



PROSTHETICS, ORTHOTICS AND REHABILITATION TECHNOLOGY – EDUCATION AND RESEARCH

Events

30th September 2015 Sandy Sexton, Chair of Trustees, attending the Commissioning in Healthcare event, Olympia, London for PORT-ER.

22nd October 2015 PORT-ER talk at the Scottish Physiotherapy Amputee Research Group meeting.

14th November 2015 PORT-ER stand at the Paediatric Day, WESTMARC, Glasgow.

3rd December 2015 Innovations in Prosthetics and Orthotics – a patient information day.

Thursday 3 December 2015. Glasgow, Scotland. Registration free for service users. **See the next page for more information and visit** <http://port-er.com/innovations-in-prosthetics-and-orthotics-a-patient-information-day/>

Could you help?

Do you have a talent or an idea (knitting, sewing, swimming, running, head shaving or anything...) for your own fundraiser? we would love to hear from you and happy to receive your donation!

We are always so grateful to anyone who has a collecting pot.

If you are interested in having one contact Mel Wade at: mel@port-er.com

PORT-ER

Our Online Shop

Don't forget you can purchase mugs, T-shirts, wristbands and refillable pens via the PORT-ER website www.port-er.com



PORT-ER, 50 Littlemead Lane, Exmouth, Devon, EX8 3BS

Website: www.port-er.com

Registered charity no: 1116594

Email: info@port-er.com

Company registration no: 5735089 (England)

Innovations in Prosthetics and Orthotics

A Patient Information Day

Thursday 3 December 2015

Glasgow, Scotland

10am to 4pm (Registration open 09.30am)

Venue: Holiday Inn Glasgow - East Kilbride, Stewartfield Way, East Kilbride, G74 5LA

Themes

Mobility Matters

Prosthetic Limbs

Orthotic Devices

Shoes

Comfort

Services

National and International Perspectives

The world of prosthetics and orthotics is currently bubbling with ideas and innovation as research and developments in products and services make a real difference to life quality for service users. In an effort to share information about what is available and to encourage further innovation, **PORT-ER invites you to attend this unique event.**

The attendance will be open to service users and their families, service providers, product developers, researchers and support organisations who will come together as a networking and information sharing opportunity. The event will include talks, demonstrations and exhibits. There will be opportunity to view exhibits and for informal discussions over morning coffee and pastries, a sandwich lunch and afternoon tea.

Booking is essential

Category 1: Free booking for service users with disabilities and accompanying family, friend or carer.

Category 2: £25 entry fee for other registrants.

To book a place or for any other enquiries please visit the “events” page of our website or contact:

Mrs Sandra Sexton, Chair of Trustees, PORT-ER

95 Dryburgh Road, Wishaw, North Lanarkshire, Scotland, ML2 7JH.

Email: sandy@port-er.com Mobile: 07825 775998 Landline: 01698 296655

Sponsorship opportunities available

Grants

PORT-ER Trustees and volunteers are currently raising funds for two distinct projects:

- ✦ to support a first 2 day workshop in Rehabilitation Medicine in Ethiopia organised by the Prosthetics Orthotics Association, Ethiopia. (Any interested fundraisers are invited to help us to raise funds for this.)
- ✦ to provide ongoing support for a burn injuries and disability project, Malawi.

Open Applications PORT-ER Grant Round 2016 Announced

Our next grant round opens on Tuesday 5 January 2016 and closes at 5pm GMT on Friday 26 February 2016. We envisage two awards up to £250 (more grants could be awarded subject to available funding).

Grant applications must be written on the 2016 PORT-ER Grant Application Form which will be available to download during the period that the grant round is open, as shown above.

Grant applications will be judged by the Board of Trustees of PORT-ER in relation to how they meet the aims of the charity:

- ✦ to encourage safe standards of prosthetic and orthotic care to internationally recognised standards;
- ✦ to support the advancement of knowledge in prosthetics and orthotics by sharing information;
- ✦ to support innovation in prosthetics and orthotics;
- ✦ to provide funding to communities of patients/users to enhance patient/user education. (*note this **must be** users of external prosthetic limbs and/or users of orthoses for the limbs or spine*).

PORT-ER SEALS—Update

2015 - We are the PORT-ER SEALS and if at first you don't succeed, try, try and try again . . . After 3 attempts and relentless training however, the Channel remains unconquered for me but I have met some wonderful people and raised a little of money for PORT-ER in the process, so not all is lost.

