

Sustainability in Hand Therapy

At University Hospitals Dorset in our hand therapy service we are very keen to look at ways we can start thinking of sustainability in our daily practice.

Many of our colleagues run walk or cycle to work – we have an excellent secure area to leave bikes at work. Our Trust have also worked to encourage lift sharing with car drivers. Throughout our trust there are opportunities to recycle plastics glass and cardboard.

In our therapy services our records are paperless. Where possible, we encourage the use of hand therapy apps on smart phones; where this is not accessible, we email exercise therapy/patient information. ORCHA is an excellent NHS applications library offering apps for a range of health conditions.

In addition, within our service thermoplastics products are recycled in partnership with our thermoplastic suppliers. The materials are recycled currently to make soft traction weights, with product development in progress to bring the recycled materials back into hand therapy products. X-lite is a biodegradable splinting product in use in many hand Units/ plaster rooms which will provide hand therapy units with options when needing to consider more robust sustainability plans in future procurement processes.

It is an exciting new world of possibilities with sustainability.

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