



# Newsletter

Fall 2019

## ANNOUNCING THE 2019 RESEARCH GRANTS

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2. Message from AHTF Chair
3. Support the AHTF Mission
- 4-5. 2019 Happy Hour with a Scholar
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April Cowan, OTD, OTR, CHT, Director of Grants

The American Hand Therapy Foundation (AHTF) has completed the peer reviews for the research grant applications received for the 2019 cycle. The foundation wishes to announce the awardees and their projects funded for completion. Please join us in congratulating the following:

**The ASHT Founders Grant** recipient Aviva Wolff, EdD, OT, CHT, for the project entitled “Effects of an Education and Prevention Program on Reducing Upper Extremity Injury in Musicians.”

**The Judy Bell-Krotoski “Grab the Evidence” Grant** recipient Sandy C. Takata, OTR/L, OTD, for the project entitled “Informing a Precision Medicine Approach to Post-Surgical Flexor Tendon Rehabilitation using Sonography.”

**The Burkhalter New Investigator Grant** recipient Brocha Z. Stern, MOT, OTR, CHT, for the project entitled “Self-management in Adults after Distal Radius Fracture: A Mixed Methods Exploration.”

**Congratulations, one and all!**

**Please watch for updates on these exciting projects!**

All applications underwent a thorough peer review and were provided with written feedback to facilitate future research endeavors. We appreciate the time and effort put forth by all of the applicants, as well as the dedication of the volunteers who reviewed the applications. Thanks to everyone who has made this grant reward cycle a success. We look forward to seeing the updates and outcomes of these projects.

### **Updates on 2018 Grant Recipients:**

The **Evelyn Mackin Grant for Education by a Traveling Hand Therapist** was awarded in 2018 to Jane Fedorczyk, PT, PhD, CHT, ATC for the project entitled: “Introducing Hand Therapy Practice in Rwanda.” Jane is scheduled to present her results at the upcoming ASHT meeting.

The 2018 **ASHT Founders Grant** was awarded to Nicholas Heebner, PhD, LAT, in collaboration with Jenny Dorich, MBA, OTR/L, CHT. The project “Biomechanical Validation of Push-Up and Pull-Up Progression Program” is in progress and will contribute to our shoulder rehabilitation evidence. Dr. Heebner has completed the push up component this study. Look for the published results in the near future.

### **Grant Education at the ASHT Annual Meeting in Washington, DC:**

April Cowan, OTD, OTR, CHT and Caroline W. Jansen, PT, PhD, CHT will present a poster entitled: “Grants and Scholarships for Hand Therapists” on Friday, October 4th from 12:00 PM – 1:30 PM and Saturday, October 5th from 12:30 PM – 2:30 PM. They will also present a session on Sunday, October 6th on the “Pearls and Pitfalls of Successful Grant Writing”. This is a great opportunity to meet AHTF board members and have your questions answered. We hope to see you there!

**Have a project idea or a specific clinical need? Please consider applying for an AHTF research grant in the future. Details available at: <https://www.ahtf.org/grants/>.**



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## Message from AHTF Chair



Greg Pitts, OTD, OTR/L, CHT, AHTF Chair

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I hope everyone is having a great summer and ready for the upcoming ASHT Annual Conference in Washington, DC. I would like to thank all of our donors and corporate sponsors. I would also like to extend a special thank you to the California Hand Therapy Association. Your generous contributions over the past two years totaling \$15,000 have helped to fund upper extremity research through the AHTF grants. I would also like to thank the members of the Tri-Alliance (ASHT, HTCC, and AHTF) for their continued support.

During the 2019 grant cycle, there was a total of \$55,000 available to support research and education. This funding comes from the generosity of our donors and through the fundraising efforts of the foundation's board of directors. The funds provided by the Tri-Alliance (ASHT, HTCC and AHTF) allow the American Hand Therapy Foundation to support the \$30,000 Founders Grant. For this grant cycle the AHTF funded \$39,930 in research grants, making this the most significant funding cycle in the history of the organization.

The AHTF has been working hard to meet the needs of our profession and as a result, held our third annual retreat in Houston, Texas. The primary focus of the retreat was to identify ways to stimulate growth and development of the AHTF. During the retreat, the board established fundraising goals and set priorities for the 2019-2020 calendar year. Our objectives include improving our current fund-raising efforts and therapist engagement in the AHTF, focusing on the future of hand therapy research, and continuing to work with the Tri-Alliance to coordinate our efforts for hand therapy research.

