

# An Overview of Limb Absence Rehabilitation Education Day

**Saturday 9<sup>th</sup> March 2024**

Session 1	
09:00-9.30	<ul style="list-style-type: none"> <li>• <b>Welcome &amp; Registration</b> (NRH main hospital entrance)</li> </ul>
09.30-10:30	<ul style="list-style-type: none"> <li>• <b>Introduction to Limb Absence Rehabilitation and the Assessment Process for Prosthetic &amp; Non-Prosthetic Rehabilitation</b></li> </ul> <p><b>Presenter(s):</b> Dr Jacqui Stow; Consultant in Rehabilitation Medicine, Maggs Jenson, POLAR (Prosthetics, Orthotics &amp; Limb Absence Rehabilitation) Rehabilitation coordinator</p>
10:30-11:00	<ul style="list-style-type: none"> <li>• <b>An Introduction to Prosthetics</b></li> </ul> <p><b>Presenter(s):</b> Raquel Silva (Opcare – Previously Ability Matters)</p>
11:00-11:30	<b>BREAK</b>
Session 2 - Practical	
11:30-12:30	<p><b>Practical Aspects of Rehabilitation stations (with volunteer patients)</b></p> <p><b>Practical Demonstration of Pre-Prosthetic Rehabilitation</b> - Course attendants will get an opportunity to complete 20 minutes at each of the 3 stations</p> <ul style="list-style-type: none"> <li>• <b>Station 1: Transfer Techniques &amp; Wheelchair Tips</b></li> <li>• <b>Station 2: Standing balance &amp; Exercise Prescription</b></li> <li>• <b>Station 3: Residuum care (skincare, shrinker sock and volume/sweat management, scar mobilisation)</b></li> </ul> <p><b>Group Facilitator Disciplines:</b> Nursing, Occupational Therapy, Physiotherapy, Prosthetics.</p>
12:30-13:15	<b>LUNCH</b>
Session 3	
13:15-13:45	<ul style="list-style-type: none"> <li>• <b>Care of the Remaining Foot &amp; Residual Limb</b> (things to look out for/consider in the community e.g. wounds, need for orthotic etc)</li> </ul> <p><b>Presenter(s):</b> Lissy Augustine; Tissue Viability Nurse, &amp; Sarita D'Costa; Clinical Nurse Manager 1</p>

<b>13:45-14:45</b>	<ul style="list-style-type: none"> <li>• <b>Psychology &amp; Medical Social Work – Pain, Mental Health and Psychosocial considerations</b></li> </ul> <p><b>Presenter(s):</b> Dearbhail O'Mahony; Clinical Psychologist &amp; Rachel Bates; Clinical Psychologist, David De Lacy Medical Social Worker</p>
<b>14:45-15:00</b>	<b>BREAK</b>
<b>Session 4 - Practical</b>	
<b>15:00-16:30</b>	<p><b>Practical Demonstrations of Supporting a Patient to use a Prosthesis</b> - Course attendants will get an opportunity to complete 30-45 minutes at each of the 2 stations (volunteer patients, inpatients/established users)</p> <ul style="list-style-type: none"> <li>• <b>Station 1: Demonstration with a Patient with a Below Knee Amputation covering the following areas;</b> <ul style="list-style-type: none"> <li>○ Donning/Doffing a Prosthesis</li> <li>○ Volume Management</li> <li>○ Using a Below Knee Prosthesis for transfers</li> <li>○ Walking</li> <li>○ Outdoor mobility, curbs, steps etc.</li> </ul> </li> <li>• <b>Station 2: Demonstration with a Patient with an Above Knee Amputation covering the following areas;</b> <ul style="list-style-type: none"> <li>○ Donning/Doffing a Prosthesis</li> <li>○ Volume Management</li> <li>○ Walking</li> <li>○ Outdoor mobility, curbs, steps etc.</li> </ul> </li> </ul> <p><b>Group Facilitator Disciplines:</b> Occupational Therapy, Physiotherapy, Prosthetics.</p>
<b>16:30-17:00</b>	<ul style="list-style-type: none"> <li>• <b>Q&amp;A Session, Close &amp; Feedback Forms</b></li> </ul> <p><b>Chair for Q&amp;A session:</b> Aoife Langton; Programme Manager for POLAR (Prosthetics, Orthotics &amp; Limb Absence Rehabilitation)</p>