Welcome to the fifth issue of THE ORTHOPAEDIC PRACTITIONER your new online newsletter
As a member of the AOP–UK you can access this exclusive newsletter on line. Helping you keep up to date.

In this issue: Continuing the new series on Casting

A/E ED BACKSLABS

Special Points of Interest in this Issue:
- Anatomy and Physiology of the Hand Part 5
- The Edinburgh Volar Back Slab
- AOP Research Page
- MBE Honour for AOP Member
- AOP News

AOP Conference 2013 was held in LEICESTER Home of the NATIONAL SPACE CENTRE
FULL ROUND UP IN NEXT ISSUE

Make sure your Membership is up-to-date
For AOP Membership Renewal Form
SEE PAGE 19

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AOP WELCOME

HELLO AND WELCOME TO YOUR 5th AOP THE ORTHOPAEDIC PRACTITIONER ONLINE NEWSLETTER. AS YOU CAN SEE THIS ISSUE HAS MORE PAGES SO HAS TAKEN LONGER TO PUT TOGETHER BUT ITS WORTH WAITING FOR. MORE TO COME NEXT ISSUE.

THE AOP CONFERENCE WAS HELD AT THE MARRIOTT HOTEL IN LEICESTER ON 7TH TO 9TH JUNE 2013

AS EACH ISSUE COMES OUT I HOPE TO IMPROVE AND MAKE IT BETTER FOR YOU ALL WITH MORE ARTICLES AND INTERESTING FACTS.

IF YOU HAVE ANY ARTICLES OR INTERESTING TIPS PLEASE GET IN TOUCH WITH ME AND GET YOURSELVES IN PRINT IT WORKS WONDERS FOR CV’S AND COUNTS TOWARDS YOUR PERSONAL PROFESSIONAL DEVELOPMENT

SEE PAGE 3 ANATOMY AND PHYSIOLOGY OF THE HAND PART 5
SEE PAGES 4 TO 6 A/E E/D BACKSLABS CONTINUED
THE EDINBURGH VOLAR BACKSLAB
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SEE PAGE 17 AOP CONFERENCE 2013
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SEE PAGE 19 AOP CONFERENCE 2013
SEE PAGE 20 ROUNDUP
HOPE YOU ALL ENJOY YOUR LATEST NEWSLETTER

Darlene Anne Lathall
AOP Membership Secretary / Newsletter Creator / Editor
E-MAIL darlenelathall@hotmail.com

WWW.AOP-UK.COM
THE SENSORY NERVE SUPPLY TO THE HAND CONTINUED

2. THE RADIAL NERVE

The Radial Nerve arises as a continuation of the Posterior Cord of the Brachial Plexus C5, 6, 7, 8, & T1. It is the largest branch of the Brachial Plexus. It is classed as mixed sensory and motor type. It descends medial to the Axillary Artery and the upper part of the Brachial Artery. The Radial Nerve then passes anterior to the Subscapularis and the tendons of the Latissimus Dorsi and Teres Major. It then inclines dorsally between the Long and Medial Heads of the Triceps. It then passes obliquely across the back of the Humerus. First between the Lateral and Medial Heads of the Triceps. Then enters the Spiral Grove of the Humerus.

On reaching the Lateral side of the Humerus it pierces the Lateral Intermuscular Septum. It lies between the following
1. Brachialis on the medial side.
2. Brachioradialis on the lateral side.
3. Extensor Carpi Radialis Longus below.

On reaching the front of the Lateral Epicondyle it splits into Superficial Radial and Posterior Interosseous Nerves Branches and enters the Anterior Compartment of the Arm.

The Superficial Radial Nerve descends the forearm under cover of Brachioradialis with the Radial Artery on its medial side. It terminates as Cutaneous Branches supplying the skin of the back of the hand.

The Posterior Interosseous Nerve passes between the two heads of Supinator at a point three fingerbreadths distal to the Radial Head then passing into the Posterior Compartment. It supplies the Extensor Muscles of the Forearm.

The Radial Nerve supplies the following
1. Abductor Pollicis Longus.
2. Anconeus.
4. Extensor Carpi Radialis Brevis.
5. Extensor Carpi Radialis Longus.
7. Supinators.
8. Thumb Extensors.

Effects of Injury e.g. Humeral shaft fracture resulting in damage to the Radial Nerve in the Spiral Grove.

Motor Deficit = loss of all Forearm Extensors: Wristdrop.
Sensory Deficit = Usually small due to overlap: Sensory loss over the Anatomical Snuffbox is usually constant.

