

75 Years

A T C P

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Winter 19/20 Newsletter

Editor's Report

Welcome to the latest ATOCP newsletter at the start of our 75th Anniversary year!

As you will discover as you read on, 2019 was a busy year for ATOCP with growth in regional networks and successful regional and national education events.

We have been working in partnership with the CSP and AGILE to raise clinical standards for patients following fractured neck of femur and we have members involved in many aspects of orthopaedic research. Momentum continues in 2020 as we look forward to celebrating our birthday year by co-hosting a theme during this year's PhysioUK centenary conference and continuing our alliance with the British Orthopaedic Association.

If you are a physiotherapist passionate about delivering great clinical care to patients in trauma and orthopaedics then

membership of the ATOCP is a great way to network with like-minded individuals and benefit from access to resources, sponsorship, local events and even a free place at BOA Annual Congress via our affiliate membership scheme.

This is my first newsletter as editor and I look forward to bringing you future editions showcasing the work of the ATOCP and the successes of its members. If you have made changes in practice, completed a project, written a poster, attended a conference within T&O physiotherapy and would like a platform from which to share this then please do get in touch atocp.newsletter@gmail.com

Wishing you a very happy 75th birthday year,

Sarah Marshall
atocp.newsletter@gmail.com
ATOCP NEWSLETTER EDITOR

Chairperson's Report

2019 was a fantastic year for the ATOCP. We ran another successful conference at the British Orthopaedic Association(BOA), contributed a Focused Symposia Session at PhysioUK, supported members with sponsorship (see later in the newsletter) and ran a record number of regional branches. One of the biggest highlights has been working with the CSP and the AGILE Professional Network to support the delivery of Hip Sprint Local. We have had excellent engagement with ATOCP members across all these activities, thank you very much.

2020 looks set to be one of our most exciting years yet. For those of you who weren't aware, the ATOCP (formerly AOCP) was founded in 1945 so this is our 75th birthday year! In addition to our annual conference at the BOA (17th September 2020 at the ICC in Birmingham) we are co-organisers of the CSP Centenary Conference (13th & 14th November 2020 at the ICC in Birmingham) where we are co-leading the 'Managing Multi-Systems Trauma' Theme. There have been some excellent focused symposia submissions to CSP and the BOA programme is taking shape. We will circulate it as soon as we can.

2020 marks the halfway point for our 4-year strategy. I am very grateful to all the membership who have engaged with the network over the last 2 years. We have had a slight reshuffle with the executive committee for the next 2 years, please do look at our website and familiarise yourselves with your committee.

We are always looking for regional committee members; why not give it a go? Being a regional rep has many benefits; it's rewarding, gives you the opportunity to meet new people, the opportunity to direct T&O CPD in your region and access to a national network of likeminded physiotherapists. Many of the senior posts require some sort of involvement with a national network in their Job Description's – being involved looks great on your CV! If you would like an informal chat about this please drop me an email at atocpchair@gmail.com

Our executive committee is growing, and we have some fantastic leaders within the field of trauma and orthopaedics driving the association forwards. As I have said in the past, the success of our Network depends on the engagement from our members. We are always looking for enthusiastic and motivated people to support the leadership of the Network. If you have any suggestions, comments, or feedback - positive or negative, I would love to hear from you.
All the best for 2020

Anthony Gilbert
atocpchair@gmail.com
ATOCP CHAIR

Treasure's Report

Thank you to all those who have changed their payment details from standing order to "go Cardless".

Financially the ATOCP is stable, our expenditure was lower last financial year as less sponsorship was requested. Income has been lower and we are dependent on members now professional networks are supported differently by the CSP. So please share our work.

Thank you

Katrina Mitchell
atocp.treasurer@gmail.com
ATOCP TREASURER

Membership update

We continue to be well supported by members going into 2020. This has been supplemented with the benefits of associate membership of the British Orthopaedic Association for the second year, allowing ATOCP members to have an associate membership fee, which includes BOA Congress.

