarah Goldman, Ph.D., OTR/L, CHT for her for 5 years of service to the Foundation's Board of Directors, most but not all for her serving as editor of the AHTF Newsletter! Sarah is an active-duty U.S. Army occupational therapist who has recently moved to Vicenza, Italy, to take Command of "Public Health Activity - Italy."

**She still wishes us well from a distance!**

## ***Moving to the Advisory Board!***



### **Peter C. Amadio, MD**

Dr. Peter Amadio, esteemed hand surgeon from the Mayo Clinic in Rochester, MN has served the Board of Directors of AHTF since 2011. He graciously accepted his new role in the Advisory Board.



### **Karen H. P. Lauckhardt, PT, CHT**

Karen Lauckhardt, one of the Founders of the ASHT, has contributed to the AHTF since its inception in 1989. She moved into her new role as an Advisory Board member in 2016 to expand on her travels and ballroom dancing. She continues to support the Foundation, always being just one click away!

**We will be able to reap the benefits of their wisdom for years to come.**

## ***New Board members:***

### **Michael J. Epstein, MD, Emeritus Professor.**



We are honored to welcome Dr. Epstein in our midst. Dr. Epstein has been a hand surgeon since 1971. He completed his orthopaedic training in the Hospital for Joint Diseases and Medical Center, New York, NY and his hand surgery training the United Kingdom, and in Sweden. He has served the United States Navy Reserve from 1965 to 1998. Dr. Epstein has published with teams including hand therapists as co-authors. He comes with national and international recognition.

Dr. Epstein says: "I have great admiration and respect for my hand therapy colleagues. After all, it is your efforts that make our work as surgeons reach the maximal goal of restoration of function. I eagerly look forward to my service as a member of the Board. With my experience as a clinical hand surgeon, an educator, in medical staff leadership and prior service as a member of the Board of the American Foundation for Surgery of the Hand, I hope to contribute to Foundation activities in the areas of fund raising and evaluation of grant proposals."



**Barbara Winthrop, OTR, MA, CVE, CHT, FAOTA**, has been an AHTF supporter for many years and served on the AHTF Board in 2011 & 2012. She was the 2016 president of the ASHT and currently serves the ASHT as the Immediate Past President. Barbara is a partner in Aaron & Winthrop Hand Therapy Services, Inc in Houston, Texas, a private consulting hand therapy practice that includes hand therapy evaluation, clinic administration/ organization, education and ergonomics.

“I’m honored to return to the AHTF Board of Directors and look forward to working with board members, volunteers and hand therapy research supporters to increase hand therapy visibility and financial support for hand therapy research.”

### **Kim McVeigh MBA, OTR/L, CHT**



Kim McVeigh is the Director of Rehabilitation Services at Mayo Clinic in Florida and has specialized in hand therapy since 1999. Kim is an Assistant Professor in the Mayo Clinic College of Medicine. She received her bachelor’s degree in Occupational Therapy from The Ohio State University in 1996, her hand therapy certification in 2001, her Pilates certification in 2007, and her Master’s in Business Administration from New England College in 2013.

“I am honored to be a part of AHTF’s board. Why do I want to participate on this board? Simply to give back and to serve others. I was fortunate enough to be a recipient of the 2015 AHTF Burkhalter award, which allowed me the opportunity to initiate a prospective research project with a great team across the institution. I look forward to ensuring a successful future for hand therapy practitioners through advocacy and supporting hand therapy research during my tenure serving on the AHTF board.”





Volunteerism and volunteers are the back bone of the Foundation. In this issue, a celebration for Mary Anne Dykstra, OTR/L, CHT, the AHTF social media volunteer!

Mary Anne Dykstra, OTR/L, CHT has assisted the AHTF since 2016. Mary Anne’s volunteer activities consist of reviewing/editing outgoing emails/website information, posting pertinent and timely information on Facebook and LinkedIn.

Mary Anne’s career as a hand therapist began in 2000. She currently works as a hand therapist at ATI Physical Therapy in the Chicago area. She is the President of Chicago Metropolitan Hand Therapy Group, serves on the Annual Meeting Committee for ASHT, and is the proud mother of 3 children, 2 dogs and a pair of frogs. Mary Anne enjoys encouraging others to get involved through social media.

Mary Anne says: “The rise of social media has revolutionized the way we find out about events and gather information. Making sure topics are up to date and relevant is important. Motivating people to click on a link that will make a difference in our careers and for our patients is exciting! You can access the AHTF Facebook and Linked-In at [www.ahtf.org](http://www.ahtf.org).

“I am absolutely approachable and would love to hear of any additional recommendations or from people who want to get involved with the social media aspect.”

You can reach Mary Anne at [Maryanne.dykstra@atipt.com](mailto:Maryanne.dykstra@atipt.com) .



# BOARD OF DIRECTORS



The American Hand Therapy Foundation was founded in 1989. The Foundation currently has 12 members of the Board of Directors, and 6 esteemed Advisory Board members



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YOUR CONTRIBUTIONS AND SUPPORT.**

# BOARD OF DIRECTORS



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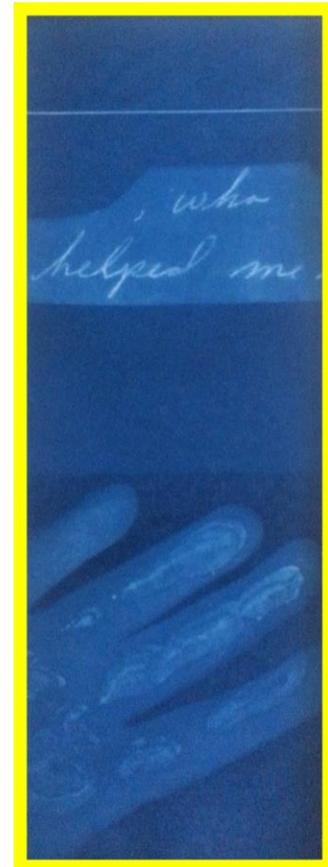
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- Bronze “Thumbs Up” Club \$100 – \$249
- Silver “Hand Shake” Circle \$250 – \$499
- Gold “High Five” League \$500 – 999
- Platinum Contributor \$1,000 – \$4,999
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I would like to contribute \$ ..... to the following designated area:

- ASHT Founder’s Grant
- Mary Kasch Hand Therapy Certification Scholarship

I would like to contribute \$ ..... in HONOR/MEMORY of:  
.....

Thank you for your kind contribution to the American Hand Therapy Foundation!  
AHTF is a 501(c)(3) not-for-profit organization.  
Please keep a copy of your canceled check for tax purposes.

**PLEASE MAIL YOUR CONTRIBUTION TO:  
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OR DONATE ON LINE: [WWW.AHTF.ORG](http://WWW.AHTF.ORG)**