September 2016

Research & Education Established in 1989

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AHTF NEWSLETTER

Knowing how to effect change is fundamental to success

Newsletter Editor: Sarah B. Goldman, PhD, OTR/L, CHT

CHAIRMAN'S UPDATE



Greg Pitts, MS, OTR/L, CHTChairman, American Hand Therapy Foundation

The American Hand Therapy Foundation (AHTF) has had a very exciting 2015-2016. A year of growth, collaboration and acknowledgment, AHTF remains the only professional organization with the sole mission for funding hand therapy research and education.

AHTF is an all volunteer organization 501(c)(3) public charity that has no "bricks and mortar" building expenses and no paid staff/employee expenses. This means that 97% of contributions are directed towards AHTF research and education projects.

In 2015, The Board of Directors made a decision to allow all committee chairs to augment their activities with subject matter experts to enhance task force production and quality. An excellent example of this decision is the grant application reorganization by our Grant Chair Caroline Jansen PT, Ph.D., CHT, who streamlined the review process.

The foundation recognizes the need to update our website in order to meet the challenges and expectations of the hand therapy community. The new site, to be completed in September 2016, will feature improved navigation, automate the grant application process, and allow direct links to our collaborating organizations. The foundation's new Collaboration Committee Chair, April Cowan, OTR, OTD, CHT, has done a fantastic job in improving the outreach efforts to promote quality research with clinical relevance.

Hand therapy week provided the opportunity to create a new and exciting fundraiser, the 5K Virtual Run, which raised over \$7,000 for the foundation. Over 100 donors participated in the 5K Virtual Run, which not only advances hand therapy research but also promotes health and physical fitness.

In 2017, the Founders Grant for Research in Hand Therapy, will increase by \$5,000 with additional ASHT support to enhance research quality and promote hand therapy practice. AHTF greatly appreciates the continued support of the Hand Therapy Certification Commission to the Founder's Grant. The Foundation will continue the annual tradition of the silent auction on September 15th at the 39th ASHT Annual Meeting in Washington DC. I highly encourage all to participate in this fun social event by donating or purchasing items with proceeds supporting AHTF's general grant fund. The Foundation is also proud to sponsor the second annual Breakfast with a Scholar on September 17th. Susan Blackmore will discuss future trends of hand therapy and their impact on our profession. Please visit **www.AHTF.org** for additional details and event registration.

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 ${\bf www.AHTF.org}$

AMERICAN
HAND THERAPY
FOUNDATION
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.

AHTF EVENTS AT THE 2016 AMERICAN SOCIETY OF HAND THERAPISTS ANNUAL CONFERENCE





September 15th – AHTF Silent Auction

The American Hand Therapy Foundation will conduct its annual silent auction on September 15th, 2015 from 7:15pm until 9:15pm in the Washington Marriott Wardman Park exhibit hall at the exhibit hall.

Please visit the Bidding Owl website www.biddingowl.com/AHTF to view auction items.

If you would like to donate an item

- Post your donated item to <u>www.biddingowl.com/AHTF</u>
- Use the following to log-on (case sensitive): E-mail: auctionAHTF@gmail.com Password: DonateItem
- Donation address for items shipped early (must be received by Friday, September 9th)

ASHT 39th Annual Meeting, AHTF Silent Auction c/o Vista Convention Services YRC Freight 7600 Preston Drive Landover, MD 20785

Hand carried auction items may be dropped off at a booth near the ASHT registration desk on Thursday morning, September 15th.

Winning bidders must be present or have someone in proxy to claim items. All proceeds will support AHTF research grants.



"The future depends on what you do today."

-Mahatma Gandhi

September 17th – Sunrise Breakfast

Start your day like a scholar! The American Hand Therapy Foundation will host its second annual reception. The early bird gets the worm as this year's gathering is at sunrise!

Join AHTF for a hearty breakfast in the Washington Marriott Wardman Park at 6:00 AM on Saturday, September 17th.