The Annual ASHT Conference offers valuable face-to-face time that will assist in building relationships and raising awareness of the AHTF. I look forward to seeing everyone at the Annual ASHT meeting in Washington DC. Please visit us at the AHTF Booth in the Exhibit Hall throughout the meeting.

Scheduled AHTF events:

- **Thursday, October 3rd**; 7 pm -9 pm, Silent Auction in the Exhibit Hall
- **Friday, October 4th**, 7 pm –8 pm, Happy Hour with a Scholar, A. Lee Osterman, MD, FAOA  
*The Magic of the Placebo: The Role of the Placebo in Medicine, Surgery and Therapy*

For more information and to purchase tickets click [here](#) or visit our booth in the exhibit hall!

[Click here to read for news about AHTF events, grants, and much more!](#)

I want to encourage your support to the AHTF with a donation to advance Hand Therapy Research and Education. I hope to see you at the Annual ASHT meeting in Washington DC. Thank you!



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## Support the AHTF Mission

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Dorit Haenosh Aaron, MA, OTR/L, FAOTA, CHT  
Director of Development

AHTF has expanded opportunities to raise funds to support its mission and vision; funding research to support the practice of hand therapy. We encourage therapists, physicians, patients and all who have been positively impacted by the hand therapy community to find a way to support the success of the foundation. The following are just a few creative ways everyone can get involved and support the AHTF mission:

- Participate in the Annual VIRTUAL RUN
- Sponsor or attend the Annual SCHOLAR EVENT at the ASHT annual meeting
- Donate and/or purchase items during the AHTF SILENT AUCTION at the ASHT annual meeting.
- HONOR family, friends, or members of the hand therapy community by donating to the AHTF
- MEMORIALIZE others through the establishment of an AHTF research grant
- APPOINT the AHTF as the beneficiary of product royalties or presentation stipends
- Designate the AHTF as an AMAZONSMILE donation recipient



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## AHTF's 2019 Happy Hour with a Scholar

7 pm – 8 pm, Friday, October 4, 2019  
*Washington Marriott Wardman Park Hotel*

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### Happy Hour with a Scholar

A. LEE OSTERMAN, M.D., FAOA, PROFESSOR,  
ORTHOPAEDIC AND HAND SURGERY

- President, Philadelphia Hand to Shoulder Center
- Director of the Hand Surgery Fellowship Program
- Chief, Division of Hand Surgery, Department of Orthopedic Surgery at Thomas Jefferson School of Medicine

### **The Magic of the Placebo: The Role of the Placebo in Medicine, Surgery and Therapy**

Throughout the history of medicine the placebo has played an important role in the healing response of patients. While sugar pills as a placebo are accepted in the medical model, many would be surprised to learn how effective the placebo is in treating the surgical patient. Empathy and care shown to the patient by the physician and therapist may be the most influential placebo there is. This lecture will focus on the ubiquitous effects of the placebo and how they improve patient outcomes.

**LEARNING OBJECTIVES:** As a result of this activity, the audience will be able to:

- Understand the role of the placebo in both medicine and surgery.
- Harness the placebo effect in the treatment of upper extremity conditions.
- Appreciate the role the placebo effect has in decreasing pain.

**Earn .5 CUE's**

#### **Ticket Sales**

**Individual Event Tickets:** \$35 per individual (early registration available through AHTF annual meeting registration). **Partner:** \$150 –Individual of the hand therapy community who supports and sustains the funding of clinical and scientific research and education grants

#### **Partner of AHTF Benefits:**

Recognition at the scholar event (written in program and introduction donor slide)

1 Ticket to event

Recognition on AHTF website

Recognition in AHTF Annual Report



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## AHTF 2019 "Happy Hour with a Scholar" Co-Sponsors (listed alphabetically)

