

PRESIDENT'S MESSAGE

The Canadian Society of Hand Therapists invites you to attend our 2020 Conference being held in Niagara Falls, Ontario on May 22nd and 23rd, 2020 at the Marriott on the Falls. The conference theme for 2020 is *The Challenge of Upper Extremity Trauma*. Our program will highlight practical solutions for complex clinical issues in hand rehabilitation and incorporate opportunities for hands-on learning with an extensive selection of concurrent instructional sessions. Our Conference Committee has planned an exciting, enlightening program! We are pleased to announce that Dr. Joy MacDermid and Ms. Gwen van Strien will be our two Keynote Speakers for the CSHT 2020 Conference.

Dr. Joy MacDermid is a physical therapist, hand therapist, and clinical epidemiologist. She is the Co-director of the Hand and Upper Limb Centre (HULC) Clinical Research Lab and Associate Professor (School of Rehabilitation Science) at McMaster University. In addition, Dr. MacDermid is the Editor in Chief of the *Journal of Hand Therapy*. Her teaching and research emphasize evidence-based practice, assessment and management of musculoskeletal disorders and related work disability, clinical measurement, and knowledge translation.

Ms. Gwen van Strien is a physical therapist and hand therapist from The Hague in the Netherlands. Currently she holds the positions of Lecturer in the Department of Rehabilitation at Erasmus University Rotterdam and Course Director and Instructor in Post Graduate Allied Health Education at the National Institute for Allied Health in Amersfoort, the Netherlands. She has authored numerous articles in hand rehabilitation and chapters in *Rehabilitation of the Hand*. She has served as a corresponding editor for the *Journal of Hand Therapy*.

There will be a strong Canadian presence of invited speakers delivering oral presentations and concurrent interactive sessions topics. Our speakers will present updates on many areas of clinical practice in hand rehabilitation and assist you in meeting the challenges of upper extremity trauma in your day to day practice.

We also invite you to share your innovative clinical practice inquiries and/or the results of your research on hand and upper extremity topics. Please review our call for abstracts and consider sharing your expertise.

Located at the brink of the world-famous Canadian Horseshoe Falls, the Marriott on the Falls hotel is a world-class property featuring amazing event spaces, guest rooms and suites, alongside exceptional dining. Don't miss this opportunity to network with your colleagues from across the country!

All the conference details, including online registration information, are included in this brochure and on our website at www.csht.org.

Please note that some concurrent instructional sessions have limited enrolment; register early to avoid disappointment.

Plan to explore all that the Niagara Region has to offer. Visit www.niagarafallstourism.com, www.niagarafallstourism.com, <a hre

Marie Eason Klatt President – CSHT

FRIDAY, May 22

7:00 - 8:00	Registration and Buffet Breakfast
8:00 - 8:15	CSHT President's Welcome (Marie Eason Klatt)
8:15 - 9:15	Management of Upper Extremity Burns (Joel Fish)
9:15 - 10:15	Wound Care, Scar Evaluation and Management of Complex Injuries (Bernadette Nedelec)
10:15 - 10:45	Poster Viewing, Exhibitors and Refreshments
10:45 - 11:45	Therapeutic Management of Complex Mutilating Injuries of the Upper Extremity (Shrikant Chinchalkar)
11:45 - 12:15	Scientific Papers
12:15 - 1:15	Lunch
1:15 - 2:15	Rethinking How We Use Flexor Tendon Protocols (Gwen van Strien)
2:15 - 3:15	Early Active Motion - Choosing the Best Approach Based on the Evidence (Gwen van Strien)
3:15 - 3:45	Poster Viewing, Exhibitors and Refreshments
3:45 - 5:15	Concurrent Instructional Sessions
5:15 - 6:30	Annual General Meeting
6:30 - 8:00	Wine & Cheese Reception