More to come in next issue
THE EDINBURGH VOLAR BACK SLAB

WHAT IS THE EDINBURGH VOLAR BACK SLAB?
It is a backslab used to splint fractures of the head and base of the metacarpals.

THE VOLAR BACK SLAB

EQUIPMENT NEEDED
1 x thumb and 1 x 7.5 cm stockinette
1 x 10 cm orthopaedic wool
1 x 10 cm slab of plaster of paris
1 x 15 cm slab of plaster of paris
1 x 10 cm cotton bandage
1 x 10 cm crepe bandage
Sticky tape to hold down bandage 1 x sling

1. Prepare the arm for casting by getting the patient to lay their wrist over the bandage so it's comfortable

2. Put on the 7.5 cm stockinette over the thumb stockinette to hold it down.

3. Then wrap the 7.5 cm orthopaedic wool from the tips of the fingers all the way down to the elbow.

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THE EDINBURGH Volar Back Slab

4. Apply the first layer of 7.5cm Plaster slab from just below the elbow along the forearm up to the finger tips. Let the wrist drop and bring fingers up.

5. Apply the 2nd 15cm Plaster slab this time create a ridge on one side from the finger tips to just below the elbow.

6. Then Create a ridge on the other side of the Plaster slab so it gives a tram line effect.

7. Smooth along both ridges until set.

8. The purpose of the ridges are to reinforce the plaster slab as this is a well known drunken Saturday night injury.

9. Use the 1st 10cm cotton bandage to hold the Plaster slab onto the arm.
THE EDINBURGH VOLAR BACK SLAB

10. TURN BACK the edges of the STOCKINETTE at the THUMB, FINGER TIPS AND ELBOW

11. BANDAGE the ARM UP with the 2nd CREPE BANDAGE.

12. The CREPE BANDAGE is HELD DOWN with PINK ELASTOPLAST STICKY TAPE. IF THE PATIENT HAS ALLERGY USE NON ALLERGY TAPE.

Many thanks to Staff Nurse Rebecca Brown and State Enrolled Nurse Yvonne Powell Richards for their help in the presentation

What has been shown is how we deal with FRACTURES of the HEAD and BASE of the METACARPALS in NOTTINGHAM.

The EDINBURGH VOLAR BACK SLAB is put on to protect the ARM until the next HAND FRACTURE CLINIC.

At the HAND FRACTURE CLINIC the EDINBURGH VOLAR BACK SLAB is removed and the ARM is examined then usually goes into the NOTTINGHAM BARTON HAND CAST.

The EDINBURGH VOLAR BACK SLAB is used for the FRACTURES of the HEAD and BASE of the METACARPALS

We now run DEDICATED HAND FRACTURE CLINICS on a MONDAY, WEDNESDAY and FRIDAY MORNINGS along side normal Fracture Clinics.

DARLENE ANNE LATHALL FAOP SRN /BCC ORTHO P TECH (CERT) FRACTURE CLINIC QMC NOTTINGHAM UNIVERSITY HOSPITALS
**ORTHOPAEDIC SURGEONS WORD SEARCH ANSWERS**

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<tr>
<th>NICOLAS ANDRY</th>
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<td>JOHN RHEA BARTON</td>
<td>FRITZ DE QUERVAIN</td>
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**ORTHOPAEDIC SURGEONS 21 NAMES ANSWERS**

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N | O | A | Y | A | D | O | Y | L | G | E | I | E | V | P | E
M | P | M | H | R | N | R | J | L | H | R | E | N | R | S | T
A | E | K | T | D | A | B | E | I | T | T | D | E | U | M
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I | A | V | S | A | L | M | A | Q | M | L | C | E | E | J | D
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HONOUR FOR AOP MEMBER

Congratulations to Mr John Mooney who in the Queen’s Birthday Honours List was Awarded the MBE. Well done John a great achievement.

JOHN MOONEY’S RETIREMENT. WELL SORT OF.

John Mooney retired after 36 years in the NHS back in March 2013.

But fear not it did not last long he’s back Knew you would not stay away long.
AOP YEARLY CHARITY MONEY

The AOP Charity of the year 2013.
Anna Kennedy Online Charity.

This charity was set up by Anna Kennedy who has two children with Autism. At the time there was no help or anyone to turn to. Schools did not understand children with Autism and nothing was in place to help them.

