

MACP MSc/PGDip Award

Poster Presentation at World Congress of Physical Therapy (WCPT) – Geneva, Switzerland 10th-13th May 2019

The World Congress of Physical Therapy hosts the physiotherapy professions' leading global meeting. I submitted an abstract summarising my MSc dissertation research, and my work was accepted as a poster presentation at WCPT 2019. This research formed the dissertation component of my MSc in Advanced Physiotherapy (Neuromusculoskeletal) and subsequent MACP accreditation. Attending WCPT 2019 was a great opportunity to present my first physiotherapy research project to an international audience, and this award supported my poster construction and conference attendance.

Brief outline of the research presented:

I investigated the management of atraumatic shoulder instability in physiotherapy using a survey to evaluate clinical practice. The survey was disseminated through social media and clinical contacts, generating interest both nationally and internationally. The survey involved asking respondents how they would manage three clinical vignettes depicting differing presentations of atraumatic shoulder instability; and to rate their level of awareness and utilisation of specific management strategies. These research findings have provided the first opportunity to understand how physiotherapists manage these complex patients, and provide an indication of usage for certain interventions, classification systems, and rehabilitation protocols, in advance of the release of national guidelines to support the management of this condition. Findings of this research will inform a larger research project by the Shoulder Unit Team at Royal National Orthopaedic Hospital, Stanmore.

Outline of research skills gained:

I constructed the poster with support from the WCPT online learning tools, and invited feedback from my research supervisor Dr Mindy Cairns, as well as the Stanmore Shoulder Unit Team. Developing the poster and having input from experienced researchers gave me opportunity to develop skills for a new method of presenting research; in particular it enabled me to explore different methods of displaying my results to engage those viewing the poster, and how to best summarise my methods and research findings succinctly. I additionally gained ideas to help me 'catch the eye' of conference attendees who might be initially viewing the poster at a distance, and encourage them to find out more about the research undertaken. I enjoyed the opportunity to share my research with other conference attendees visiting my poster display, and answered questions regarding the findings, methods, and the intention for using the findings to inform further research.

Outline of other conference opportunities:

Attending the 2019 WCPT congress was of particular value as it included a speciality Shoulder and Elbow symposium featuring leading international upper limb physiotherapy experts. Not only did this provide an added learning opportunity, it also provided excellent networking and I met other clinicians with an upper limb interest. I subsequently attended the European Shoulder and Elbow Rehabilitation Society (EUSSER) networking event as a guest, providing the opportunity to discuss healthcare challenges and compare local innovations in practice. From a wider perspective, attending the conference provided a fantastic opportunity to meet researchers from a wide variety of backgrounds, and understand more about their own research journeys, observe their presentation skills in podium and rapid 5 sessions, and reflect upon how I might be able to move forwards with my own research journey in the future.