Concurrent Instructional Sessions 3:45-5:15

- Using Physical Agent Modalities in the Treatment of the Acutely Injured Hand (Mike Vallely)
- Custom Neoprene Orthoses; for Function, Comfort and Compliance (Sue Ellis & Antoinette Krakovsky)
- PIP Injuries: Relevant Anatomy and Biomechanics and Their Implication in Treatment (Gwen van Strien)
- Applying Upper Extremity Patient Rated
 Outcome Measures in Clinical Decision- Making:
 A Case Based Workshop (Joy MacDermid)
- Somatosensory Evaluation (Tara Packam)

SATURDAY, May 23

7:00 - 8:00	Registration and Buffet Breakfast
8:00 - 8:15	Announcements
8:15 - 9:15	Surgical Treatment of Adult Brachial Plexus Injuries (Heather Baltzer)
9:15 - 10:15	Rehabilitation Following Brachial Plexus Nerve Injury - A Changing Paradigm (<i>Christine Novak</i>)
10:15 - 10:45	Poster Viewing, Exhibitors and Refreshments
10:45 - 11:15	Scientific Papers
11:15 - 12:00	Upper Extremity Replantation : the Quebec (CEVARMU) Program Experience (Marjorie Laberge)
12:00 - 12:15	Questions
12:15 - 1:15	Lunch
1:15 - 2:15	Patient Rated Outcome Measures Following Upper Extremity Trauma–Predicting Success (Joy MacDermid)
2:15 - 3:00	Case presentations (panel)
3:00 - 3:15	Closing Ceremonies
3:15 - 3:45	Poster Viewing, Exhibitors and Refreshments
3:45 - 5:15	Concurrent Instructional Sessions

Concurrent Instructional Sessions 3:45-5:15

- Using Physical Agent Modalities in the Treatment of the Acutely Injured Hand (Mike Vallely) Repeat
- ORFIT Advanced Orthotics Workshop (Maryam Farzad, ORFIT Industries)
- PIP Injuries: Relevant Anatomy and Biomechanics and Their Implication in Treatment (Gwen van Strien) Repeat
- Applying Upper Extremity Patient Rated
 Outcome Measures in Clinical Decision- Making:
 A Case Based Workshop (Joy MacDermid) Repeat
- Therapeutic Management Post Nerve Transfers (Julianna Larocerie)

KEYNOTE SPEAKERS

Joy MacDermid BSc, BScPT, MSc, PhD

Joy MacDermid is a physical therapist, hand therapist and epidemiologist, and holds The Dr James Roth Chair in Musculoskeletal Measurement and Knowledge Translation (KT). She has published over 500 peer-reviewed publications and is the Editor-in Chief for the Journal of Hand Therapy. She is the Co-director of Clinical Research at The Hand and Upper Limb Centre in London Ontario. Dr. MacDermid pioneered patient-reported outcome measures that are widely used to assess functional outcomes. As a leader in evidence-based surgery and rehabilitation, she has developed and applied methods to synthesize research. She works with knowledge users to identify priority issues in musculoskeletal health and leads the resulting (inter)national clinical trials. These trials and syntheses have had a major impact on practice and policy in Canada and internationally. Dr. MacDermid was recently inducted into the Academy of Sciences of the Royal Society of Canada.

Gwen van Strien BSc, MSc, PT

Gwen van Strien is a physical therapist and hand therapist from The Hague in the Netherlands. After receiving her PT degree, she also attended medical school and received her basic-MD degree at Leiden University medical school. After moving to the USA she received a master's degree Hand Therapy from VCU in Richmond, Virginia. Currently she holds the positions of Lecturer in the Department of Rehabilitation at Erasmus University Rotterdam and Course Director and Instructor in Post Graduate Allied Health Education at the National Institute for Allied Health in Amersfoort, the Netherlands. She has authored numerous articles in hand rehabilitation and chapters in Rehabilitation of the Hand. She has served as a corresponding editor for the Journal of Hand Therapy. With over 30 years of clinical experience in hand rehabilitation, Ms. van Strien is the owner and director a hand rehabilitation consultancy practice helping to set up hand centers in the Netherlands and providing HT training and lectures both nationally and internationally. She is the founder of the Dutch Society for Hand Therapy.