So Anna Kennedy set about doing something about it. She remortaged her house and through endless fetes, charity work, she now has schools, respite centres, and staff available to help any parent or professional to understand the spectrum of Autism.

During the AOP Conference there was an Autism Workshop in which every delegate attended and the feedback was amazing. This was presented by Mr Austin Hughes Behavioural Support and Training Officer of the Anna Kennedy Online Charity. He gave an inspirational talk about “Understanding Autism” To assist those coming into contact with Autistic Clients. What made it even more poignant was Austin himself suffers with a form of Autism and to be able to see first hand what it is like for him and others and how they cope on a daily basis.

This Charity is very close to the Heart of our committee member Vicky Cordwell who’s son is on the Autism Spectrum she was thrilled to be able to present on behalf of the AOP a cheque for £2,000p which will go to help the Anna Kennedy Online Charity.

Vicky Cordwell
Thank you
Thank you
Thank you all so
Much for your
Generosity x

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AOT CONFERENCES

DID YOU ATTEND ANY AOT CONFERENCES FROM 1980 TO 1994
I HAVE NO INFORMATION AS TO WHERE THEY TOOK PLACE
IT WOULD BE NICE TO MAKE THE LIST COMPLETE
PLEASE CAN YOU LET ME KNOW MANY THANKS DARLENE

1995 ~ BIRMINGHAM UNIVERSITY ENGLAND
1996 ~ EDINBURGH UNIVERSITY SCOTLAND
1997 ~ BIRMINGHAM UNIVERSITY ENGLAND
1998 ~ EDINBURGH UNIVERSITY SCOTLAND
1999 ~ PARK INN ~ YORK ~ ENGLAND
2000 ~ BUTLINS TORQUAY ~ ENGLAND
2001 ~ THE DUNES ~ BLACKPOOL ~ ENGLAND
2002 ~ SHEFFIELD UNIVERSITY ~ ENGLAND
2003 ~ CARDIFF UNIVERSITY ~ WALES
2004 ~ KING EDWARDS PLACE ~ SWINDON ~ ENGLAND
2005 ~ AOT 25TH ANNIVERSARY ~ PARK INN ~ GLASGOW ~ SCOTLAND
2006 ~ HOLIDAY INN ~ STRATFORD UPON AVON ~ ENGLAND
2007 ~ PARK INN ~ YORK ~ ENGLAND
2008 ~ HOLIDAY INN ~ STRATFORD UPON AVON ~ ENGLAND

AOP CONFERENCES NAME CHANGED FROM AOT TO AOP IN 2009

2009 ~ CHESFORD GRANGE ~ WARWICK ~ ENGLAND
2010 ~ AOP 30TH ANNIVERSARY ~ PARK INN ~ GLASGOW ~ SCOTLAND
2011 ~ PARK INN ~ LONDON ~ ENGLAND
2012 ~ IMPERIAL HOTEL ~ BLACKPOOL ~ ENGLAND
2013 ~ MARRIOTT HOTEL ~ LEICESTER ~ ENGLAND
2014 ~ CONFERENCE WATCH THIS SPACE

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AOP YEARLY CHARITY MONEY

DONATED AT CONFERENCES
STARTED IN 2002

2002 SHEFFIELD = £2,000-00P
2003 CARDIFF = £1,000-00P
2004 SWINDON = £800-00P
2005 GLASGOW 25TH ANNIVERSARY = £2,000-00P
2006 STRATFORD UPON AVON = £750-00P
2007 YORK = £1,500-00P
2008 STRATFORD UPON AVON = £1,800-00P
2009 CHESFORD GRANGE = £2,000-00P
2010 GLASGOW 30TH ANNIVERSARY = £2,000-00P
2011 PARK INN HEATHROW = £2,500-00P
2012 BLACKPOOL = £2,100-00P
2013 LEICESTER = £2,000-00P

TOTAL SO FAR
£20,400-00P

HAS BEEN DONATED FROM YOUR
GENEROSITY FROM THE YEARLY
CONFERENCE RAFFLES

OVER THE YEARS YOU HAVE HELPED SUPPORT MANY CHARITIES
WE WISH TO THANK YOU ALL FOR YOUR FANTASTIC
SUPPORT FOR
THE AOP CHARITY OF THE YEAR
WELL DONE EVERYONE

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The AOP would like to introduce you all to your new Treasurers
Katrina Rooney and Katharine Parker