The ATOCP treasurer and I have been working on how we can make the membership process easier to initially join, renew and manage. You may have seen on our webpage and in frontline that we will only be accepting Go Cardless payments for membership as of April 2020. Please cancel any standing orders coming out after the end of March 2020, as we are unable to cancel them for you and you will still be charged. Membership can only be obtained through Go Cardless (on our webpage) so memberships paid for by any other method after March 2020 will be cancelled.

If you are a member, please ensure you check, update and, importantly, save your email preferences. This is found in the 'your account' section on the webpage. You must click on the ATOCP email preference to get emails and to make sure this is updated and saved every 2 years.

At the ATOCP, we're always looking into ways of improving membership and the benefits of being a member. If you have any suggestions, please get in touch at atocpmembership@gmail.com

Many thanks.

Georgina Hooper
atocpmembership@gmail.com
MEMBERSHIP SECRETARY

ATOCP local branch updates

GET INVOLVED



ATOCP regional branches continue to grow. The networks are a great way to share innovative ideas and best practice throughout your local areas.

MORE

Find out about events going on in your area by following our twitter feeds and facebook pages

If you would like to be involved with setting up a branch in your local area, please contact northeast@atocp.org

ATOCP South

The ATOCP South branch ran 3 successful educational evenings in 2019, with the last session of the year being held at the RNLI Poole and attended by 130 local Physiotherapists. Thank you to all that have helped make these events such a success and to our ATOCP members who regularly support us. If you would like to be added to our distribution list to be notified about future events please email us atocpsouth@gmail.com



Dates for your diaries...

Educational Evenings –

tickets will be sold through Eventbrite;

30th April

25th June

29th Oct

These will all be at The Hamworthy Club, Canford Magna, 6-9pm. £15 (£10 for ATOCP members) Programmes to follow.

There will also be an evening event in Basingstoke on the subject of Distal Femoral Osteotomy in **May**. Details to be confirmed.

Courses

Sat 13th June 2020

Advances in Trauma

Education Centre, Poole Hospital Day Course with lunch & interactive practicals Poole Hospital. £65 (£35 ATOCP/Student) email

ATOCP South continued:

admin.therapies@poole.nhs.uk to book

11th/12th July 2020**Complete Upper Limb Course with Thomas Mitchell & Andrew Cuff**

Two day course suitable for qualified Physiotherapists of all levels and aspiring ESP clinicians within First Contact Roles of MSK/ Orthopaedic triage. Poole Hospital £270 (£200 ATOCP Members) email atocpsouth@gmail.com to book

Friday 6th November 2020**Orthopaedic Study Day**

Hamworthy Club, Canford Magna
Day Course aimed at Tech/HCA/Student level
£40 (£25 ATOCP/Student) email admin.therapies@poole.nhs.uk to book
Day Course with lunch & interactive practicals
Poole Hospital £65 (£35 ATOCP/Student)
email admin.therapies@poole.nhs.uk to book

ATOCP South Wales

We had a couple of exciting evening sessions last year with speakers talking on a wide range of topics including conservative management of TA ruptures and peripheral nerve injury management. We have secured sponsorship for our evening sessions, enabling us to subsidise improved food and facilities in the coming year. The team are hoping to provide more opportunities for educational sessions and day courses in 2020, covering a range of topics and subject matters.

We do all of the regional network group organisation in our own time so we're always on the look out for members to help us run evening sessions, so if you feel you can assist please get in touch!

Georgina Hooper
southwalesatocp@hotmail.com
BRANCH CHAIR

ATOCP Scotland

The Edinburgh branch of the ATOCP arranged a study evening in March 2019; the first half of the evening was a talk on Modern Management of Hip Pain by a consultant orthopaedic surgeon and the second half was feedback from two physiotherapists on a Peter Malliaris Tendinopathy Rehabilitation course. The evening was attended by more than 30 people and it received positive feedback from attendees. The committee used online booking through Eventbrite for the first time for this study evening which made the booking process much more efficient for attendees and organisers. The committee continues to work on greater utilisation of social media to promote study evenings and distribute information. We are currently organising a study evening on the cervical spine and brachial plexus which we are hoping to run in February/March.

