



EUROPEAN FEDERATION  
OF SOCIETIES FOR HAND THERAPY

# European Certified Hand Therapist (ECHT)

## The ECHT process



EUROPEAN CERTIFIED  
HAND THERAPIST

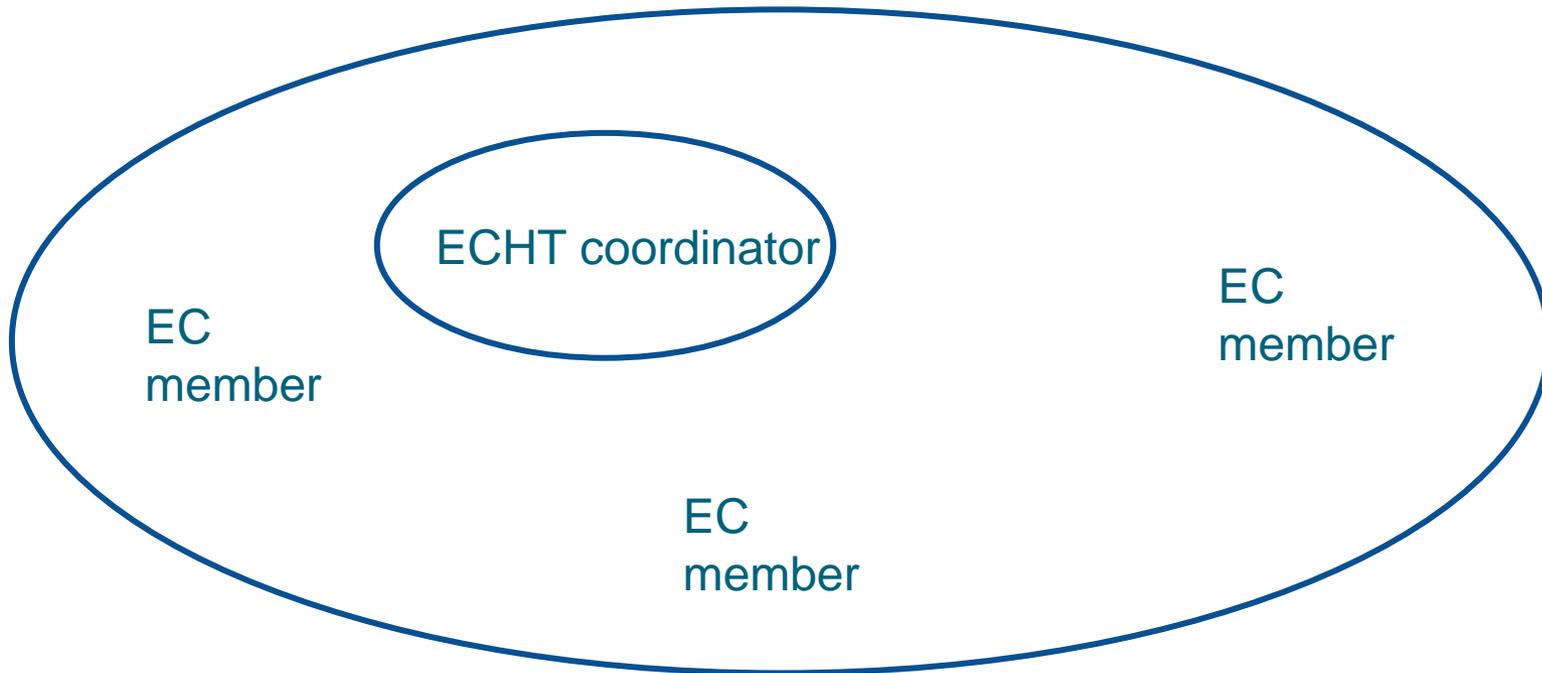
# Overview

- **Introduction**
- How to become an ECHT?
- The extended Curriculum Vitae
  - Markform
- Case studies
  - tips on writing the case studies
  - ICF and how it relates to ECHT
  - Markform
- The ECHT coordinator and process
- Questions and Answers