We are both delighted and honoured to take over from John and Maureen Mooney

We work together in the Orthopaedic Plaster Service and are based in the Plaster Room at the Royal Hospital for Sick Children (Yorkhill) in Glasgow

Katrina is the Scottish Paediatric Orthopaedic Outreach Nurse she is responsible for Paediatric Orthopaedic Education and the AOP Regional Convenor for Scotland

Katharine is the Senior Charge Nurse who lectures at the Glasgow Caledonian University for the British Casting Certificate and supports John Mooney in the running of the course

Katharine has worked at Yorkhill since the last century and between us we have 50 years experience in orthopaedics treating patients from start to finish in relation to both age and treatment. The majority of our time has been spent in casting rooms and we have worked in various orthopaedic department throughout Scotland.

Over the past ten years we have worked closely together and have developed a complimentary and productive working relationship. We will help and support each other in the role of ‘treasurer’ and have been working closely with John in anticipation of taking over and to ensure that we continue to deliver the quality service that people received from him. We are committed to the AOP and look forward to assisting the committee with its future aims.

We personally, wish to take this opportunity to thank John and Maureen very much for their hard work over many years.

(taken from the Orthopaedic Practitioner UK 2013 Annual Issue)
The AOP is proud to announce the New Orthopaedic Practitioners Uniforms as approved by NHS Scotland.

John Mooney and Tommy McInally
From Monklands Hospital Airdrie
Wearing the New Orthopaedic Practitioner Uniform

The AOP was instrumental in talks on behalf of Orthopaedic Practitioners.
This paved the way for the New Orthopaedic Practitioner Uniforms which are now being supplied to all Orthopaedic Practitioners in Scotland
(taken from the Orthopaedic Practitioner UK 2013 Annual Issue)
Congratulations to The Plaster Room at Great Western Hospital Swindon who have been awarded Team of the Year 2013. They were nominated by the Senior Matron of the Hospital.

For the fourth year running staff at Great Western Hospitals NHS Foundation Trust have celebrated their achievement and dedication to improve patient care over the last 12 months at a special awards ceremony at the Steam Museum in Swindon on Friday 14th June.

Over 400 people from doctors, nurses, midwives, community dentists, therapists and a range of other trust staff attended the awards. Also attending the ceremony was Cllr Teresa Page Deputy Mayor of Swindon.

There were 37 finalists up for the chance to win one of seven awards, including the People’s Choice Award where patient and service users where able to nominate staff and teams for great care. The awards were established to recognize those staff who deliver an exceptional service to patients.

The team of the year Award for improvements in service which have significantly enhanced patient experience was given to the Plaster Room at Great Western Hospital. Out of sight of most people the Plaster Room Staff are crucial to the smooth working of the Orthopaedic Department. During the extreme winter weather this year they supported the Emergency Department (ED) with an unprecedented number of patients with fractures after falling on the ice and helped to alleviate the demand in ED.

Lisa Harrison Orthopaedic Casting Technician said: “It’s a tremendous boost to us and the whole Orthopaedic Team to win the Team of the Year Award. Over the past few years we have been trying to raise the profile of Orthopaedics and the Plaster Room by creating an approachable environment for staff to get advice for their patient in plaster, and also increasing plaster training opportunities for nursing and medical staff. It is nice to have our efforts recognized.”

Great Western Hospitals NHS Foundation Trust
TEAM OF THE YEAR 2013
THE PLASTER ROOM STAFF
AOP RESEARCH PAGE

We need your help for Jennie with this research

I am looking at different aspects of pin site infection as part of my PhD and my current focus is looking at pin site guidelines written and used by hospitals.

I am therefore in need of some guidelines from around the UK that look at cleaning/managing pin sites or caring for external fixators.

If anyone would be able to send me a copy of their local policies/guidelines I would be extremely grateful.

The guidelines will be evaluated using a validated tool and rated according to set criteria.

Anyone who is kind enough to share their local policy/guidelines will get a copy of the validation tool and overall evaluation—please either provide an e-mail or postal address so that I can return them.

If anyone would like to get involved with reviewing some of the guidelines, I can provide information on how to do this, and a letter of thanks for the purposes of CPD and personal profiles.

If electronic copies they can be e-mailed to

Jennie.walker@nottingham.ac.uk

If paper copies please post to

Jennie Walker, 8 Cornwallis Close,
Long Eaton, Nottingham,
England. NG10 1DW. UK

I look forward to receiving your Local policy/guidelines.