SPEAKERS

Heather Baltzer, MSc, MD, FRCS (C)

Heather Baltzer is the Interim Director of the Toronto Western Hand Program and an Assistant Professor in the Division of Plastic Surgery with a cross appointment to the Division of Orthopedic Surgery at the University of Toronto. Her areas of clinical specialty include hand surgery, wrist surgery, microsurgery and peripheral nerve surgery. Dr. Baltzer's research is focused on health economics and the quality improvement in hand surgery. She is a Research collaborator at Mayo Clinic and a member of the Toronto Health Economics and Technology Assessment Collaborative.

Shrikant J. Chinchalkar, M.TH.O., OT Reg. (Ont.), CHT

Shrikant Chinchalkar worked as a hand therapist at the Roth-McFarlane Hand & Upper Limb Centre, St. Joseph's Health Centre in London, Ontario, Canada for 26 years. He has over 47 years of clinical experience in treating upper extremity conditions and nearly 40 years of teaching experience. He designed and developed Hand Therapy programs at four major teaching centers in Canada including the Roth-McFarlane Hand & Upper Limb Centre in London, Ontario. In addition, he designed the WSIB Specialty, Brachial Plexus and Peripheral Nerve Injury, Elbow, Wrist and Hand Rehabilitation programs. In addition, he also designed the most structured "Hand Therapy Fellowship program" for training of therapists at his center. He worked as a guest lecturer at the University of Manitoba, University of Toronto and Western University in Canada. He conducted many instructional courses on upper extremity rehabilitation in over 25 countries in the world and has won many awards for his presentations. He has over 300 presentations to his credit. He was awarded the "Dr. Paul Brand Award of Excellence" by the American Society of Hand Therapists (ASHT), "Award of Leadership" by the Canadian Association of Occupational Therapists (CAOT), "Award of Excellence" by the Sisters of St. Joseph's Hospital, "Best Educator" by the Western University, "Most Outstanding Prestigious Alumni" by the Nagpur University in India, the "Lifetime Membership Award" by the Canadian Society of Hand Therapists (CSHT) and an award of "Excellence in Teaching and Coaching" by the administration of the St. Joseph's Hospital in 2017. Recently the Hand Therapy fellowship program was named after him. It is now known as the "Chinchalkar Hand Therapy Fellowship Program" at the Roth-McFarlane Hand & Upper Limb Center. In 2019 he received a "Life Time Achievement Award" by the International Federation of Society of Hand Therapists (IFSHT) in Berlin. He has authored five book chapters and has published 32 papers and 15 abstracts in numerous peer-reviewed journals related to Upper Extremity Surgery and Therapy.

Susan Ellis BSc (OT), OT Reg. (Ont.)

Susan Ellis is an Occupational Therapist and a graduate of The University of Toronto. Sue has practiced for 40 years in the area of rheumatology and hand rehabilitation in both the private and public sector. Currently she is employed with Unity Health at St. Joseph's Health Centre in Toronto, Ontario. She has extensive experience in designing and fabricating custom hand orthoses. Sue has presented at peer reviewed conferences in Canada and the USA, and various community functions. She holds a status appointment at the University of Toronto in the Department of Occupational Science and Occupational Therapy.

SPEAKERS

Maryam Farzad, BScOT, MSc, PhD

Maryam Farzad graduated with a PhD in occupational therapy in 2015 in Iran and since then has worked as an Assistant Professor at the University of Social Welfare and Rehabilitation Sciences (USWR). She was a pioneer in hand rehabilitation in Iran and was a founder of the first hand therapy clinic and association in Iran. Clinically, she has worked as a hand therapist for 20 years. In addition, she has taught courses related to hand therapy and splinting at USWR for 17 years. Dr. Farzad started her work as an Orfit instructor in 2015. She has conducted many orthotics workshops in different countries such as UAE, Qatar, Hungary, Philippines and Iran. Dr. Farzad has written two books about orthotics in hand therapy that are available in Persian. In 2018 she was a visiting professor at Western University and at present she is a post-doctoral associate at Western University under the supervision of Professor Joy MacDermid.