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AHTF 2019 "Happy Hour with a Scholar" Co-Sponsors (listed alphabetically)	
<b>DIAMOND</b> <b>\$5000</b>	
Aaron & Winthrop Hand Therapy Services, Inc 	
Hand Therapy Association – California 	
<b>PLATINUM</b> <b>\$2500</b>	
<b>GOLD</b> <b>\$1500</b>	
MedStar Union Memorial Hospital <i>The Curtis National Hand Center</i> 	
Hospital for Special Surgery (HSS)  Rehabilitation HOSPITAL FOR SPECIAL SURGERY	
Houston Methodist Sugarland Hand Therapy Fellowship 	
<b>SILVER</b> <b>\$1000</b>	
American Association of Hand Surgery 	
South Carolina Hand Therapy Association 	
<b>BRONZE</b> <b>\$500</b>	
American Society for Surgery of the Hand 	
Georgia Hand & Upper Extremity Special Interest Group 	
Hand Therapy Certification Commission 	
Journal of Hand Therapy 	

<b>PATRON \$250</b>	
Elaine Fess, OTD, MS, OTR, FAOTA, CHT Fairview Hand Therapy Fellowship 	
Hand Rehabilitation Foundation 	
Indiana Hand to Shoulder Center 	
Ros Evans, OTR/L, CHT Select Physical Therapy/Nova Care 	
Terri Skirven, OTR/L, CHT Texas Society for Hand Therapy 	

<b>"PARTNER" OF AHTF</b> <b>\$150</b>	
Dorit Aaron, OTR, MA, CHT, FAOTA	
Jeanine Beasley, EdD, OTR, CHT, FAOTA	
Donna Breger Stanton, OTD, OTR/L, CHT, FAOTA	
April Cowan, OTR, OTD, CHT	
Michael Epstein, MD	
Maureen Hardy, PT, MS, CHT	
Stacy Hite, PT, DPT, MS, CHT	
Cindy Ivy, OTD, OTR/L, MEd, CHT	
Linda Klein, OTR/L, CHT	
Joy MacDermid, PT, PhD	
Kim Masker, OTD, OTR/L, CHT	
Kim McVeigh, MBA, OTR/L, CHT	
Greg Pitts, OTD, OTR/L, CHT	
Gary Solomon, MBA, MS, OTR/L, CHT	
Karol Spraggs-Young, OTD, OTR/L, CHT	
Caroline W Stegink-Jansen, PT, PhD, CHT	
William Walsh, MBA, OTR/L, CHT	
Barbara Winthrop, OTR, MA, CVE, CHT, FAOTA	
Terri Wolfe, OTR/L, CHT	

### Special Thanks to ASHT





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## Support our Profession Through Research

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Jim King, OTR, PhD, CHT, Vice Chair

About a year ago, I was honored to give an overview of the American Hand Therapy Foundation's vision to the attendees at a state-level hand therapy conference. I opened my presentation with a question, "How many of you think that research is important for the future of the profession?" Unequivocally, everyone in the room responded with their hand held high! I agree. Nothing is more important to our profession (particularly in this day and time) than research that provides guidance to assure the best possible patient care outcomes and validates the benefit for the cost of our professional services. There are three ways each occupational and physical therapist can support this effort: design and carry out a research project; affiliate with researchers to contribute clinical data in support of research; or, provide funding to support research.

Most therapists, for a variety of very practical and valid reasons, will opt to support research through their donations of time or money. The American Hand Therapy Foundation, whose mission is to improve patient outcomes by promoting evidence-based practice through funding clinical and scientific research and education, is an excellent organization and worthy of your support.

So why is the AHTF worthy of your donations? The AHTF funds the research that supports your profession. The AHTF has an entirely volunteer Board of Directors. Over 90% of donations go directly to funding grants and scholarships -administrative and fundraising expenses vs. net capital averages 4.8% per year. Board members are not compensated for their service or reimbursed for personal expenses related to tuition, lodging or travel to the ASHT annual meeting. Board members vote independently with regard to granting awards and making financial decisions. The AHTF has by-laws governing the organization and board meetings are documented with detailed minutes. AHTF has a conflict of interest policy for its board. The AHTF financials are reviewed annually by an independent auditor. The AHTF only funds qualified applicants and has policies to hold recipients accountable for the production of their funded projects. The AHTF maintains a 501(c)3 status with IRS, making your donations tax deductible. Donations to the AHTF go toward hand therapy research and are an excellent investment in our profession. We invite you to become more familiar with the American Hand Therapy Foundation and its many projects.