Editor's note – we would very much like to thank Nina Chalmers who has been the Chair of Edinburgh branch and is now handing over the baton to Mary O'Riordan who is taking over in 2020.

Mary O'Riordan
ATOCPEdinburgh@hotmail.com
BRANCH CHAIR

ATOCP London

January 2020 has started with the arrival of a new Chair: Gareth Boyden. Gareth has been a team lead physiotherapist in trauma & orthopaedics for over 12 years at Imperial College Healthcare NHS Trust. He completed a MSc in Trauma & Orthopaedic Surgery at Warwick Medical School in 2013 and has extensive experience in the acute post-

ATOCP London continued:

operative rehabilitation of both trauma and elective patients. Gareth has been a member of the of the London ATOCP Committee since 2009 and has served the National Committee since 2015.

A meeting was held on the 14th of January after a request was made to London members for people to attend who would be willing to join the London ATOCP Committee. The meeting was attended predominantly by physiotherapists with an interest in Major Trauma, which may not be that surprising to those of you that know London has 4 Major Trauma Centres. The ATOCP London Branch would still like to hear from more people who would be willing to join the committee, in particular our colleagues working in trauma units, community settings, MSK teams and elective centres from both the NHS and private settings. If you are a London based Physiotherapist please do get in touch if you would like to contribute!

Anyone interested just send a message to atocplondon@gmail.com

The aims of the London branch echo the objectives of the National ATOCP Strategy. Specifically, to provide educational opportunities, as directed by the London membership, establish networking opportunities and provide communication channels for the dissemination of current best practice based on up to date evidence.

Dates and themes for evening education sessions in London for 2020 will be confirmed very soon.

Please note that the London HipSprint Local Regional Event will be held on Monday 12th October 2020 – please get enrolled via Eventbrite if you are involved in the care of patients with fractured hips at any stage in their pathway

2020 is the 75th Anniversary of the ATOCP and the centenary year for the CSP. The ATOCP are hosting one of the themes at PhysiotherapyUK in October this year 2020 so there is no better time to get involved. Roles and responsibilities for the new London ATOCP committee will be established at the next London Branch meeting, date to be confirmed very soon. Whether you are a newly qualified junior with an interest in orthopaedics or a clinical lead – please do get in touch if you would like to attend.

Come along and join the discussion on how we can grow and improve our professional network.

Gareth Boyden

atocplondon@gmail.com

BRANCH CHAIR



ATOCP North East

The North East is a new Regional Branch. Our two evening meetings have been attended by Physiotherapists, Students and Physio Assistants from Northumberland to York. The branch has also worked hard with the CSP and AGILE to deliver a really successful HipSprint event in Leeds, which has received fantastic feedback. We are currently planning our next evening meeting on Fragility Fractures with ATOCP and AGILE – check out Twitter @atocp-northeast or contact your Regional Committee
[Jacks Claydon](#), [Diane Williams](#),
[Nic Sinclair](#) northeast@atocp.org



ATOCP North West

A busy year in the Northwest with 2 CPD branch events in summer and winter. Excited to have speakers such as Jo Winton present both at our northwest event and at BOA conference. We have had a steady growth of

ATOCP North West continued:

members join from the northwest region and will continue to host regional events in 2020. We welcome any venues and / or speakers who would like to become involved in 2020 and can offer sponsorship and advice from our dedicated committee. Our area covers Cumbria all the way down to Cheshire. We have had an overwhelming response to the Hip Sprint event that is scheduled for June 2020 and more seats were released to respond to demand for tickets. If anyone would like to attend and cannot get a ticket please get in touch.

Finally a big thank you for all the support from our northwest members in 2019. We look forward to an exciting year ahead in 2020!

Julie Blackburn
BRANCH CHAIR

ATOCP South West -Severn

In July 2019, we held our 2nd regional group meeting at Southmead Hospital. The networking and educational session was led by a variety of speakers which included discussion topics of day case UKR pathway, shoulder instability, proximal humeral fractures and a hip sprint local update.