Joel Fish, MD, FRCS (C)

Joel Fish is a Plastic Surgeon specialized in burns and complex wound care and an Associate Professor in the Department of Surgery at the University of Toronto. He is currently the Medical Director of the Burn Program at the Hospital for Sick Children in Toronto. His clinical practice focuses on the treatment of pediatric burn injuries, and includes the full continuum from the acute injury, rehabilitation, and secondary reconstruction when needed. Dr. Fish also specializes in treating severe complex wound conditions from a variety of other causes. His research is focused on evaluating the effectiveness of laser therapy to improve burn scars in children, objective scar measures and patient-reported outcome tools for children with scars.

Antoinette Krakovsky BSc (OT), OT Reg. (Ont.)

Antoinette Krakovsky is an Occupational Therapist, and graduate of the University of Toronto. She is currently employed with Unity Health at St. Joseph's Health Centre in Toronto, Ontario. Antoinette has practiced for 33 years; 24 years in the area of hand and upper limb rehabilitation. She has extensive experience in designing and fabricating custom hand orthoses. Antoinette has presented at peer reviewed conferences in Canada and the USA, and at various community functions. She holds a status appointment with the University of Toronto in the Department of Occupational Science and Occupational Therapy.



SPEAKERS

Marjorie Laberge BScOT, MSc, erg.

Marjorie Laberge completed her training as an occupational therapist at McGill University in 1991 and a Masters degree in Ergonomics and Work Health and Safety in 1996. Since 2002 she has been working in hand therapy at the Centre de la Main, Centre Hospitalier de l'Université de Montréal. She actively participates in teaching and has helped to develop a guide for rehabilitation post upper extremity replantation. She is a coordinator at the Québec replantation expertise centre (CEVARMU) and is involved in the continuum of care and regional liaison post replantation surgery. She believes in the importance of continuous improvement in our practice, working together, one step at a time.

Juliana Larocerie BSc, MSc, OT Reg. (Ont.), CHT

Juliana Larocerie is a certified hand therapist at the Roth-McFarlane Hand & Upper Limb Center in London, Ontario. Juliana graduated in 2003 with a Bachelor in occupational therapy from the Federal University of Pernambuco, Brazil, and completed a Master's degree in Rehabilitation Sciences from Queen's University in Kingston, in 2006. She has contributed to teaching clinical conditions in hand and upper limb rehabilitation as a seasonal lecturer in the Queen's University Occupational Therapy Program and as a volunteer lab assistant at the University of Toronto. She has also given instructional courses at various hand surgery and therapy meetings, including the ASHT, IFSHT, and the Latin American Brachial Plexus Congress. She has authored several peerreviewed publications and a book chapter in Hand Therapy. She has received Awards for Excellence in Research at Queen's University, and Best Paper at the 2015 and 2018 CSHT Annual Conference.

Bernadette Nedelec, BScOT, PhD, OT(C), erg.

Bernadette Nedelec is an occupational therapist and professor at the School of Physical and Occupational Therapy at McGill University.

Dr Nedelec's area of expertise is the cellular and molecular biology of hypertrophic scar and the rehabilitation of burn survivors. Her current research projects focus on: 1) the evaluation of clinical instruments used to quantify hypertrophic scar and its associated symptoms,

2) the efficacy of treatment interventions employed to minimize this pathology and its associated morbidities, 3) practice issues related to evidence-based practice in burn survivor rehabilitation, and 4) the comprehensive evaluation of the short- and long-term consequences of burn injuries in adults. She is affiliated with the Centre de recherche du Centre hospitalier de l'Université de Montréal and l'Hôpital de réadaptation Villa Medica.



SPEAKERS

Christine Novak BSc (Kin), BSc (PT), MSc, PhD, PT

Christine Novak is a physiotherapist, an Associate Professor with the Division of Plastic & Reconstructive Surgery at the University of Toronto and a Research Associate at the Hospital for Sick Children. Her research focus is in the area of clinical outcomes and assessment of patients with musculoskeletal disorders, particularly nerve injury, nerve compression, cold sensitivity and factors related to upper extremity disability. She has numerous peer reviewed publications and book chapters published in this specialty and has presented at many national and international meetings. She is an Associate Editor for the Journal of Hand Surgery, and HAND, an invited reviewer for a number of high impact peer reviewed journals and past President of the American Society of Peripheral Nerve.

