

BSSH BFIRST BLANTYRE Wrist Fracture Webinar Programme

Welcome & Introduction & Learning Objectives to faculty: Jonathan Jones
Bio / Photos of All Panel on a Recorded ppt. video (5 Mins)

1. Wrist anatomy and distal radius fracture biomechanics

Chairs: Chrisan Mariathas & Nicholas Lubega

Presentation (recorded ppt) (10 mins)

- Basic anatomy and normal parameters
- Touch on carpal kinematics /high energy injury
- Distal radius fracture patterns
- Touch on classifications

Quiz (Done as a poll on basic questions e.g Anatomical landmarks etc.
Nicholas Lubega, Martin Wood and Anthony Gough) (10 mins)

2. Acute assessment of the injured wrist

Chairs: Jonathan Jones & Noha Nyamulani

Presentation (recorded ppt video) – Noha Nyamulani (10 mins)

- Clinical Assessment (including if open or closed)
- Neurological assessment incl.
- Imaging and interpretation – Introduction to Decision Making
- Initial MX – MUA /CAST (Photo of Cast position)
- Analgesia / haematoma block for MUA

X-ray quiz – Jonathan Jones - A Selection of X-rays of Different Patterns (10 mins)
Focusing on Simple assessment of Displaced / Undisplaced
And Non –Operative / Operative decision making /Analysis

3. Management of distal radius fractures and decision making

Chairs: Matthew Ricks & Tilinde Chokocho

Presentations (35mins 5 +30)

- Intro Matthew (5 mins) - Normal healing timeframe /GIRFT /when to operate
- 2 X 2 min Video and 4 X 4 min Videos & 2 Mins on Pros & Cons
 1. Rx Manip / POP Cast
 - Malawi 2 mins Noha & Nik (6)
 - UK 2 mins
 2. MUA & K-wires Matthew (6)
 3. ORIF Plating Nik /Matthew (6)
 4. External fixator Anthony (6)
 5. Internal bridge plating Chrisan (6)

----- INTERVAL -----

Scenic Slide Show of Malawi with Music +/- Subtitles (15 mins)
- Linda Chokotho -

4. Operative Management of Wrist Fractures (25 Mins)

Chair : Jonathan Jones & Tilinde Chokotho

TASTER CASES (SENT PRE-WEBINAR (X 3) - Chrishan Mariathus (5 mins)

Nik Jagodzinski – (7 mins)

Plating Options (Dorsal /Radial /Volar)

Matthew Ricks-

External Fixator / Bridge Plating (7 mins)

Ulnar Column Injuries

Complications

Tilinde Chokotho - Management of the Soft tissues (6 mins)

- Soft Tissue Mx in Open Fractures /EPL & FPL Rupture
- Incisions for Carpal Tunnel release /compartment release*

Polls throughout session (woven in to talk)

5. Rehab and hand therapy for the distal radius fracture (20 mins 15 + 5)

Chair: Sarah Mee & Talumba (Poll at the start ? therapists /)

UPDATE

Q&A session (5 mins)

6. Chair: Nicholas Lubega & Jonathan Jones - Panel Discussion (15 mins)

“What do we do now?” - Presentation Of COMPLEX CASES (Panel and Delegates)
covering topics

- Osteotomy or primary fusion Options (RSL Fusion)
- Common deformities, complications and management options
- Malunion
- Open Fractures & Infected Cases
- Failed Surgery Cases
- Stiff Hand – What to do

7. Open Q&As / Burning Questions / Summary/ Close (10 mins)
Jonathan Jones & Noha Nyamulani