The reception is a celebration of hand therapy and the remarkable growth of the profession since its inception in 1977.

The event's keynote speaker, Susan Blackmore MS, OTR, CHT, will discuss future trends in hand therapy.

Tickets are \$30.00 per person or \$50.00 for two (invite your mentor or mentee) or \$225.00 for a table of 10 (invite your clinical staff!). Tickets can be purchased on the AHTF website at www.AHTF.org

All proceeds from this event directly support the central mission of the AHTF to fund research in hand therapy.

CALL FOR APPLICANTS



American Hand Therapy Foundation (AHTF) Seeks Director of Grants Management

Title: Director of Grants Management

Reports to: Chairman, Board of Directors

Description: The AHTF Director of Grants Management is a member of the Board of Directors of the American Hand Therapy Foundation. The Director of Grants Management has responsibility for all aspects of grant management: development, preaward organization, application reviews, post-award follow up, and administration. In addition, the Director of Grants Management supports the AHTF Chairman in communication with the American Society of Hand Therapists, the ASHT Research Division, and Hand Therapy Certification Commission grant committees in administering Tri-alliance awards.





Applicant qualifications: Required qualifications: Licensed or Registered Occupational or Physical Therapist; Extensive research experience.

Preferred qualifications:

- Certified Hand Therapist (CHT)
- Membership in the American Society of Hand Therapists
- Experience in academic setting with grants knowledge (writing or receiving)
- · Clinical practice with strong administrative background

Deadline for applications: October 1, 2016

Contact information for more information:

Caroline W. Jansen, PT, PhD, CHT Director of Grants Management American Hand Therapy Foundation cwsjansen@gmail.com

Interested applicants should send resume and letter of intent to:

James W. King, OTR, MA, CHT Vice Chairman and Nominating Committee Chair American Hand Therapy Foundation jking1957@gmail.com



AHTF GRANT COMMITTEE: "THE JOY OF MANAGING GRANTS"



By Caroline W. Jansen, PT, PhD, CHT

Volunteer activities give so much spice to life, comradery, and opportunity to meet new people and new ideas not found in any other way. I'd like to share some reflections as to why volunteering is rewarding, enriching, and fun!

The position of Director of Grants at the American Hand Therapy Foundation involves directing the grants process with the assistance of the AHTF Board members. So, what is attractive in this administrative work for somebody who is not an administrator, but loves to dream and think? For me, it is the beauty of encountering new ideas to benefit hand therapy, some that will come to fruition, and others that someday will have potential. The beauty of encountering new therapists through this volunteer work is discussing our shared passions, the work being shared, and the opportunity to enhance professional goals. I've also appreciated seeing therapists enhance knowledge through education funded by the *Evelyn Mackin Grant for Education by a Traveling Hand Therapist*.

Volunteer work comes in all sorts, sizes and shapes. Are you a photographer? Offer your talent! If you like making nice displays, there are numerous opportunities to improve AHTF's marketing events. Are you an administrator? Apply for the position of Director of Grant Management or help the Director with many tasks ranging from managing the flow of proposals and funded projects to working with therapists who want to advance the science of our profession. Are you a writer? Help with refining instructions for applications or AHTF publications. Do you like to provide pro bono care? Find a clinic or organization to volunteer. Do you like to help, but not commit? There are always on-site volunteer activities during ASHT's Annual Meeting.

My volunteer activities have given me a place of comfort with my peers, a place to apply my talents in a collegial group, without any pressures of fulfilling the immediate demands of paid work place. It allowed me to be myself, and try to excel in whatever capacities I have, and to thoroughly enjoy the capacities of others. It was a place to find stability and warmth in the early times of my career after I immigrated from the Netherlands to the United States. I have found it important to find something to commit to that I enjoyed, and being the AHTF Grants Director definitely fitted the bill! Being allowed to help at the Shriner's Hospital for Children offers so many learning opportunities in a fantastic collaborative environment.