# Introduction

- 2006 – EC charged with the specific task of developing an EFSHT certification in hand therapy
- The aim was to create a standard for Hand Therapy education within EFSHT member countries
- A portfolio system was agreed

# The EFSHT Education Committee



# How to become an ECHT

- Applicant criteria
  - OT or PT from EFSHT member country
  - National accreditation / certification as a hand therapist
  - Minimum of 5 years professional experience and 4000 hours in hand therapy
  - Personal contribution to hand therapy



Submit a portfolio application

[www.eurohandtherapy.org](http://www.eurohandtherapy.org)

# What does a portfolio look like?

Since 2019: **Digital Portfolio !!**

[www.eurohandtherapy.org](http://www.eurohandtherapy.org)

Menu – EFSHT – Certification/eht – digital template

# What's in the portfolio?

- Evidence of national certification
- 3 written testimonies or recommendations
- Extended CV with details of professional education and experience
- 2 Case Studies
  - 1 Short
  - 1 Long

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# Extended Curriculum Vitae

- Professional experience
- Courses/Qualifications pertinent to Hand Therapy
- Personal contribution to the field of Hand Therapy
- Management skills
- Promotion of specialism/sharing of expertise

**REFLECTIONS of learning need to be clearly stated!**

# More specific information

- Available in the **Handbook**
- Gives clear information on how to prepare portfolio and the pass criteria for each section
- Useful to read this carefully as you prepare your portfolio

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# Markform

	Pass Criteria	Return Criteria
<b>Professional experience</b>	Years of experience in each post stated. <b>Minimum 5 years clinical experience including 4000 hours Hand Therapy clinical practice.</b>	<b>Inconsistent statements</b> regarding years in posts and clinical hours.
	Previous appointments, location of work with <b>responsibilities</b> identified and <b>description</b> of development as a Hand Therapist.	Previous appointments, location of work listed. <b>Limited description of work responsibilities with little evidence of reflection.</b>
	Clear description of <b>present post</b> including clinical, educational and managerial responsibilities and roles. Evidence of <b>reflection</b> on roles.	Description of present post including clinical, educational and managerial responsibilities and roles is <b>unclear or incomplete.</b> <b>Little evidence of reflection</b> on roles.

# Markform

	Pass Criteria	Return Criteria
<p><b>Courses / Qualifications pertinent to Hand Therapy</b></p>	<p>Professional qualification(s) with <b>date</b> and <b>place</b> included. Evidence of <b>National Qualification and membership</b> of National Society Evidence complete in appendix.</p>	<p>Incomplete detail of Professional qualification(s) with <b>inconsistency</b> of date(s) and place(s). Inadequate evidence in the appendix.</p>
	<p><b>Short courses</b>, with subject/field and date(s) attended within the <b>last</b> approximately <b>5 years</b> logically listed. <b>Certificates, programmes</b> etc. are included in the appendix with a <b>short statement</b> of learning outcome.</p>	<p>Short courses, with subject/field and date(s) attended are <b>not logically listed and/or go beyond the last 5 years</b>. Certificates, programmes etc. are <b>absent</b> and/or learning outcomes.</p>



# Continuing Education

Independent learning activities such as article reading with assessment upon completion

Attendance at continuing education course ½-1 day

Attendance at Webinar or online education course , 1-4 hours, with completion of assessment

Attendance at continuing education course 2-4 days duration

Attendance at Webinar or online education event, 5-8 hours, with completion of assessment

Completion of modular educational units with test or assessment process to obtain certificate of completion

Completion of university level course with certificate

Completion of university level course with degree (masters, PhD)

# Instructional Activity/ Professional Presentations

In-house presentation in own work setting for co-workers

Presentation at regional group meeting

Participant at roundtable discussion at national or international congress

Poster at national congress / meeting

Presentation at professional congress / national meeting

Develop and teach a ½ day Workshop

Develop and teach a 1 day Workshop

Presentation at international congress/ meeting

Develop and teach a continuing education course 1-2 days

Develop and teach a 3-4 day continuing education course

Lecture at university level course 1-3 hours

Teach university level hand therapy course 1 full day (points per day of instruction)

