

# European Curriculum

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## **Introduction**

The European Certified Hand Therapist will have demonstrated to the EFSHT a high level of competence and a contribution to the field of Hand Therapy. The therapist will also show an advanced level of professional knowledge of the anatomy and physiology of the upper extremity, plus advanced clinical skills and knowledge about upper extremity rehabilitation during completion of clinical experience, post graduate education and independent study. He/she will be a member of a society recognised by the EFSHT. He/she will have a minimum of 5 years of clinical experience (9000 hours), including 4000 hours or more in direct practice in hand therapy and be able to demonstrate learning and reflection on their clinical practice. The award will be valid for 7 years after which the therapist can then apply for re-certification.

The ECHT is not intended to replace national certification, but to add a further level of certification and thus identify experienced practitioners of Hand Therapy. In the future detailed information will be available on the EFSHT website.

The relevance of the Hand Therapist Profile is that it serves as the basis of a common curriculum upon which a national programme can be based, or existing programmes compared.

This common European curriculum:

- Identifies areas of skills, knowledge and competencies contained in the Profile;
- Draws up a list of basic criteria with which national programmes can be compared.

## **Areas of skills, knowledge and competencies**

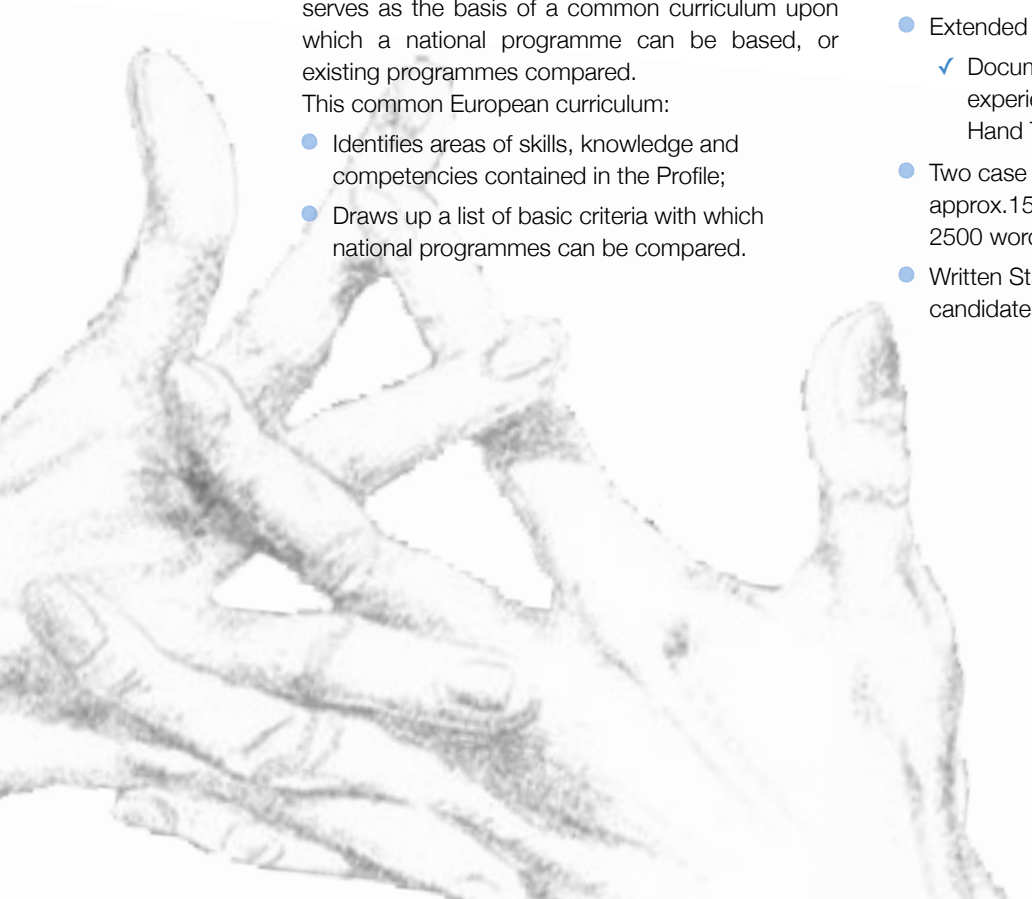
Suggested categories regarding these areas are:

- Theoretical knowledge
- Upper extremity specialist knowledge
  - ✓ Diagnostic knowledge
  - ✓ Clinical conditions
- Upper extremity specialist skills
  - ✓ Specialist clinical skills
  - ✓ Specialist therapeutic skills
- Promotion of professional practice

A qualified Occupational or Physiotherapist may apply for the European Certified Hand Therapist (ECHT) qualification. The process is as follows: It is required that a national certification has been achieved by the candidate in a member country of the EFSHT. Thereafter a portfolio application that details the candidate's professional education, experience, further learning and includes two case studies, is submitted by the candidate. The portfolio undergoes an independent assessment process. The assessors are appointed by EFSHT.