The interactive and lively session lasted nearly two hours (including plentiful food and drink!) and was attended by Physiotherapists, Occupational therapists, Therapy assistants, Nurses and Doctors from the Bristol, Bath, Gloucester and Weston Super Mare areas. Next meeting is being planned at BRI hospital in Spring 2020. We hope you can all make it!

Pictures from the event, clockwise from top left:

- Mr Iain Packham,
Consultant Orthopaedic Surgeon
- Rhian Witham, Extended Scope
Practitioner

- Annie Dixon,
Specialist Orthopaedic Physiotherapist
- Jocelyn Hopkins and Natalie Price
ATOCP South West Severn Branch
committee members

Please get in touch if you have any ideas for future events, venue suggestions or would be willing to volunteer to assist us with organising. Keep up to date by following us on Twitter @ATOCP_SW_Severn, join our Facebook group ATOCP South West Severn.

Jocelyn Hopkins & Sarah Marshall
atocp.sw.severn@gmail.com



ATOCP Oxford

2019 was fairly quiet for the Oxford Branch. We ran a session on CRPS, but otherwise haven't put on any other sessions. We have some plans in place for 2020, so watch this space. If you have any ideas about events you'd like to see being run in Oxford, or if you are interested in helping with organising the Oxford branch, please do get in touch.

Jon Room
oxfordatocp@gmail.com
BRANCH CHAIR

ATOCP Peninsula -Cornwall/Devon/ Somerset *Newly developing branch*

Please sign up for the Hip Sprint Local CSP event in Plymouth on the 20th February.
<https://www.csp.org.uk/professional-clinical/improvement-and-innovation/hip-fracture-rehab/hip-sprint-regional-events>

Lots of people have signed up to the Hip Sprint Hub which is really positive and will allow conversations and discussions to get going.

Please note we have a new email address - peninsulaatocp@gmail.com

Our first education / CPD events are coming in 2020, with the potential for a joint event with the MACP.

Please email to make sure you're on the mailing list and let us know if you're interested in being part of a regional committee/ organising group.

ATOCP Midlands

The West Midlands branch ran its opening event on Wednesday 13th November 2019 at the Queen Elizabeth Hospital in Birmingham. The theme of the evening was 'The Polytrauma Patient' and we welcomed Mr Ansar Mahmood (T&O consultant) to discuss some complex multi-trauma case studies followed by a presentation on major trauma rehabilitation by Andy Green (Clinical Specialist Physiotherapist). The event was attended by 42 people with a mixture of physiotherapists (students through to clinical specialists) and occupational therapists. As a new branch, we are very much open to ideas and working with others to benefit the networking, communication and training of those within the West Midlands – so please

those within the West Midlands – so please get in contact if you have an idea or would like to host an event!

Caroline Miller & Andy Green

Twitter: @ATOCP_WestMids

Website: ATOCPwestmids@gmail.com



ATOCP -South East *Newly developing branch*

We are delighted to announce the launch of South East ATOCP branch with inaugural CPD day on 27th March 2020 in Maidstone Hospital. We would like to invite clinicians driven to take leadership in developing the integrated and collaborative network through education, research and innovation so that academic and clinical excellence can flourish in the southeast region. Please get in touch if you would like more information or are interested in attending our event.

Jayanti Rai BRANCH CHAIR
SoutheastATOCP@gmail.com

ATOC P

ATOCP South East – Maidstone branch event
Maidstone Hospital Academic Centre, ME16 9QQ
 Friday 27th March 2020 2-5 pm

Presentations & Speakers:

Assessment and Management of Stiff Shoulder
 Mr. Hagen Jahnich, T&O Consultant

Red Flag & Urgent Referral for Shoulders
 Mr Richard Benson, T&O Consultant

Sonography and Correlation at Elective Shoulder Surgery
 Mr. Vincent Gallaher, Advanced Physiotherapy Practitioner (Upper Limb) & MSK Sonographer

Food and drink included
 Bookable through Eventbrite
 £5 or free for ATOCP members

Research update

Funding opportunities

Are you interested in developing as a clinical academic? Keep an eye out for pre-doctoral and doctoral funding opportunities through the 'HEE-NIHR Integrated Clinical Academic Programme'. The next funding round is due to launch February/March 2020. Becky and Dave your ATOCP research leads are happy to signpost if you have any questions, just drop an email to ATOCP or contact us directly.