Coordinator of university level hand therapy program

# Research Activity

**Chart Audit**

**Assist with research project**

**Design and carry out an in-house research project**

**Design, organize and manage an externally funded research project**

**Design, organize and manage a national multi-center study**

# Publications

Development of a treatment protocol or guidelines

Development of an informational pamphlet

Publication of book review or letter to editor in professional journal

Editor of newsletter (points per year)

Peer-reviewer for peer review journal (points per year)

Publication of innovation / literature review/ single case study type article in non-peer reviewed journal professional journal

Publication of own research in non-peer reviewed journal

Publication of innovation / literature review/ single case study type article in peer reviewed journal professional journal

Editor of Journal

Publication of systematic review in peer reviewed journal

Publication of own research in peer reviewed journal

Author / Co-Author of chapter in a book

Author / Co-Author of Book

# Professional Organizational Activity (per year or event)

Member of regional professional committee

Member of national society committee (commitment of 1 year or more)

Moderator of scientific session at national or international congress

Organizer of community outreach or information program 1/2 -1 day

Member of international hand therapy related committee

Organizer of community outreach or information program 2-5 days

Chair of national committee

Coordinate / organize educational event in professional society

Chair of international committee

Leadership in professional society (executive board member)

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# Case Study

## 2 case studies required

- 1 short case study, 1500 words
- 1 long case study, 2500 words

[www.eurohandtherapy.org](http://www.eurohandtherapy.org)

digital template

# Tips

## Short Case Study

- Simpler
- Routine cases lend themselves to this format

## Long Case Study

- A **more complex** case can be accommodated but still difficult to add depth if too complicated
- Keep in mind these generally require more presentation as well
- More detail /rationale needed.
- Include sub headings throughout text.

**It is not just a story!**

# Case Studies

- Cover page
  - title of the case study
  - name of the applicant
  - Number of words; 1500/2500
- A list of contents
- Tables/figures and appendix are not included in the word count.
- Pictures may be useful to illustrate a point.

<p>Long Case Study:</p> <p>Title: Treatment of a crushing injury in a 45 year old male construction worker</p> <p>Anna Mustermann, Occupational and Hand Therapist Platzstrasse 10 9426 Walzenhausen Tel.: 044 123 45 56 <a href="mailto:Anna.mustermann@beispec.com">Anna.mustermann@beispec.com</a></p>	<p><b>Table of Contents:</b></p> <ol style="list-style-type: none"><li>1. Introduction</li><li>2. Case Presentation<ol style="list-style-type: none"><li>a) Demographic Information</li><li>b) Diagnosis and relevant health factors/diagnosis</li><li>c) Assessment /re-assessment und results</li><li>d) Treatment priorities and plan</li><li>e) Goals</li><li>f) Evaluation of course of treatment and outcome</li><li>g) Interdisciplinary interactions</li><li>h) Complications</li><li>i) Impact on Patient long term / short term</li><li>j) Cost analysis</li></ol></li><li>3. Conclusion with reflection</li><li>4. Literature</li><li>5. Appendix<ol style="list-style-type: none"><li>I. Pictures</li><li>II. Tables</li></ol></li></ol> <p>2</p>
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# Use tables for your assessment data

## Grip Strength: Measured with Jamar Dynamometer in Position II mean of 3 trials

Date	05.05.2012	05.07.2012	09.09.2012	11.10.2012
Right	2.3 kg	7.6 kg	26.3 kg	32.6 kg
Left	45.3 kg	43.6 kg	43.6 kg	45.3 kg <sup>1</sup>