In short, do what you like to do best, with no stress or career path needed. If you like the excitement of rising through the ranks, throw your hat in the ring. We always need new comrades and new organizers to promote, build, and share the passion of hand therapy! Enjoy the brainteasers, the first about the probability of finding that many special FDS hand therapists in one picture (provided by Dorit Aaron), the second a children's rhyme by Langston Hughes, a favorite poet of mine! Don't you love it when the humanities start to play with the numbers!

2 and 2 are 4 4 and 4 are 8

But what would happen
If the last 4 was late?
And how would it be
If one 2 was me?

Or if the first 4 was you Divided by 2?

Langston Hughes (1902-1967)



CELEBRATING THE 2016 AHTF AND ASHT GRANT AWARDEES



By Caroline W. Stegink Jansen, PT, PhD, CHT

Director of Grants Management American Hand Therapy Foundation

It's that time of the year to celebrate all who submitted grant proposals to the American Hand Therapy Foundation (AHTF) and the American Society of Hand Therapists (ASHT). Grants applications were due on February 28 and underwent all review and board approval processes. The quality of the applications for the grants was simply outstanding. AHTF invited additional review assistance from four excellent reviewers: two for the AHTF grant and two (including a representative of the ASHT Research Division) for the ASHT Founders Grant for Research in Hand Therapy. The review committees for all grants reflected a balance between Occupational and Physical Therapists.

All applicants are commended and honored for their hard work and dedication. AHTF appreciates the dedication of all who advance our profession through research, which serves as the backbone to evidence-based practice.

The following grant application were selected for funding by the AHTF:

Judy Bell Krotoski Grab the Evidence Grant for Fundamental Research and Evidence-Based Studies:

Corey McGee, PhD, MS, OTR/L, CHT and Ann Van Heest, MD from the University of Minnesota received the
Judy Bell Krotoski Grab the Evidence Grant for Fundamental Research and Evidence-based Studies for their
proposal, entitled "Graded Motor Imagery for Women at Risk for Developing Type I CRPS following Closed
Treatment of Distal Radius Fractures: A Pilot Randomized Comparative Effectiveness Trial." \$9000

Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation:

Joseph M. Day PhD, PT, OCS, of the University of Alabama, and co-investigators Barry Dale, PhD, PT, ATC, OCS, Jeremy Fletcher DPT, OCS, Coral Gubler PhD, PT, ATC, Ann Lucado PhD, PT, CHT received the Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation for their project entitled: "The Effect of Scapular Muscle Strengthening on Functional Recovery in Patients with Lateral Epicondylalgia." \$5000

Evelyn Mackin Grant for Education by a Traveling Hand Therapist:

· Unfortunately, AHTF did not receive any applications for this grant this year.

Selected projects for The Founders Grant for Research in Hand Therapy:

This year, funding increased from \$5,000 to \$10,000, made possible through collaboration between the ASHT and the AHTF.

First Place Recipient:

 Neha Dewan PT, PhD Candidate and Joy MacDermid, PT, PhD, from McMaster University, Hamilton, Ontario, Canada for their project, "Home safety leading to bone safety: Validation and feasibility testing for using GoPro video-technology to assess home fall risk in women following distal radius fracture." \$5000

Second Place Recipient:

• Folarin Babatunde PT, PhD Candidate, from McMaster University, mentored by Joy MacDermid, PT, PhD, for the project, "Physiotherapist-delivered internet-based behavior change intervention (i-bci) for managing psychosocial problems after a distal radius fracture: a pilot and feasibility study." \$3197

CELEBRATING THE 2016 AHTF AND ASHT GRANT AWARDEES



Grants funded by the American Hand Therapy Foundation:



Corey McGee, PhD, MS, OTR/L "As an early-career hand therapy researcher, being the recipient of the "Judy Bell Grab the Evidence" award is meaningful for numerous reasons: 1) it will enable me to assist in supporting the science of our profession, 2) it substantiates the validity of my proposed work and 3) it will enable me to lay the groundwork for larger trials in hand therapy research. I am extremely honored to be the steward of this award and wish to thank the AHTF and the review committee for selecting my proposal and investing in my future career."