Tara Packham BScOT, MSc, PhD, OT Reg. (Ont.)

Tara Packham is an occupational therapist and an Assistant Professor in the School of Rehabilitation Science at McMaster University. She obtained a Bachelor of Science in Occupational Therapy from McMaster University and worked as an occupational therapist primarily in the area of hand and upper limb rehabilitation, for over 20 years. In 2008, she returned to McMaster to pursue an MSc in Rehabilitation Sciences, and then continued on to complete her PhD, building a program of research focused on outcome measurement and pain. Tara is a certified Somatosensory Therapist for Pain (CSTP) through the University of Brussels.

Mike Vallely BScPT, PT

Mike Vallely is a physiotherapist who is the Director of the Hand Clinic at Innova Health Clinics in Hamilton, Ontario. He is an Assistant Clinical Professor (Adjunct) at the McMaster University School of Physiotherapy and a frequent instructor in the school's Clinical Skills program. He is a member of the Ithaca Hand Therapy Think Tank and the MacHand Group both of which are dedicated to research and excellence in hand therapy. Mike is a Certified Medical Acupuncturist and certified in Active Release Technique® for the upper extremity.

HOTEL INFORMATION

Our conference hotel, the Marriott on the Falls hotel is located at the brink of the world-famous Canadian Horseshoe Falls. It is a world-class property featuring amazing event spaces, guest rooms and suites, alongside exceptional dining.

Marriott on the Falls

6755 Fallsview Boulevard, Niagara Falls, ON L2G 3W7

Individual Room Reservations:

The CSHT Conference Group Rates are as follows:

City view \$189.00

Falls view \$209.00

Room rates include complimentary Wi-Fi access with endless devices and 2 bottles of complimentary water per day. Please be advised that room rates are quoted in Canadian funds and are subject to a \$2.00 per night Transient Accommodation Tax (TAT) and 5.9% Promotion Fee (PF). The room rate, TAT and PF are subject to 13% Harmonized Sales Tax (HST).

Room rates are for single or double occupancy; triple and quadruple accommodation when available is at an additional rate of \$25.00 per person. Children under the age of 18 stay free in the room with an adult, and rollaway beds are available at an additional rate of \$25.00 each.

Rates will be available three (3) days prior and three (3) days after the conference dates subject to availability of guest rooms at the time of reservation.

The final day for delegates to reserve their rooms and receive the discounted rate is **Tuesday, April 21, 2020**. After this the rooms and rate will be subject to availability.

You are advised to book early as Niagara Falls is a prime tourist location where rooms sell out at all major hotels during this weekend.

Rooms can be booked on-line at:

https://www.marriott.com/events/start.mi?id=1572296349237&key=GRP

(OR copy and paste the following link into a web browser)











Transportation to Niagara Falls

Air Travel to Toronto

Air Canada www.aircanada.com West Jet www.westjet.com Porter www.flyporter.com

Air Travel to Hamilton

WestJet www.westjet.com

Train Travel

Via Rail www.viarail.ca

Ground Transportation

CSHT has arranged the following discounted ground transportation services with Niagara Airbus from various local airports. Go to www.niagaraairbus.com to select your desired service and use the conference discount code 662.

Private Car Services Provided by Niagara Airbus to All Airports in the Region:

10% discount on all private exclusive services for all Airports, including Hamilton, Billy Bishop Toronto Island, Toronto Pearson, Buffalo, and Niagara Falls New York International Airports.

Bus Service from Toronto Pearson International Airport Via Niagara Airbus:

\$96.00 CDN plus applicable taxes for round trip shuttle per person

\$69.00 CDN plus applicable taxes one-way per person

Bus Service from Buffalo Airport Via Niagara Air Bus:

\$105.00 CDN plus applicable taxes for round trip shuttle per person

\$74.00 CDN plus applicable taxes one-way rate per person

Bus Service from Hamilton Airport Via Niagara Air Bus:

Only private services are available.