**TIP !** to save on your word count, use the appendix for details that are not crucial

# Other ideas to help word count

Initial Problem	Aim	Objectives
Vulnerable tendon & nerve repairs	Protect surgical repairs and facilitate healing	Provision of custom made thermoplastic dorsal blocking splint (Wrist neutral; MCPJs 70°; IPJs 0°) for 6 weeks
Poor ROM in digits	↑ Passive ROM ↑ Active ROM Promote differential flexor tendon glide	Early Active Motion Regime for post-tendon repair (taught and progressed in therapy sessions and carried out at home)  <u>Hourly</u> x 5 passive digit flexion X 5 active digit flexion  ↑ reps/frequency dependent on progress Mobilise wrist/fingers in a tenodesis posture at 4 weeks
Scar Proliferation	Minimise scar proliferation	Scar massage Silicone patches
↓ Sensation in ulnar digits	Protect Monitor recovery Sensory re-education	Advise patient to monitor insensate areas in the first instance Evaluate recovery (monofilaments) Promote hot/cold discrimination Texture discrimination (if permitted by level of nerve re-generation)
Poor function in affected hand	Promote normal hand function once healing has reached an appropriate level	Promote functional movement patterns Use of therapeutic activities in hand therapy department Promotion of home based programme

# ICF and ECHT

## International Classification of Functioning, Disability and Health (ICF)

- ICF is one of the international classifications developed by the World Health Organisation (WHO, 2001)
- ICF defines and classifies components of health
- ICF provides a valuable tool to describe and compare the health of different populations in an international context
- **ICF provides a conceptual framework to organise information concerning health and health conditions**

# How is ICF organised?

## Part 1: Functioning and disability

### Components:

- Body functions and structure
- Activities and Participation

## Part 2: Contextual Factors

### Components:

- Environmental Factors
- Personal Factors

# Part 1: Functioning and disability

**Body functions** are the physiological functions of body systems (including psychological functions)

**Body structures** are anatomical parts of the body

**Impairments** are problems in body function or structure such as a significant deviation or loss

## Part 2: Contextual Factors

**Activity** is the execution of a task or action by an individual

***Activity limitations** are difficulties that an individual may have in executing activities*

**Participation** is involvement in a life situation

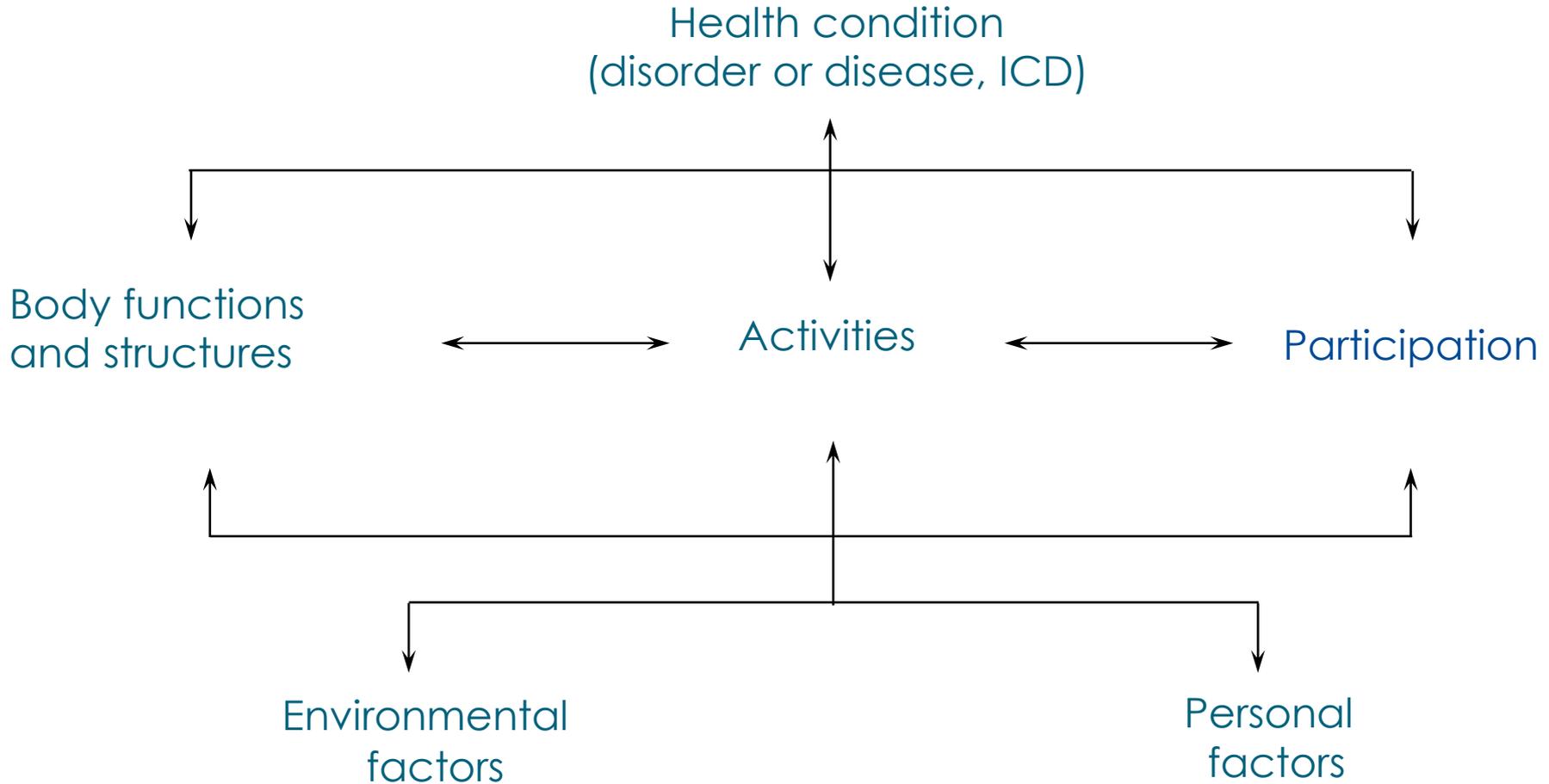
***Participation restrictions** are problems an individual may experience in involvement in life situations*