Joseph M. Day, PhD, PT, OCS "I am honored to receive the Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation." The award is particularly special to me as it is my first extramural funded project as a researcher in physical therapy and will no doubt open other doors in my career. The funding will provide our team with the necessary means for hiring a part time assistant to help manage some of the daily tasks of the project. It is our hope to advance clinical practice by providing the latest evidence based treatment as it relates to lateral epicondylalgia and the scapula. I would like to thank the American Hand Therapy Foundation and my entire research team for their ongoing support."





Neha Dewan, PT "I am grateful for receiving the Founders Grant for Research in Hand Therapy. The grant funding will be of great assistance to successfully execute this study. As an international graduate trainee and a novice Canadian researcher, approval of grant funds to conduct an independent research project is a great kick-start for my career.

This has inspired excitement and further motivated me as I look forward to meeting my career goal to work both professionally and academically as a clinician scientist in the dual areas of musculoskeletal health/upper extremity rehabilitation and research. I am very much indebted to my Ph.D. supervisor, Dr. Joy MacDermid, for her kind support, continued guidance and opportunities she has always offered for my professional growth at McMaster University."

Folarin Babatunde, PT "I was honored to receive this grant from the foremost organization promoting evidence-based hand therapy research and practice and grateful for the opportunities it will provide me.

At such a time as this when research funding is dwindling and students continue to find it harder to fund for their research. I appreciate the ASHT's decision to increase the pool of funding in 2016 and support more than one investigator. It is obvious that the ASHT understands the importance of encouraging doctoral students interested in hand therapy and sees the value that innovative research can bring to many of the patients seeking care for various hand conditions.



This grant will allow me to complete my research focused on the use of technology in managing psychosocial problems affecting optimum recovery after a wrist fracture. I look forward to successfully completing my Ph.D. degree and share some of my findings at the next ASHT congress in 2017."

CELEBRATING THE 2016 AHTF AND ASHT GRANT AWARDEES



In Summary some reflections from Caroline W. Stegink Jansen, PT, PhD, CHT:

The therapists who submitted their work for funding truly are in the forefront of creating evidence to support hand therapy practice. The American Hand Therapy Foundation commends all applicants for their hard work and dedication. Thank you to all who advance our profession through research, which serves as the backbone to evidence-based practice. The foundation sincerely appreciates the generosity of all the donors who made it possible to provide a total \$24,000 in grant funding this year!

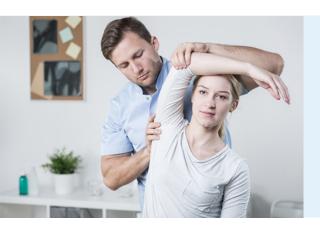
We received projects that met descriptions listed in the AHTF research agenda, that was published in 2002, but we also saw new thinking emerge. We received projects investigating existing and newly developing treatment interventions. We did not receive any educational proposals for the Evelyn Mackin Grant for Education by a Traveling Hand Therapist, two projects included an element of qualitative interpretation of patient feedback, but no primarily targeted qualitative projects were received.

Inspired by qualitative researcher colleagues who allowed me to be part of their team, I could not help but looking at themes in the awarded applications. I observed the following themes, either in the type of project, or the type of conduct of the study.

- 1) All four funded studies will have a randomized study design to assess the efficacy or feasibility of the proposed interventions.
- 2) Three of the four projects targeted interventions for patients with distal radius fractures.
- 3) Prevention of complications was a third theme; interventions to prevent complications from the injury and interventions to prevent subsequent fractures.
- 4) A theme of motor control emerged from using Graded Motor Imagery and motor control through strengthening of the shoulder in the treatment of lateral epicondylalgia.
- 5) Lastly, the use of technology and web based interventions began to emerge.
- 6) The researchers used patient centered measures as primary outcomes and clinician centered outcomes as secondary outcome measures (grip, pinch strength and range of motion of the wrist for the distal radius projects, and grip strength and instrumented strength testing of scapular muscles and wrist extensors for the scapular training project).

