

AO Alliance Foundation

AO Alliance Foundation/British Society for Surgery of the Hand Hand Trauma Workshop

September 29, 2017, Boadzulu, Mangochi, Malawi



A word of welcome

Welcome to the AOAF Course—Hand injuries Management in Boadzulu Malawi. The AO Alliance Foundation (AOAF) is a humanitarian nonprofit organization responding to the need to improve the care of acute musculoskeletal trauma and neglected cases in the least developed countries in the world. This is done by building local capacity on one hand and by collaborating with local healthcare workers to develop and deliver educational events—such as this event—to provide training to individuals to promote healing and restore health and function.

There continues to be a close collaboration with the AO Foundation (AOF) and the AO Education Institute (AOEI). The AO principles of trauma and fracture management are disseminated to trauma surgeons and operating room personnel through the coordination and delivery of these instructional events.

These AOAF events can be offered to you thanks to the excellent and constructive support received from the national organizing committee. Together with local providers, AOAF events are designed and adapted to your country's specific needs.

We would like to thank all those faculty members who dedicate much time away from their hospitals and families to come and teach on AOAF events to improve patient care.

We know your expectations will be more than met and that you will return home enriched with new knowledge and skills to help us meet our ultimate goal—improving care of the injured patient.



Rolf Jeker

Chair

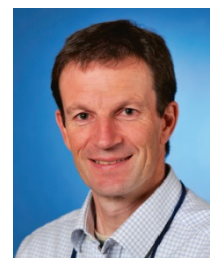
AO Alliance Foundation (AOAF)



Joachim Prein

Vice-Chair

AO Alliance Foundation (AOAF)



Jim Harrison

Regional Director of Africa

AOA Foundation (AOAF)

Dear AO Alliance Foundation (AOAF) course participant,

You are most welcome to this one day AO day at Mangochi. The AO foundation has been sponsoring this one day meeting for the last ten years. The aim is for all Orthopaedic Clinical Officers to take off some time from their busy schedules once a year and come to the lake for a day of learning from each other, share experiences and ask questions that will help them to treat their patients.

This year is a special year because the AO foundation has recently launched a new initiative called the AO Alliance which aims to carry on the work of the former AO SEC in a more focused and broader way. Malawi has been privileged to be the very first country where the AO Alliance activities have been launched.

As the name suggests, AO Alliance works with various partners to fulfill its objectives. This year we are privileged to host faculty from the British Society for Surgery of the Hand (BSSH) who will teach us various aspects on hand injuries and how we can manage these in our places of work.

In continuation with the AO SEC work, this one day course has been sponsored by the AO Alliance. It will focus on hand injuries. We encourage all of you to fully participate and ask questions and share experiences so that we may all learn from each other and ultimately achieve better patient outcomes for the patients we treat.

We thank AO Alliance for sponsoring this one day course.

Sincerely yours,



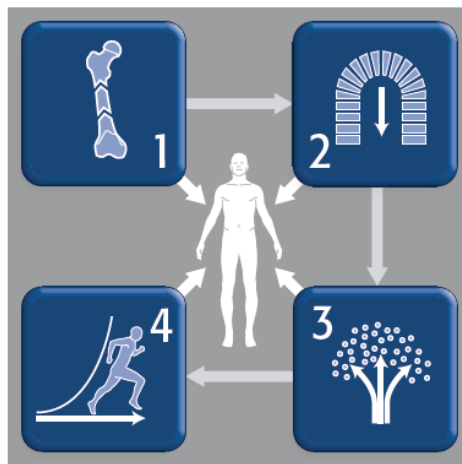
Linda CHOKOTHO

National Course Chair

The AO Principles of fracture management

Fracture reduction and fixation to restore anatomical relationships.

Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.



Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient, and the injury.

Preservation of the blood supply to soft tissues and bone by gentle reduction techniques and careful handling.

Course objectives

This course is an instructional course with the objective to provide doctors and other healthcare professionals with guidelines for basic nonoperative treatment of common fractures and to enable them to recognize those fractures that need operative treatment in a specialist unit.

Structure of the course

- Presentations
- Practical exercises
- Group discussions

Content

This course will address:

- Functional Anatomy of the hand
- Overview of hand fractures and tendon injuries
- Assessment and principles of management of the injured hand
- Hands-on exercises on safe splinting of hand, extensor tendon repair

Learning outcomes

By the end of the course participants will be able to

- Describe the functional anatomy of the hand
- Do systematic assessment of the injured hand
- Describe the basic principles for hand injuries management
- Identify injuries that would better be treated at a Tertiary facility
- Safe and appropriate splinting of the injured hand
- Formulate systems for maintaining safe standards of practice

Course Faculty

The faculty for this AOAF course is composed of international, regional and national faculty.