## **Portfolio must include:**

- Extended curriculum vitae
  - ✓ Documenting a minimum of 5 years clinical experience, which includes 4000 hours of Hand Therapy clinical practice
- Two case studies: one short case study of approx. 1500 words and one long one of approx. 2500 words.
- Written Statements / Testimonies that verify the candidates experience and skills.



Area	Topic	Objective	Criteria	Time frame
Theoretical knowledge	• ICF	<ul style="list-style-type: none"> <li>• Demonstrate recognition of the components of health according to the conceptual model of the WHO and understand their relevance in hand rehabilitation</li> </ul>	ICF <ul style="list-style-type: none"> <li>• Demonstration of the use of ICF in the case studies</li> </ul>	5 yrs
	• Interdisciplinary team approach	<ul style="list-style-type: none"> <li>• Based on the ICF, demonstrate recognition of the relevance of an interdisciplinary team, the contribution of individual team members and the necessity of coordination and a continuum of care;</li> <li>• Demonstrate a comprehensive understanding of professional codes of ethics, regulatory and legal guidelines;</li> <li>• Demonstrates effective resource management.</li> </ul>	<ul style="list-style-type: none"> <li>• Written statements or testimonials from other healthcare professionals that address the following points:               <ul style="list-style-type: none"> <li>- interdisciplinary team;</li> <li>- ethics, regulatory and legal guidelines;</li> <li>- resource management;</li> <li>- patient oriented practice</li> </ul> </li> </ul>	1 yr
	• Principles of patient-oriented care	<ul style="list-style-type: none"> <li>• Understand and apply an approach whereby patient and therapist work successfully to identify problems that prevent the patients' satisfactory involvement in their individual life situation;</li> <li>• Demonstrate an understanding of behavioural science and psychological reactions to disease/injury.</li> </ul>		
	• Evidence based practice (EBP)	<ul style="list-style-type: none"> <li>• Understand and apply the principles of EBP and the relevance of scientifically based interventions in clinical practice.</li> <li>• Demonstrate understanding of research design and statistics and be able to apply evidence based treatment methods, techniques, and tools into daily practice</li> </ul>	Hand Therapy relevant EBP <ul style="list-style-type: none"> <li>• Evidence of use of EBP by:               <ul style="list-style-type: none"> <li>- published article; OR</li> <li>- work based project; OR</li> <li>- proof of a presentation on this topic; OR</li> <li>- Journal club participation / documentation; OR</li> <li>- Critical appraisal of an article; OR</li> <li>- Review for journals</li> </ul> </li> </ul>	7 yrs