Alternative Ground Transportation

GO Transit operates daily service from Toronto, Mississauga, Oakville, Burlington, Hamilton and St. Catherine's to Niagara Falls. For further information go to www.gotransit.com.

CONFERENCE FEES

Early Bird Deadline is

April 1, 2020

Register online at www.csht.org

CSHT and **CAOT** Members

Full meeting early bird fees: \$495.00 + 24.75 GST = \$519.75 Late registration: \$595.00 + 29.75 GST = \$624.75 One day registration: \$310.00 + 15.50 GST = \$325.50

Join and Save

Full meeting early bird fee plus membership \$495.00 + 75.00 + 24.75 GST = \$594.75

Non-Members

Full meeting early bird fees: \$595.00 + 29.75 GST = \$624.75 Late registration: \$695.00 + 34.75 GST = \$729.75 One day registration: \$395.00 + 19.75 GST = \$414.75

Rehabilitation Students / Rehabilitation Assistants

Full meeting: \$345.00 + 17.25 GST = \$362.25 One day registration: \$265.00 + 13.25 GST = \$278.25

Cancellation Fee

A full refund minus a \$150 administration fee is available prior to April 21, 2020. No refunds available after April 21, 2020.

CONTINUING EDUCATION UNITS (CEU)

CEU Certificates

14 contact hours (CEU) will be confirmed with an official certificate upon completion of the conference for registrants who attend both days. Contact hours will be adjusted for those registrants who attend only on one day of the conference. HTCC will accept these contact hours in Category A.

CSHT members who attend the Annual General meeting will also receive a separate certificate for 1.5 contact hours (CEU). HTCC will accept these contact hours in Category G. Certificates will be sent by email in PDF format.

American attendees please note: Due to differing standards for each state, attendees are advised to check with their local state licensing board. CSHT believes the quality of our program meets the highest standards and should be accepted by most state licensure boards.

Please forward any questions to:

Maureen Riley
CSHT Secretary
2020conference@csht.org

Acknowledgements:

Marie Eason Klatt Conference Chair

Barbara Shankland Main Program Chair

Karen Landry Scientific Program Chair



Call for Papers: CSHT Conference, May 22-23, 2020

The Canadian Society of Hand Therapists (CSHT) invites you to share your innovative clinical practice inquiries and/or the results of your research on hand and upper extremity topics at the CSHT 2020 Conference in the magnificent city of Niagara Falls, Ontario! We welcome scientific or clinical abstract submissions, which are peer reviewed and may be accepted for an oral Podium presentation or e-Poster presentation. All accepted abstracts will be published in the CSHT newsletter - *In Hand*. Please note that CSHT allows abstracts previously submitted to other meetings. You may submit as many abstracts as you wish.

Scientific submissions include systematic reviews, scoping reviews, and original research in the quantitative or qualitative traditions.

Clinical submissions may include case studies, descriptions of new or newly adapted orthosis designs or other treatment strategies, or descriptions of clinical treatment programs.

Format of Abstract Submission:

PLEASE ADHERE TO THE FOLLOWING FORMAT:

- Abstract submission for a *Podium* presentation should be a maximum of 500 words; no figures, tables or photographs
- Abstract submissions for an *e-Poster* presentation should be a maximum of 250 words; no figures, tables or photographs
- All submissions must include the following information:
 - Name/email address of presenter (blinded for the review process)
 - Name(s) of co-author(s) (blinded for the review process)
 - E-mail address of primary author (blinded for the review process)
 - Title of presentation
 - Statement of Clinical OR Scientific submission
 - Statement of preference for a Podium or e-Poster format

The presenter of the Podium or e-Poster presentation must be registered for the conference on the day of presentation. Student rates are available.

E-mail abstracts to:

Karen Landry Scientific Chair, CSHT Conference 2020 landryk@dal.ca

Deadline for abstract submission: February 2, 2020

Notification of abstracts accepted:

March 2, 2020

For more conference information, please visit www.csht.org.

See you at the Falls!!