International course chair

Jonathan Jones United Kingdom

Local course chair

Linda Chokotho Malawi

National faculty

Nicholas Lubega Malawi

Tilinde Chokotho Malawi

Dorothy Chinguo Malawi

Safalao Phalira Malawi

International faculty

Jonathan Jones United Kingdom

Martin Wood United Kingdom

Fouzia Khatun United Kingdom

Meryl Glover United Kingdom

Course organization

AO Alliance Foundation (AOAF)

Clavadelerstrasse 8

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Contact address

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Hosted by the AO Alliance Foundation (AOAF)

Course information

Course venue

Boadzulu Mangochi MALAWI

Registration and information desk

Open: 07:30 am

Intellectual Property

Course materials, presentations, and case studies are the intellectual property of the course faculty. All rights are reserved. Check hazards and legal restrictions on www.aofoundation.org/legal.

Recording, photographing, or copying of lectures, practical exercises, case discussions, or any course materials is strictly forbidden. Participants violating intellectual property will be dismissed.

The AO Alliance Foundation reserves the right to film, photograph, and audio record during their events. Participants must understand that in this context they may appear in these recorded materials. The AO Alliance Foundation assumes participants agree that these recorded materials may be used for AOAF marketing and other purposes, and made available to the public.

Security

It is compulsory to wear your badge during the course for lectures, workshops and group discussions.

Portable telephones

Please note that it is not permitted to use portable telephones in lecture hall and in workshop room.

Insurance

Participants are not insured by the course organizers against accidents or other risks. Personal belongings left in the hotel are the responsibility of the individual participant.

Dress code

Casual; beware clothing may get dirty with Plaster of Paris during practical workshops. Loose fitting pants and shirts are recommended.

Course language

English



FRIDAY, September 29th 2017

Time	Activity	Who?
7:30am	Registration (30 min)	Administrator
8:00am	Welcome and Introductions (10 min)	L Chokotho
8:10am	Introduction of British Society for Surgery of the Hand (BSSH)(10 min)	J Jones
8:20am	Objectives of the day's activities (10 min)	L Chokotho

a) EARLY MORNING LECTURES (Plenary sessions)

b) Moderator and timekeeper: N Lubega

Time	Activity	Who?
8:30am	Pre-course assessment (30min)	L Chokotho
9:00am	Functional Anatomy and assessment of the injured hand (20 min)	J Jones
9:20am	Overview of hand fractures (20 min)	M Wood
9:40am	Hand infections (20 min)	F Khatun
10:00am	Tendon and nerve injuries (20 min)	T Chokotho
10:20am	Questions and answers on presented topics (10 min)	Faculty
10:30am	Tea Break (30 min)	
11:00am	Hand Examination video and demonstration (30 min)	Plenary session
11:30am	Radiological interpretation (20 min)	M Wood
11:50am	Explanation of Practical groups and transfers to various groups (10 min)	N Lubega

b) PRACTICAL EXERCISES Moderator and Timekeeper: N Lubega

TIME	Range of Motion exercises & scar massage (30 min) D Chinguo	How to give digital block (video demo) (30 min) F Khatun	Hand splinting Buddy strapping (30 min) M Glover and S Phalira	Extensor Tendon repair using simple Kessler (30 min) J Jones and T Chokocho	Incisions of the hand (30 min) M Wood and L Chokocho
12:00-12:30am	A	B	C	D	E
12:30-1:00pm	E	A	B	C	D
01:00-1:30pm	D	E	A	B	C
01:30-02:20pm	LUNCH BREAK (50 MIN)				
02:20-02:50pm	C	D	E	A	B
02:50-03:20pm	B	C	D	E	A

c) DISCUSSIONS AND SUMMARY Moderator and Timekeeper: S Phalira

03:20pm	Small group discussions (cases in the various groups)(40 min)	All faculty in their groups
04:00pm	Questions and answers (10min)	Faculty
04:10pm	Post course test (30min)	Faculty
04:40pm	Summary of the day and take home messages	L Chokocho and J Jones
04:50pm	Course evaluation and end of course	L Chokocho
05:00pm	TEA BREAK	