

## **Postgraduate Diploma in Hand Therapy [DHT]**

(Code: 10220161)

This learning programme enables you as a qualified occupational therapist to broaden your skills in hand therapy.

You will consequently be able to provide and promote rehabilitation services for people with hand conditions and injuries in South Africa and anywhere in the world. It also contributes to the continued development of knowledge and expertise comparable with international standards in the field.

It is strongly advised that you belong to the South African Society of Hand Therapists (SASHT), so that you are able to participate in the many learning opportunities provided by this organisation. Details are available from Liana at [admin@sasht.org.za](mailto:admin@sasht.org.za).

### **Postgraduate study opportunities**

The University of Pretoria, Department of Occupational Therapy, offers a unique opportunity for study in the area of hand therapy. The postgraduate diploma in hand therapy is presented every second year. Students attend four block weeks' courses at the University of Pretoria, and complete their examinations at the end of the period. The emphasis is on building skills and students are required to work in an area where they can apply their skills learnt in class.

The diploma consists of five subjects presented by skilled practitioners in their area of expertise. The subjects are as follows:

- Anatomy

A complete synopsis of all anatomy modules at postgraduate level published in the Study Guide for Postgraduate Anatomy Courses is available on request from the Department of Anatomy.

- Physiology and patho-physiology

Physiology of the integration of hand function; brain plasticity, pain; regeneration of skin, bone, muscle and nerve tissue; infection; inflammation.

- Biomechanics and ergonomics

Biomechanics of the upper limb and disturbance thereof; the biomechanics of splints; environmental factors for effective posture and handgrip; relationship between man and environment; disturbance of this relationship.

- Clinical skills in hand therapy, including:
  - Evaluation methods and instruments for hand and upper limb injuries.
  - Current techniques in Hand Therapy.

- Advanced clinical management in hand therapy

The advanced study of hand injuries, conditions and their management; the design and application of treatment programmes in clinical practice; study and application of evaluation methods and instruments.

The next course will be offered in **2011**. Applications close in October 2010. Places are limited and it is suggested that potential students contact the Department of Occupational Therapy as soon as possible – from middle March 2010.

### **Contact person**

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### **Course Co-ordinator**

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