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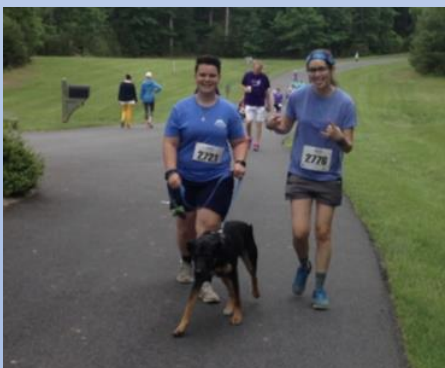
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### **2019 Run for Research!**

We recently ran our 4th annual Virtual Run for Hand Therapy Research. The event starts in early April and concludes with the end of Hand Therapy Awareness Week. This 5K run is the easiest event you will ever participate in, with the participation and results being based on your "word of honor". We enjoyed seeing all of the creative hand therapy groups that sprung up, collaborated, and enjoyed time together in the name of hand therapy research. The funds and donations go straight towards the grants we award each year.



**For the 2019 run, we raised close to \$3,500.00!**



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## **NEWS from the Congress of the International Federation of Associations for Hand Therapy (IFSHT)**



Caroline W. Stegink Jansen, PT, PhD, CHT  
AHTF Board Member

From June 17-21, 2019 the International Federation of Societies of Hand Therapy (IFSHT) and the International Federation of Societies for Surgery of the Hand (IFSSH) hosted their combined congress in Berlin, Germany. The theme of the meeting was "Building Bridges - Together Hand in Hand", and this truly happened.

Judy Bell-Krokowski, one of the ASHT founders, was posthumously awarded the IFSHT Cristina Alegri Award for Innovation in Hand Therapy. Her name was submitted against 7 other candidates from around the world. Dorit Aaron, MA, OTR/L, FAOTA, CHT, AHTF Board member, accepted the award in her name and gave it to ASHT for safe keeping.

At the inaugural presentation of the Lifetime Achievement Award, two former ASHT Presidents were included among the 13 pioneers in hand therapy: Judy Colditz, OT/L, CHT, FAOTA and Evelyn Mackin, PT, CHT.

Dorit Aaron MA, OTR/L, FAOTA, CHT was the IFSHT meeting program Co-chair, pictured here with her German Co-Chairs Beate Jung and Antje Wellbrock-Wicknig. Dorit represented the AHTF and advocated for the funding of hand therapy research.

Board member Caroline Jansen, PT, PhD, CHT together with Susan De Klerk from South Africa, organized a panel with representatives from each continent to compare the service delivery, practice and education of hand therapy within their respective countries. The panel included therapists from Ghana and other underserved areas of the world and was inter-professional; occupational therapists, physical therapists, and hand surgeons. Attendees were interested in learning of the many similarities in the practice of hand therapy across the globe.







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## NEWS from the Congress of the International Federation of Associations for Hand Therapy (IFSHT)



Greg Pitts, chair of the AHTF presented on the importance of the mind body connection, and how to integrate functional activities into clinical practice in order to engage the brain in hand therapy treatment.

It was an educational and productive meeting with members of AHTF, the ASHT and the HTCC well represented. We look forward to future IFSHT meetings where we can spread the news about the quality research and educational grants available through the AHTF.

Mark your calendars as the next meeting of the IFSHT will be in London in 2022 ([www.ifsht.org](http://www.ifsht.org)) and the IFSHT will meet in Washington, DC in 2025! Please, visit the websites of the IFSHT and the IFSSH to see the wealth of global information they provide.

Pictured Susan De Klerk, Peggy Boineau, Maureen Hardy IFSHT Secretary and past AHTF Board member, Caroline Jansen, Sarah Ewald, past President of the IFSHT from Switzerland, and Cecilia Li from Hong Kong, representatives from Hong Kong.