Thank you all so much Jennie
AOP MEMBERSHIP RETIREMENTS

CONGRATULATIONS FOR LONG AND HAPPY RETIREMENTS

MR TERRY PHILLIPS
FROM WITHYBUSH GENERAL HOSPITAL
FISHERGUARD RD
HAVERFORDWEST
PEMBROKE SHIRE

MR GILLIES ATKINSON
QUEEN ALEXANDRA HOSPITAL
SOUTHWICK HILL RD
COSHAM
PORTSMOUTH
HAMPShIRE

MR PATRICK DALTON
ROYAL ORTHOPAEDIC HOSPITAL
WOODLANDS
BIRMINGHAM

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AOP CONFERENCE 2013

AOP CONFERENCE 2013
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THE MARRIOTT HOTEL LEICESTER,
SMITH WAY, GROVE PARK,
ENDERBY, LEICESTER. LE19 1SW
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Just a taster here more to come, Full round up in next issue.
Photos with thanks from the Benecare Medical
AOP Conference 2013 Photos album

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AOP MEMBERSHIP APPLICATION FORM

ASSOCIATION of ORTHOPAEDIC PRACTITIONERS UK
ASSOCIATION of ORTHOPAEDIC TECHNICIANS UK
President: Mr Colin Ogilvie MD FRCS Established 1980

AOP MEMBERSHIP APPLICATION FORM

PLEASE PRINT IN BLOCK CAPITALS

MEMBER DETAILS. (Please let me know if your details change ASAP at address shown below)

New Member: Yes__No__ Current Member ID Number: ________________

Title: __________________ Date of Birth: ___________________________
First Name: ___________________ Surname: ________________________
Home Address: __________________________________________________
____________________________________________________________
Town/City: _____________________ Post Code: ______________
Home Telephone Number: _________________________________________
Mobile Telephone Number: _________________________________________
Home E-Mail Address: _____________________________________________
Your Qualifications: ______________________________________________
Hospital Address: ________________________________________________
Town/City: _____________________ Post Code: ______________
Hospital Telephone Number: _________________________________________
Hospital E-Mail Address: ___________________________________________

SUBSCRIPTION FEES

Membership Payment Enclosed: £20-00p One Year ________________
Membership Payment Enclosed: £50-00p Three Years ________________
Membership Payment Enclosed: £10-00p Retired Members Only _________
Membership Payment Enclosed: £5-00p Each Badges, Lanyards _________
Total Amount Enclosed: ________________

PLEASE PAY IN GB STERLING ONLY

Please complete and return this form with your subscription Payable to “AOP-UK”
send it to
MEMBERSHIP SECRETARY Darlene Anne Lathall 9 Windsor Court Sandiacre Notts NG10 5PH

Signed: ___________________________ Date: __________________

All AOP Information, Journals and Newsletters will be sent out to the details given.
Let us know ASAP if your details change so you do not miss out on anything.
All Information, Updates and Events can be found on our WEB PAGES

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AOP UK 2013 MEMBERSHIP FORM
AOP CONFERENCE 2013

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Full round up in next issue

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Would you like to contribute to the AOP Newsletter

This Newsletter is for you the members by contributing you will be giving old and new members your experience and wisdom in all things Trauma and Orthopaedics

See your work in print it can be used for your Continuing Personal Development Profile

If you need help you only have to ask us

AOP WEBSITE ADDRESS
WWW.AOP-UK.COM

THE AOP NEWSLETTER TIME OUT QUIZ PAGE WILL BE IN NEXT ISSUE DON’T MISS IT

FULL ROUND UP OF AOP CONFERENCE AND MORE ARTICLES IN NEXT ISSUE

ARE YOUR COLLEAGUES MEMBERS OF THE AOP-UK
IF NOT WHY NOT?

DO YOU KNOW THE ACADEMICALLY RECOGNISED BRITISH CASTING CERTIFICATE BEARS OUR NAME ASSOCIATION OF ORTHOPAEDIC PRACTITIONERS ALONG WITH GLASGOW CALEDONIAN UNIVERSITY AND THE BRITISH ORTHOPAEDIC ASSOCIATION

CHECK THE AOP-UK WEBSITE FOR UP AND COMING STUDY DAYS IN YOUR AREA

DON’T MISS THE NEXT ISSUE

In the next issue more on casting
New Series on A&E/ED Backslabs

WHAT DO YOU THINK OF THE NEW THE ORTHOPAEDIC PRACTITIONER NEWSLETTER?

Let us know what you would like to see in the next issue

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