

Implementation Toolkit/Audit Form

Hand and wrist orthoses for adults with rheumatological conditions



This audit tool is to be used in conjunction with the evidence-based practice guideline [*Hand and wrist orthoses for adults with rheumatological conditions*](#) (COT 2015). It can be used by individual occupational therapists or services to audit and review their current interventions against the guideline recommendations.

These evidence-based recommendations are not intended to be taken in isolation and must be considered in conjunction with the contextual information provided in the full guideline, together with the details on the strength and quality of the recommendations. The recommendations are intended to be used alongside clinical expertise and, as such, the occupational therapist is ultimately responsible for the interpretation of the evidence-based guideline in the context of their specific circumstances and service users.

The full practice guideline together with implementation resources can be found on the College of Occupational Therapists website:
www.cot.co.uk/library-publications/cot-publications/practice-guidelines

Reference

College of Occupational Therapists (2015) *Hand and wrist orthoses for adults with rheumatological conditions*: practice guideline for occupational therapists. London: COT.

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Date of audit		Auditor		Role	
Location				Review due date	

(Please note, the font size will adjust automatically to fit the box)

	Rheumatoid arthritis: orthoses for activity and rest	What is your current practice? How do you evidence this?	Comments Action to be taken/by whom and when
1	Functional wrist orthoses A functional wrist orthosis is prescribed for service users experiencing wrist pain as a result of rheumatoid arthritis.		
2	Resting/night orthoses Subjective and objectives measures are used to monitor and review the effectiveness of a night or resting orthosis to help reduce symptoms for service users with rheumatoid arthritis.		
3	Orthoses for swan neck deformity When considering an orthosis for swan neck deformity, the potential positive effect on dexterity is balanced by possible adverse effects, such as pressure and paraesthesia.		
	Osteoarthritis: base of thumb orthoses	What is your current practice? How do you evidence this?	Comments Action to be taken/by whom and when
4	Orthoses to reduce pain and/or improve function An orthosis is prescribed for service users experiencing pain and/or functional difficulties with activities of daily living as a result of thumb base osteoarthritis.		



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5	Orthoses to improve grip and pinch strength Improvement of grip/pinch strength for people with thumb base osteoarthritis as a result of wearing an orthosis is documented.		
	Optimising service user outcomes	What is your current practice? How do you evidence this?	Comments Action to be taken/by whom and when
6	Measuring outcomes Validated, standardised assessment and outcome measures are used pre- and post-provision of an orthosis to monitor progress and evaluate effectiveness.		
7	Orthoses design and wearing regimen The orthosis selected and wearing regimen prescribed maximises occupational performance and service user choice.		



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	Optimising service user outcomes (cont/d)	What is your current practice? How do you evidence this?	Comments Action to be taken/by whom and when
8	<p>Service user experiences</p> <p>In order to optimise adherence to wearing a prescribed orthosis, the service user is offered:</p> <ul style="list-style-type: none"> • advice about the potential benefits and limitations; • information on the practicalities of use and comfort; • the opportunity to try on orthoses prior to issue; • a routine follow-up review of the intervention. 		