We wish all of the teams continued success in completion of their projects, and we are looking forward to seeing the results in their presentations and publications.

The next AHTF grant submission deadline is February 28, 2017. Please visit the ASHT and AHTF websites for the most current grant updates.







AHTF GRANTS AND SCHOLARSHIPS: 2017 APPLICATION DEADLINES



The following are a list of Grants and Scholarships currently available through the Foundation with the collaboration of the tri-alliance.

Evelyn Mackin Grant for Education by a Traveling Hand Therapist

Amount: \$3,000

Application Date: February 28

William Burkhalter New Investigator Grant for Clinical Research in Hand and Upper Limb Rehabilitation

Amount: \$5,000

Application Date: February 28

Judy Bell-Krotoski Grab the Evidence Grant For Basic Science Research and Evidenced Based Studies

Amount: \$10,000

Application Date: February 28

ASHT Founders Grant Tri-Alliance for 2017

Amount: \$15,000

Application Date: February 28

Mary Kasch Scholarship

Net value: \$1,600 Tri – Alliance

Application Date: March 1st to HTCC.org



Total funds available for grants and scholarships \$34,600 for 2017

AN OPPORTUNITY TO GIVE BACK TO THE PROFESSION OF HAND THERAPY



Dear Colleague,

The American Hand Therapy Foundation invites you to participate in its annual appeal for funds to support therapist clinical and scientific research. This is an opportunity for you to help AHTF fund clinical and scientific research, establish standards of practice in hand therapy, and advance the practice of hand therapy.

The Foundation was established as a 501(c) 3 Not-For-Profit Organization in 1989, to help make seed grants available to therapists in preparation for them to have increased chances for larger outside grants. First time grants today are even harder to achieve. Self-starting and funding our own professional research makes sense. We face a great challenge especially at this time of increased need for substantiation of practice and changes in health care administration. We need your help!

A monetary contribution at any level provides the opportunity for therapy grants. The greater the funds we receive, the more grants possible, and any contribution is welcomed and appreciated. With these grants we are able to provide an investment in our profession. Your contribution can help move us forward.

If you would like to contribute, you can do so through our website: www.ahtf.org or by completing the contribution form in this newsletter and mailing a check payable to the American Hand Therapy Foundation to American Hand Therapy Foundation P.O. Box 38491, Greensboro, NC 27438.

You may also wish to consider applying for one of our grants which are found detailed on our website: **www.AHTF.org**. Thank your for your consideration of this special request, as well as your ongoing support of the American Hand Therapy Foundation.

Sincerely,

Gregg Pitts, MS, OTR/L, CHTChairman, American Hand Therapy Foundation



CONTRIBUTION FORM



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If applicable		
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City	State	Zip code
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Friends of AHTF	\$1 – \$99	
Bronze "Thumbs Up" Club	\$100 – \$249	
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ould like to contribute \$	to tl	he following designated area:
ASHT Founder's Grant Mary Kasch Hand Therapy Certif	ication Scholarship	
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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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The AHTF Board of Directors thanks the following individuals and corporations for their generosity.

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2016 VIRTUAL 5K RUN/WALK FOR HAND THERAPY RESEARCH



The AHTF would like to thank the following donors for their generosity by completing a Virtual 5K Run/Walk to celebrate Hand Therapy Week.

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Kathleen E. Yancosek PhD, OTR/L, CHT Secretary



Elaine Fess MS, OTR, FAOTA, CHT Treasurer



Caroline W. Stegink Jansen PT, PhD, CHT Chair, Grant Review Committee

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