

Hand and Upper Limb Therapy

(RHAB806) 45 points

Pathways, programmes/specialisations the paper is attached to

Postgraduate Certificate in Health Science, Master of Health Science, Postgraduate Diploma in Health Science, Master of Health Practice in the Rehabilitation specialisation area.

Am I eligible to enrol in this paper?

The paper is for health professionals registered under the HPCA Act, or for international physiotherapists who hold a Special Purpose Scope of Practice from the Physiotherapy Board of New Zealand. Applicants will normally have completed the requirements of one of the following in a relevant field from a New Zealand tertiary institution or equivalent:

- A bachelor's degree
- Professional qualification recognised by the university as being equivalent to a bachelor's degree
- Evidence of professional experience deemed by the university to be equivalent to a bachelor's degree

It is highly recommended that you have a sound working knowledge of anatomy of the upper limb, and that you also have a minimum of 2 years' postgraduate experience in a physical rehabilitation field of work. Where entry qualifications do not meet the criteria for study at postgraduate level, completion of transitional studies may be required before the applicant is admitted to the programme.

What is this paper about?

Encompasses advanced study in the practical and applied assessment of hand and upper limb dysfunction and the understanding and integration of the scientific and clinical research foundation of current medical, surgical and therapeutic management strategies for such dysfunction. Specialised clinical competency is gained in advanced hand and upper limb assessment and management strategies, including the use and application of splints, with the ultimate goal of optimizing client function.

What can I expect to learn?

- Biomechanics, pathomechanics, and pathophysiology relating to all hand and upper limb disorders
- Advanced knowledge of functional anatomy
- Clinical assessment strategies and evaluation of their effectiveness
- Concepts of treatment relating to hand and upper limb conditions
- Efficacy of re-education of movement, sensibility and function of the hand through activity and exercise
- Traumatic hand and upper limb presentations, including fractures, joint injuries, tendons, nerves, skin, multiple injuries
- Pathologic hand and upper limb conditions, arthritis/osis, tendinopathies, nerve compressions, Dupuytren Disease pain syndromes, congenital conditions
- Principles and application of controlled stress to healing tissue. Efficacy on the use of static, serial static and dynamic splints in hand dysfunction
- Addressing functional deficits and re-integration into work and other life roles
- Psychosocial considerations of hand and upper limb dysfunction and therapeutic management

How is this paper taught?

Location:	On campus at North Campus, AUT
Teaching Period(s):	Full year
Block Course:	Yes (Three on-campus teaching blocks: April 4 days, July 5 days, and September 4 days)
Online:	Online learning tasks incorporated

How will I be assessed?

1. Poster Presentation
2. Written assignment
3. Oral case defence

Who will be teaching me?

Paper Coordinator:

Christie Oldfield: Christie is a Physiotherapist with over 10 years of clinical experience as a Registered Hand Therapist. She completed her Masters in Health Science in 2013, her research at AUT having a particular focus on ultrasound imaging of the Distal Radioulnar Joint.

Julie Collis: Julie Collis assists in the delivery of the HAUL paper. She is a very experienced Hand Therapist working in both public and private practice and is an Occupational Therapist. She too has a Masters in Health Science and her research was on splinting post Dupuytren surgery.

Additional information

If you are planning to become a Registered Hand Therapist in New Zealand one of the pathways requires you to complete another 15 point paper. This paper needs to be relevant to upper limb rehabilitation practice. Go to

<https://www.nzahat.org.nz> for further information.

Fees

Information about paper tuition fee for papers may be found at:

<http://www.aut.ac.nz/study-at-aut/fees-scholarships-and-finance/fees/postgraduate-fees>

Enrolment and enquiries

New to AUT? Please submit an application for a programme on the AUT website - <https://www.aut.ac.nz/study/applying>.

When you are a confirmed student you will be able to indicate your paper selection. Any questions about applying to AUT please contact Debra Spinetto – fhes.enquiries@aut.ac.nz

Current students will receive an re-enrolment email each year – any enquiries please contact fhes.administration@aut.ac.nz

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