**12th IFSHT Congress 2022 – London**



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#### **\$5,000-\$10,000**

Hand Therapy Association of California  
Hand Therapy Certification Commission

#### **\$1,000-\$4,999**

Hospital for Special Surgery  
Houston Methodist Sugar Land  
South Carolina Hand Therapy Association  
Wilking, Wanda (In memory of Anna Mae Tan)

#### **\$500-\$999**

Elsevier  
Fess, Elaine (In honor of Evelyn Mackin)  
Hand Institute of Michigan, Inc.  
Hand Therapy Certification Commission  
Lau, Doreen and Philip (In memory of Anna Mae Tan)  
McClellan, Robert  
Pitts, Donald  
Rancho Valencia Spring Competitor's "A" Tennis Team (In memory of: This is a donation in memory of our tennis teammate, Anna Mae Tan. Anna Mae was a dear friend and colleague of Mary Kasch. Anna Mae wanted to help fund the Mary Kasch Scholarship to support expertise in hand therapy. Please accept this donation from our team.)

#### **\$250-\$499**

Aaron, Dorit (In honor of Barbara Winthrop and Team Houston!)  
Athletico Physical Therapy  
Customink, LLC  
Fairview Health System  
Fess, Elaine  
Hand Surgery Associates of Indiana  
Select Medical  
Texas Society for Hand Therapy, Inc.  
Winthrop, Barbara  
Wixom, Steve and the Utah Hand Society

#### **\$100-\$249**

Aaron, Dorit (In honor of Marty H. Aaron)  
Babbush, Renee (In memory of Anna Mae Tan)  
Chilla, Amy (In memory of Anna Mae – Such an influence on my high school/college choices. Watching your successful career inspired me to do the same. Your quiet grace and strength will live on.)  
Cohn, Craig and Sandi (In memory of Anna Mae Tan)  
Dimick, Mary (In memory of Anna Mae Tan)  
Epstein, Michael (In honor of: Team Houston)  
Greeley, Robert (In honor of Sharon Gaebler, OTR, CHT)  
Hansen, Shirley (In memory of Anna Mae Tan)

#### **\$100-\$249**

Kasch, David, Sarah, and Marlo (In memory of Mary Kasch Scholarship)  
Kenefick, Mike  
Masker, Kimberly  
McLean, Thomas (In memory of Anna Mae Tan – Uncle Bryan, We only met Anna Mae once but we're able to see what an awesome lady she was. Sorry for you and your brother's loss.)  
McVeigh, Kimberly  
Nee Family (In memory of Anna Mae Tan)  
North Coast Medical, Inc.  
Patterson, Rita  
Pettit, Carla and James (In memory of Anna Mae Tan)  
Pitts, Donald  
San Diego Special Interest Group (In memory of Anna Mae Tan)  
Schaefer, Russell and Judi (In memory of Anna Mae Tan)  
Winthrop, Barbara  
Wolff, Aviva  
Wright, Heidi Hermann (In memory of Anna Mae Tan)



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### **\$1-\$99**

Anonymous (In honor of Sue Lewis, OTR, CHT)  
Auch, Michele  
Bachman, Gretchen  
Balakrishan, Usha  
Barnes, Carolyn  
Blue, Taylor  
Brown, Helen  
Coker, Diane  
Colditz, Judy  
Cowan, April  
Dillon, Elizabeth  
Ditz, Jerry  
Dobson, Paul  
Dykstra, Mary  
Epstein, Michael  
Gicalone, Angelica  
Gift, Hannah  
Graf, Heidi  
Gray, Sue  
Heck, Chelcy  
Herman, Mojca

Hilfrank, Brenda (In memory of Anna Mae Tan)  
Hite, Stacy  
Ivy, Cindy  
Jansen, Caroline  
Kimbrough, Erin (In honor of Kim Hedreen McVeigh)  
Klein, Linda  
Knecht, Sherry  
Koger, Lauren  
Kraft, Kim  
McVeigh, Kimberly  
Meanwell, Stacey  
Nizamoff, Jackie  
Nizamoff, Jenna  
O'Brien, Virginia (In memory of Jan Albrecht)  
Owens, Christina

Perez, Marlene  
Pigott, Rachel  
Pisarri-Conti, Marissa  
Ringer, Catherine  
Ringer, Gavin  
Sanchez, Margery (In honor of Kim Hedreen McVeigh)  
Silver, Dana  
Slota, Linda Joan  
Solomon, Gary  
Sparks, Danielle  
Staples, Skip  
Strouse, Stephanie  
Walker, Sarah  
Waylett-Rendall, Janet (In memory of Anna Mae Tan)  
Wilking, Chatham (In memory of Anna Mae Tan)  
Williamson, Heather

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