Research Results:

Year of the Achilles tendon!

Huge congratulations to ATOCP co-research lead Dave Keene for heading the BMJ publication on behalf of the PATH2 research team 'Platelet rich plasma injection for acute Achilles tendon rupture: PATH-2 randomised, placebo controlled, superiority trial'. (<https://www.bmj.com/content/367/bmj.l6132>)

Ever wondered if a patient presenting with an Achilles tendon rupture should be managed with a plaster cast or a removable walking boot? Wonder no more! The UKSTAR team, including ATOCP co-research lead Becky Kearney, have completed follow up and analysis and will be proud to publish later in 2020, so keep an eye out. (<https://ukstar.octr.uox.ac.uk/>)

If the above two trials weren't enough Achilles tendon excitement, then we are also waiting in anticipation for the final results of the 'Achilles Tendinopathy Management: A multicentre RCT comparing Platelet Rich Plasma to placebo injection'. The team will be completing follow and analysis later in 2020 (<https://warwick.ac.uk/fac/sci/med/research/ctu/musculoskeletalandpain/atm/>)

Have your say:

If you want to have a voice in determining what research questions should be allocated funding in the future, then please take part in the following research prioritisation surveys:

- 1) Complex fracture management: <https://www.ndorms.ox.ac.uk/complexfractures>
- 2) Foot and Ankle Surgery: Live now - www.bofas.org.uk/jla.

If there are any research opportunities that you would like to share with ATOCP members, please get in touch.

Becky Kearney & David Keene
ATOCP RESEARCH LEADS

Sponsorship

Did you know that the ATOCP offers £2000 of sponsorship to its members every year?

Msc's, Courses, Research , Audit

- ATOCP membership for at least a year
- Applicants must present a report to their local branch and/or national ATOCP conference
- The applicant will submit a report for publication in the ATOCP newsletter
- The course must lead to a recognisable qualification and support care of individuals with traumatic and orthopaedic conditions

- The applicant is expected to submit a post course critique to the executive committee

In your application refer to the following guidelines

- The background of the project – how it fits in with current work
- The purpose and aim of the project
- Methods proposed to achieve these aims
- Description of what funds will be used for
- Plans to disseminate
- A brief CV

The deadline for next submission is the 1st of September 2020

Please contact Caroline Miller at

atocpsponsorship@gmail.com for further details

Other news...

Hip Sprint Local:

The Chartered Society of Physiotherapy (CSP) has been working with the ATOCP and AGILE to promote the implementation of CSP's Hip Fracture Standards published in October 2018. We want to support our members to deliver high quality, evidence-based rehabilitation, and decrease the national variation currently occurring in hip fracture rehabilitation. We are therefore partnering with the CSP to deliver Hip Sprint Local, an initiative that uses the CSP's standards as a basis for audit and improvement work.

How can you get involved?

- Regional Hip Sprint Local Events Free places are available on these one-day events where you can hear how local physiotherapy teams have used the standards to improve their services.

The agenda includes sessions focussing on quality improvement and opportunities to exchange ideas with colleagues in your region. These events are aimed at physiotherapists across the hip fracture pathway to include acute and community services. Find out more via your hip sprint hub where you will find a link to eventbrite registration.

- Register with your local Hip Sprint Hub. Here you will find information about the standards, audit tools, a networking forum and space for sharing results. Go to www.vle.csp.org.uk, log in using your CSP website details and select the geographical hub (or hubs) that apply to you.
 - Share your interest on social media. Use hashtags #hipsprintlocal and #hipfracture when sharing interesting articles or information about the topic
 - Find out who your colleagues are across
-

Hip Sprint Local continued:

your hip fracture pathway from admission to final discharge in the community. Work with them to find an area for improvement, measure where you are, implement changes and review. Share what you have achieved and learnt!

