



## Guideline implementation tips

Occupational therapy practice guidelines are important to the profession to incorporate knowledge and the evidence-base into practice, and to maintain professional standards.

*Hand and wrist orthoses for adults with rheumatological conditions: practice guideline for occupational therapists* (COT 2015) aims to provide evidence-based recommendations that inform occupational therapists of the most appropriate care or action, to be taken, when working with adults who may benefit from a hand or wrist orthosis as an intervention for a rheumatological condition.

Synthesis of the evidence resulted in the emergence of recommendations for orthotic prescription in the context of three core areas:

1. Rheumatoid arthritis: orthoses for activity and rest.
2. Osteoarthritis: base of thumb orthoses.
3. Optimising service user outcomes.

In addition to the guideline document, there are a number of implementation resources available to aid translation into practice. Some key tips to consider are outlined in the table below.

Key tips
1. Use the evidence available to <b>inform prioritisation</b> where there are service capacity issues which might make translation into practice more challenging (COT 2015, pp42-44).
2. Look for opportunities to <b>promote</b> the practice guideline with colleagues and multidisciplinary team members: include on the agenda of relevant meetings.
3. Present and discuss the evidence-based recommendations with colleagues – preferably with the multidisciplinary team. A Professional Development Resource <b>PowerPoint</b> is available with information already prepared and can be tailored for your local use.
4. Use the guideline <b>audit tool</b> to benchmark your service/practice and assist in identifying actions to progress implementation of recommendations. An audit tool is available to download and audit your service against the recommendations, and kick-start an action plan.
5. Gather evidence of <b>outcomes</b> using standardised assessments and measures (see SPEaR topic on <i>Outcomes</i> <a href="http://bit.ly/1KsYMI3">http://bit.ly/1KsYMI3</a> ).
6. Use the guideline evidence and recommendations to support the case for occupational therapy as part of your <b>business planning and commissioning activities</b> – an occupational therapy <b>evidence fact sheet</b> is also available ( <a href="http://bit.ly/1bPwTdb">http://bit.ly/1bPwTdb</a> ).
7. Write an <b>implementation case study</b> to demonstrate how your service has translated the guideline recommendations into the workplace. Provide supporting performance/outcome data and service user feedback to demonstrate the difference you are making to service users, quality of services and cost-effectiveness.  The College of Occupational Therapists and the COT Specialist Section – Rheumatology would welcome your feedback on the guideline document and how you are using it in your practice/service. A case study template is available on request from: <a href="mailto:mandy.sainty@cot.co.uk">mandy.sainty@cot.co.uk</a> .
<b>Visit:</b> <a href="https://www.cot.co.uk/publication/z-listing/hand-and-wrist-orthoses-adults-rheumatological-conditions-practice-guideline-o">https://www.cot.co.uk/publication/z-listing/hand-and-wrist-orthoses-adults-rheumatological-conditions-practice-guideline-o</a>