# ICF definitions

**Environmental factors** make up the physical, social and attitudinal environment in which people live and conduct their lives

**Personal factors** are the particular background of an individual's life (for example, gender, race, age, lifestyle, social background, education, profession)

# Biopsychosocial Model of the components of health



# Clinical Applications

Health condition

*Fracture of middle phalanx D3, partial amputation D4 DIP*

Body functions and  
structures

Activities

Participation



# Patient's Goals

<b>Body function</b>	<b>Activities /Participation</b>
1. Improve aROM in D3	1. Drive a car safely
2. Improve grip strength	2. Use a computer
3. Reduce hypersensitivity in D4	3. Eat with a knife and fork
	4. Play handball
	5. Return to full-time employment in his previous job as metal worker



**Treatment interventions**

# Take Home Message ICF

- By defining the domains and categories, ICF serves as a reference framework in clinical practice for
  - **Assessment**
  - **Goal setting**
  - **Treatment interventions**
- It is important to assess not only impairments but also activity limitations and participation restrictions
- **ICF provides a common language and improves communication between professionals**

# Discussion/evaluation

- Support discussion of treatment with evidence
- Were your outcomes comparable with the literature?
- Mention your interaction with other disciplines for this case

# Include Reflection in the Discussion

## Reflect on the treatment and outcome

- Why did you choose this course of treatment?
- What went well?
- What could have gone better?
- Financial implications of your intervention?
- Longterm implications for the patient in this case?

