

BAHT Level I Pre-Course Information

Thank you for choosing a level I Introduction to Hand Therapy course. Your course has been validated by the British Association of Hand Therapists (BAHT) and will be delivered by your chosen independent provider. This document provides standardised information produced by BAHT regarding what to expect from your course and how to prepare for it.

BAHT Level I course aims

The BAHT Level I course aims to provide an opportunity for healthcare workers to gain an insight into the hand, its structure and function and the application of assessment and rehabilitation principles to common injuries and conditions affecting the hand. It also aims to provide PTs and OTs the opportunity to complete their first step on the route to becoming a BAHT accredited hand therapist (AHT), gaining 1 BAHT level I point on successful completion of the post-course assessment.

BAHT Level I course objectives

By the end of the course participants should be able to:

- Demonstrate an understanding of the pure and functional anatomy of the hand.
- Describe the rationale for and application of common methods of hand assessment.
- Describe the rationale for recording assessment, objectives and outcomes in a clear, comprehensive and concise manner.
- Demonstrate basic knowledge of some commonly seen hand injuries and conditions.
- Recognise commonly encountered complications resulting from hand injury or pathology.
- Demonstrate a basic understanding and evaluation of treatment methods commonly utilised in the management of hand injuries and conditions.
- Complete the level I course examination online, within two weeks of the course completion date.

As a validated course within BAHT's post-graduate development pathway there is an assessment element to the BAHT level I course. This will be in the form of an online post-course examination containing a variety of questions relating to the core level I content. You will have 30 minutes to complete the exam at a time of your choosing up to two weeks after your course ends and you will need access to a suitable device (e.g. laptop or desktop computer) and a good internet connection, either at work or at home, in order to complete it. The pass mark is 60% and one retake opportunity is allowed if you are initially unsuccessful. Further information regarding how to access the exam and what to expect will be given during your course.

Candidates who successfully complete the exam will receive one BAHT point towards becoming an AHT. However, successful completion of a level I course is not a measure of clinical competence and should not be claimed as such.

Candidates who attend all sessions of the course but do not successfully complete the exam will receive an attendance certificate. You may go on to attend validated BAHT level II courses in this situation, but you would not formally pass the course or receive a BAHT point towards accreditation. Any candidate who fails to attend one or more sessions of their course, any reason, may not be eligible to receive their attendance certificate or go on and attend BAHT level II courses.

Essential pre-reading/preparation

Thorough knowledge and understanding of relevant anatomy is essential when treating hand injuries and conditions, which cannot feasibly be taught in detail within a BAHT level I course.

You are therefore expected to undertake detailed pre-reading and revision relating to the pure and functional anatomy of the forearm, wrist and hand prior to attending your BAHT Level I course. BAHT has produced a 'Hand Anatomy' document to assist with candidates' revision. If you have not already received a copy of this please request it from your course provider.

Previous candidates who have been unsuccessful in completing the BAHT level I examination have predominantly lost marks due to poor anatomical knowledge, so adequate preparation really is essential.

Further preparation

No further pre-reading is required beyond the relevant anatomy, but any interested candidates are advised to consult any available recent hand therapy textbook for additional reading prior to their course.

*Full details regarding BAHT level I courses can be found in the 'BAHT Level I Course Guidelines' which are available to download from www.hand-therapy.co.uk