Area	Topic	Objective	Criteria	Time frame
Upper extremity specialist knowledge	<ul style="list-style-type: none"> <li>• Diagnostic knowledge               <ul style="list-style-type: none"> <li>✓ amputations</li> <li>✓ central nervous system disorders as they relate to the upper extremity</li> <li>✓ congenital abnormalities / anomalies</li> <li>✓ cumulative trauma / disorders / repetitive stress injuries</li> <li>✓ Dupuytren's contracture</li> <li>✓ fractures / dislocations / joint instabilities</li> <li>✓ infections</li> <li>✓ inflammatory and degenerative arthritis</li> <li>✓ multiple system trauma</li> <li>✓ nail bed injuries</li> <li>✓ pain-related syndromes</li> <li>✓ peripheral nerve compression and disease</li> <li>✓ peripheral nerve injuries</li> <li>✓ post-mastectomy / post-radiation lymph oedema</li> <li>✓ psychogenic disorders involving the upper quarter</li> <li>✓ soft tissue injuries</li> <li>✓ tendon injuries and disorders</li> <li>✓ thermal injuries</li> <li>✓ tumours and cysts</li> <li>✓ vascular disorders</li> </ul> </li> <li>• Clinical conditions               <ul style="list-style-type: none"> <li>✓ amputation (revision)</li> <li>✓ arthroplasty</li> <li>✓ arthrodesis</li> <li>✓ fasciotomy / fasciotomy</li> <li>✓ fracture fixation / bone graft</li> <li>✓ ganglionectomy</li> <li>✓ injections</li> <li>✓ joint reconstruction</li> <li>✓ joint stiffness / release</li> <li>✓ joint synovectomy</li> <li>✓ ligament repair</li> <li>✓ nail bed repair</li> <li>✓ nerve blocks / sympathectomies / nerve decompressions</li> <li>✓ nerve grafts / nerve repairs</li> <li>✓ neurolysis</li> <li>✓ replantation / revascularisation</li> <li>✓ scar revisions</li> <li>✓ skin grafts / flaps</li> <li>✓ soft tissue releases</li> <li>✓ tendon grafts / tendon repairs</li> <li>✓ tendon transfers</li> <li>✓ tenolysis</li> <li>✓ tenosynovectomy</li> <li>✓ tissue transfers</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Evidence of a sound knowledge of the anatomy and physiology of the skin/ connective, muscular, skeletal, nervous, and vascular/lymphatic systems;</li> <li>• Evidence of a thorough knowledge of the aetiology and pathology of medical conditions, as well as the medical and surgical interventions relating to these conditions;</li> <li>• Evidence of knowledge of kinesiology and biomechanics</li> <li>• Understand and apply health and safety techniques and procedures (e.g., infection control, emergency procedures, practitioner safety, environment);</li> <li>• Evidence of a sound knowledge of treatment rational, indications and contra-indication.</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence in CV of the treatment of patients with a selection of conditions relevant to clinical practice, with a minimum of 5 different diagnoses. Forms of evidence can be: written testimony, course, lecture attendance, lecture delivery</li> </ul>	5 yrs

Area	Topic	Objective	Criteria	Time frame
Specialist clinical skills	<ul style="list-style-type: none"> <li>• assess and evaluate relevant patient characteristics of the upper extremity</li> <li>• develop treatment techniques</li> <li>• develop and implement treatment and discharge plans</li> <li>• organise and manage population-based services</li> <li>• promote professional practice</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate proficiency in using standardised and non-standardised assessment tools;</li> <li>• Demonstrate familiarity with expected functional outcomes of treatment;</li> <li>• Demonstrate knowledge of expected physiological and psychological effects of treatment procedures;</li> <li>• Demonstrate correct and timely application of interventions and effective rehabilitation management</li> </ul>	<ul style="list-style-type: none"> <li>• See marking criteria of the case studies in the ECHT handbook</li> </ul>	
Specialist therapeutic skills	<ul style="list-style-type: none"> <li>• activities</li> <li>• adaptive/assistive devices</li> <li>• training in activities of daily living (ADLs)</li> <li>• behaviour management</li> <li>• compressive therapy</li> <li>• desensitisation</li> <li>• electrical modalities</li> <li>• ergonomic modification</li> <li>• exercise</li> <li>• manual therapy</li> <li>• patient and family education</li> <li>• prosthetics</li> <li>• sensory re-education</li> <li>• splinting</li> <li>• standardised assessment tools</li> <li>• strengthening</li> <li>• thermal modalities</li> <li>• vocational assessment</li> <li>• work hardening / retraining</li> <li>• wound care / dressings</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the ability to treat patients utilising a variety of techniques and tools, safely and correctly;</li> <li>• Demonstrate reflective practice.</li> </ul>	<ul style="list-style-type: none"> <li>• Provide 2 examples of how attendance at courses has impacted your current practice of hand therapy. For each example include a short summary of no more than 150 words.</li> </ul>	5 yrs
Promotion of professional practice	<ul style="list-style-type: none"> <li>• contributions to the field of hand therapy</li> <li>• maintenance of high ethical and legal standards</li> <li>• continuing professional development</li> <li>• implements EBP</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a contribution to the field of hand therapy;</li> <li>• Demonstrate the maintenance of high ethical and legal standards;</li> <li>• Demonstrate continuing professional development;</li> <li>• Demonstrate the use of EBP</li> </ul>	<ul style="list-style-type: none"> <li>• Evidence may include:</li> <li>• A position in a national or international society</li> <li>• Supervision or mentoring</li> <li>• Educational work</li> <li>• Articles / presentations</li> <li>• Inservice training</li> <li>• Developing guidelines</li> </ul>	7 yrs

