

Teaching Hand Under Hand Technique: A Taster Session



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Introduction

Hand under Hand technique was first developed by an American Occupational Therapist, Teepa Snow, as part of her Positive Approach to Care for people living with dementia. It is thought use of the technique may help reduce stress and distress, particularly during personal care tasks or eating and drinking.

As part of the Dementia Specialist Improvement Leader qualification, participants learned how to engage hand under hand technique in assisting people living with dementia who also have complex physical care needs.

Anecdotally, the students participating in the training found the approach comforting and engaging, and left with an appetite to explore its use further in practice.

Aim

To deliver a taster session in hand under hand technique to a small group of multidisciplinary colleagues in an effort to understand potential impact of training and how it might be most appropriately delivered within NHS Ayrshire and Arran for positive impact on patients.

Intention was to positively impact at least 75% of attendees and gauge appetite for further training in the technique.

Method

A simple taster session incorporating the key concepts of the Hand Under Hand approach was employed, and lasted no longer than 45 minutes. There were 13 participants including nurses, social workers and support workers.

A brief questionnaire was developed to gauge response to the training and ascertain potential impact, both on the staff involved and their patients.

Hand Under Hand Session Feedback

Pre-session: What is your level of knowledge about Hand Under Hand Technique?

Nothing	A little bit	Have attended training but not used it	Very familiar - have used with patients	I teach others to use it

Post-Session: How confident would you feel about using this technique now?

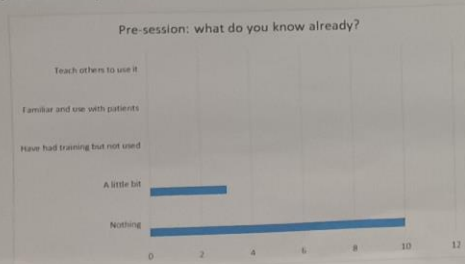
Not confident - need more training	Happy to practice more with colleagues	Happy to try it with a patient	Happy to use regularly in practice	Comfortable teaching it to others

Do you have any patients you think may benefit from this technique? Yes/No

Please give your initial opinion of the technique in a few single words eg. helpful/unhelpful, boring, interesting, difficult, easy etc.

Results

Prior to the session, participants were asked about their existing knowledge of the technique. Results are shown in the bar chart below but most participants had very limited or no knowledge of hand under hand technique.



Results

Likewise, following the session, participants were asked to gauge how confident they would be to employ the technique. Results again are shown in the bar chart below.



It was interesting that no one completely lacked confidence to use the technique and particularly encouraging that some participants felt confident enough to use it in some form in their practice. Those who said they'd be happy to practice with colleagues verbally advised they would welcome further extended training.

9 of the participants reported having patients in mind they felt would benefit from the technique. 3 of the participants noted they did not at the moment, but may have in future, and 1 participant was non-patient-facing.

Finally, participants were asked to give a few words regarding their opinion of the technique, whether positive or negative, and the results were formulated into a very encouraging wordcloud (Below)



Conclusion

As this was merely a small taster session, the sample was not big enough to draw any major conclusions, however, it provided encouraging feedback regarding an appetite for further training in this useful technique. Future sessions should consider more emphasis on practicing the technique to increase confidence for carryover into clinical practice and perhaps longer term evaluation of whether staff are using the technique.

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Ref: Teepa Snow, Positive Approach to Care found at <https://teepasnow.com/>