# Markform

- Once completed you should self-evaluate your case studies using the markform and decide whether you cover all the relevant sections.
- Before submitting case studies we suggest you let a colleague read it.
- You need over 60% in each section for an overall pass

Remember don't leave the assessor  
with more questions than answers

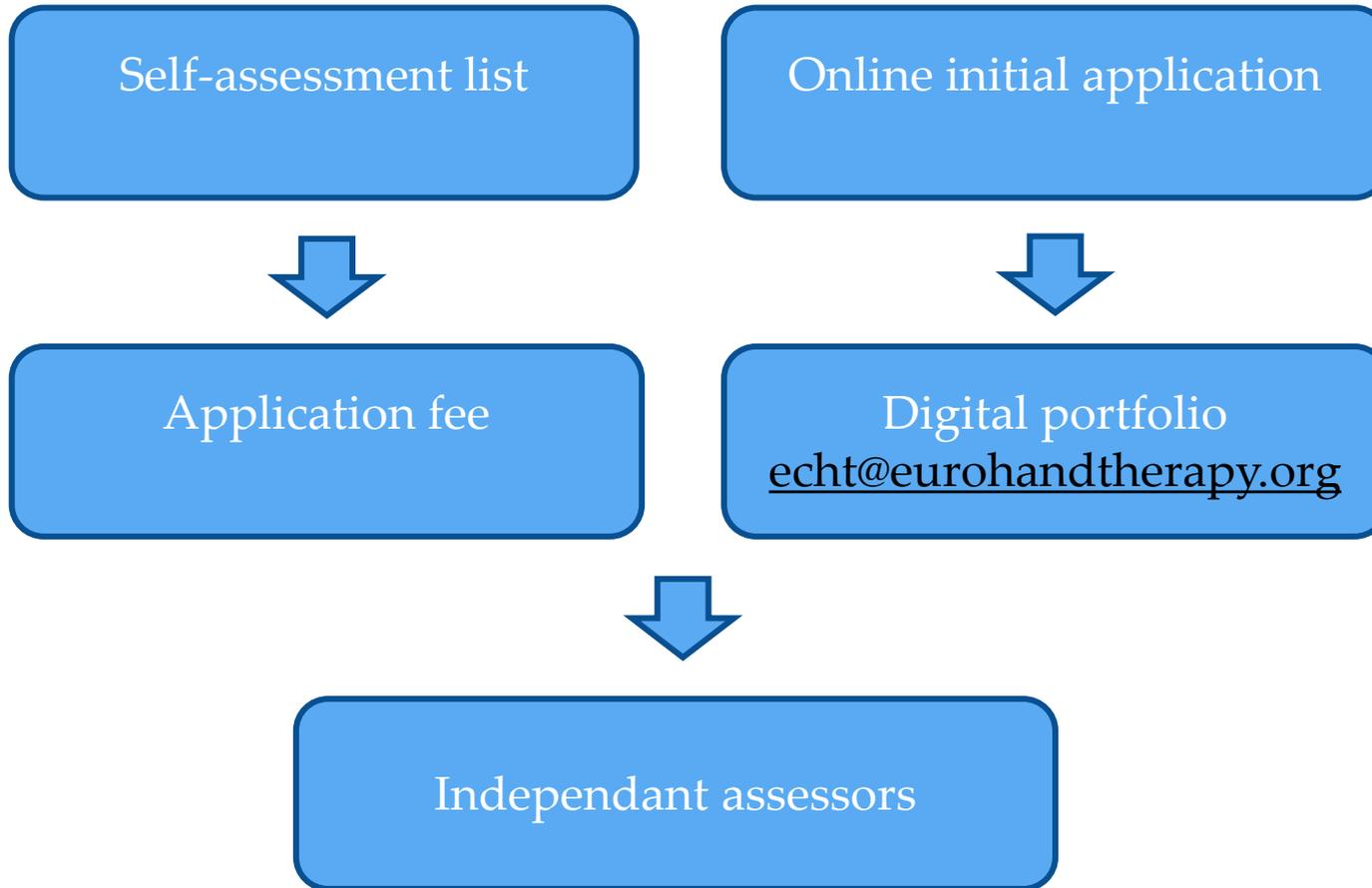
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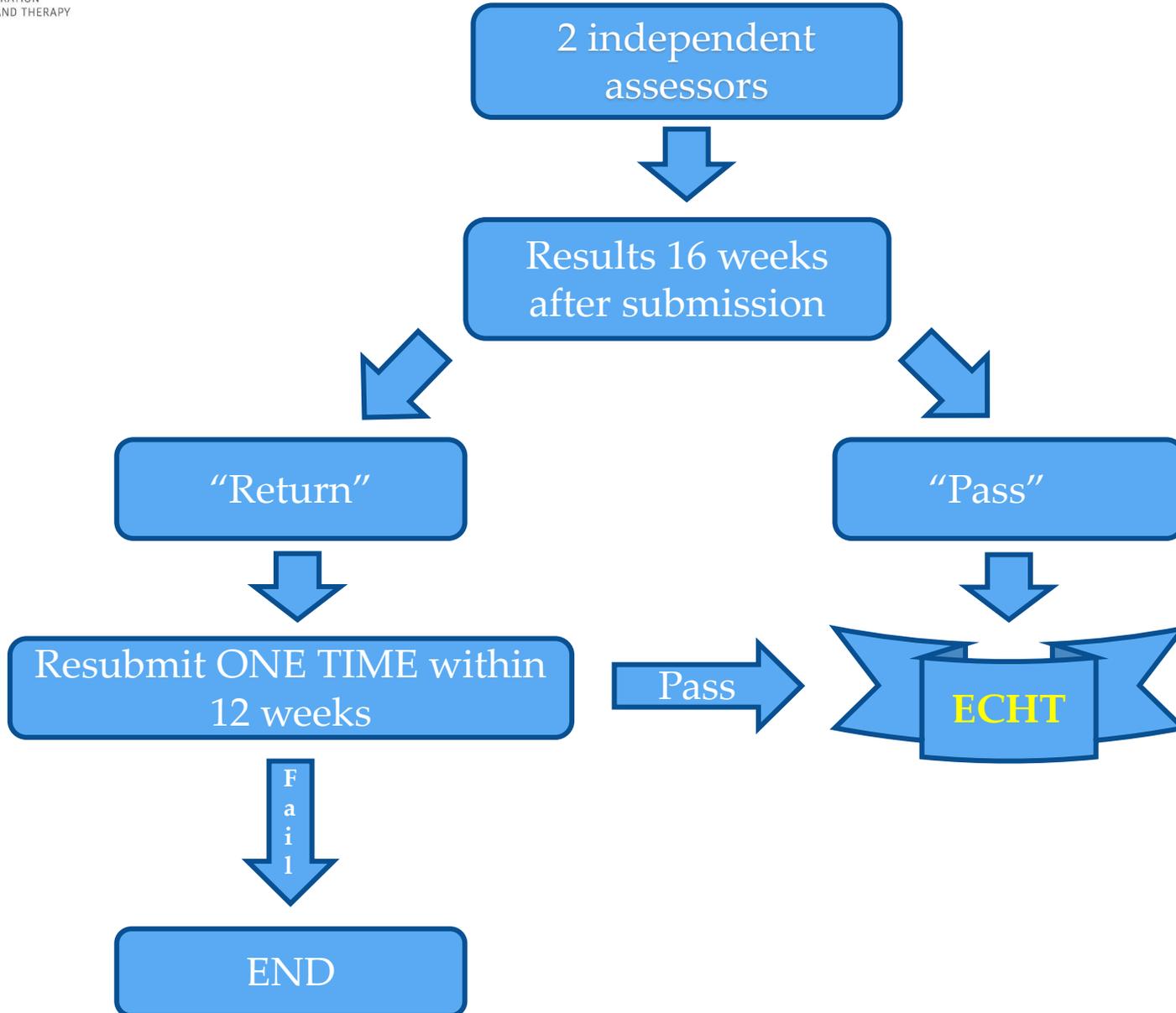
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# What does the ECHT coordinator do?

- Responsible for streamlining each ECHT certification and the re-certification process
- Point of contact to ECHT applicants, assessors and other therapists with questions about certification  
**Email:** [echt@eurohandtherapy.org](mailto:echt@eurohandtherapy.org)
- Main duties: monitor, coordinate and execute all steps of the ECHT (re) application process.

# ECHT PROCESS





# Go for it !!!!!!!