Get more information at: <https://www.csp.org.uk/professional-clinical/improvement-and-innovation/hip-fracture-rehab>.

ATOCP at Physio 19:

Physiotherapy UK 2019 took place in Birmingham in November. The ATOCP were well represented on both the ATOCP's professional network stand, and amongst

those presenting work at the event. There was a good level of engagement with our professional network stand. There were several ATOCP members involved in different aspects of presenting, including chairing sessions, speaking in platform sessions and rapid 5 sessions, and also presenting posters. It was great to see so many members who are keen on driving quality in research, teaching and service provision. Next year as part of the ATOCP's 75th birthday celebrations we are helping with organising one of the themes for Physiotherapy UK 2020. It would be great to see lots of members at the event. If you want to know how you can help with the ATOCP's 75th anniversary celebrations, please contact

Jon Room
atocpchair@gmail.com
 ATOCP VICE CHAIR



BOA 2019:

For the second year running the ATOCP annual conference took place as part of the British Orthopaedic Association (BOA) annual congress, held this year in Liverpool. The conference involved 4 sessions. Session 1 titled 'Things Surgeons and Physiotherapists Should be Aware of' included presentations on orthopaedic oncology, upper limb injuries, and hip dysplasia. As part of session 2 'Topical Orthopaedic Issues', we heard about length of stay in orthopaedics, pain management, and mental health in orthopaedics. Session 3 'The ATOCP Free Paper Session' consisted of seven presentations on current or recent research in orthopaedics. Finally, session 4 was the ever popular 'ATOCP Debate Session', which this

year was on virtual fracture clinics. The day was a great success with an interesting range of presentations relevant to those working clinically in trauma and orthopaedics. The debate session was well attended and provided lively and robust arguments for and against virtual fracture clinics, personally I found it hard to pick a winner! This conference provided great content to those in attendance, and we are looking to build on that in the future. Next year our annual conference will again be running out of BOA, which is taking place in Birmingham, it will be great to see you there. For information on how to get involved with presenting, or for information on attending conference, get in touch on

Jon Room
atocpchair@gmail.com
 ATOCP VICE CHAIR



James Lind Alliance
Priority Setting Partnerships

COMPLEX FRACTURES



Can you help us decide the big questions that should be answered by research?

The Orthopaedic Trauma Society are conducting a James Lind Alliance Priority Setting Partnership. We want to hear from patients, their carers/ relatives and all healthcare professionals who are involved in treating patients with complex fractures (see pictures) to prioritise the **top 10 research uncertainties**.

We need your help:

- Submit your research questions at: <http://bit.ly/ComplexFracturesSurvey> Between 15 Jan 2020 – 31 Apr 2020
- We seek local Champions to drive patient participation. If you have contact with affected patients in any context, please contact christopher.bretherton@ndorms.ox.ac.uk

Or visit <https://www.ndorms.ox.ac.uk/complexfractures>



We are interested in patients who have had:

- Open fractures (broken bone coming through the skin)
- More than one fracture at the same time
- Fractures to a joint of the leg broken into multiple pieces
- Fractures of the pelvis or acetabulum (hip socket):






Thank you

 @Complex_FracPSP






Dates for your diary

15 Jan -31 Apr 2020 Survey open for James Lind Alliance – complex fractures

Hip Sprint Events:

23 March West Midlands Hub - Birmingham
 28 April South Central Hub - Winchester

21 May Wales Hub - Cardiff
 30 June North West Hub - Manchester
 11-12 Sept ER-WCPT 2020, Leuven, Belgium
www.erwcpt.eu
 15-18 Sept BOA Annual Congress 2020, ICC Birmingham (incorporating ATOCP AGM & study day)
 13-14 Nov Physiotherapy UK 2020, ICC Birmingham