My third attempt with Darren Jones as a 2 person relay was a 10 hour swim on a strong spring tide combined with sea sickness which came back to haunt me. I am extremely grateful to Darren for swimming with me twice and all those who have supported us over the years. Darren will go on to attempt a solo Channel swim in the future and I just know he will make it. I hope my humble contribution towards his solo journey has provided valuable experience and not too much emotional scarring!

Here's to the PORT-ER Seals and all the money we have raised! Colette Defoe – signing-off
www.virginmoneygiving.com/ColetteDefoe

PORT-ER is very grateful to Colette for all her wonderful efforts and the fantastic amount raised. Thank you!

PORT-ER Chicks travel the world!

Since Easter our chicks have certainly managed to travel around the world!



Chicks getting ready for their journeys.....



Zak realises there is chocolate in his chick!

Zac's chick was given by Colin Edwards, PORT-ER Trustee. Zac and his chick are well travelled, going as far afield as New Zealand. That has got to be the furthest distance travelled by one of our chicks. Our chicks were lovingly hatched by Diana Corrick and our Secretary Mel Wade and sold for £1 to raise funds for PORT-ER. We appreciate everyone's fundraising talents!



At Lake Howden in Fiordland National Park, NZ



At Ben Lomond, looking towards the Remarkables NZ

Ukraine conflict and war victims

PORT-ER often puts people in touch with each other because of the networks that our volunteers and Trustees have. We believe this is in line with our aims and connecting people can be a powerful awareness raising and support of prosthetics and orthotics development.

In July this year, Katya Belaia from Ukraine Aid emailed an enquiry to PORT-ER about potentially applying for a grant for a project in Ukraine which supports people with disabilities as a result of the conflict there. Our next grant round does not open until January 2016, but had I recently been involved in some project planning for Ukraine associated with my work with the International Society for Prosthetics and Orthotics (ISPO). So I was able to link up Katya with Jon Batzdorff, President of the ISPO US National Member Society who has an organization called Prosthethika that already has worked with Tonya Kumka from the Canadian/Ukraine congress to support prosthetics and orthotics workforce skills development in the Ukraine. The group have already been planning new support activities for the support of people injured in the armed conflict in Ukraine.

Subsequent to this, Ukraine Aid invited me to attend a photography preview called “Fragile Independence” in the Ukraine Embassy in London. I have been working part time as project manager for ISPO for the last 5 years for a developing country project funded by the Leahy War Victims Fund (USAID) and so was very interested in the project. I have been profoundly affected by the civilian victims of war that I have met during the course of my work. This has also caused me to reflect on how war affected my mother whose home was destroyed when she was 7 years old in a bombing in Malta when she was playing in her garden. My gran, aunts and uncles were killed at this time. So with the war victim’s work being personal to me, I was keen to attend the preview.



My husband Ian and I were fortunate to be able to take a holiday weekend to London to accept my invitation and attend the preview. Ian was especially pleased (!) to find I had managed to book a hotel 9 miles from the Embassy by mistake – but I was forgiven because it was at the Wembley Football stadium area!

The Fragile Independence photographic and film images contrast the beauty of the people and country of the Ukraine with the terrors of the armed conflict there. One of Ukraine Aid’s projects is to support people who have major limb amputations and other injuries like spinal cord injuries in their rehabilitation journey.

Ukraine Aid supports people suffering from armed conflict in Ukraine, including the injured and wounded, orphaned children, the elderly and families who have lost their breadwinners.

More information about : Ukraine Aid at <http://ukraineaid.co.uk/> Prosthethika at <http://prosthethika.com/> International Society for Prosthetics and Orthotics <http://www.ispoint.org/>

Sandra Sexton, Chair of Trustees. PORT-ER

Salcombe Coastal Marathon 2015

The event, held on 2nd May 2015, saw both runners and walkers achieve 26.2 miles with an ascent of 4,500 feet. The event was organised by Stewart Bondi who is also a PORT-ER Trustee, and was registered with the Fell Runners Association.

We are immensely grateful for a donation of £1000 raised from the event. This sum will go directly as a grant from PORT-ER to 500 miles to further support the “Burn injuries and disability project”, Malawi. (See the next pages of the newsletter for more information).

This was more than a marathon, with shorter courses and walking options available, meaning people of different fitness levels and abilities could take part.



Stewart Bondi on the bus



Gathered runners



Running on the route

As you would expect there were some PORT-ER Chicks on the marathon run....



Colin and PORT-ER Chick with coastal view



Colin and PORT-ER Chick at Lighthouse

Salcombe Coastal Marathon 2016 will be on **Saturday 30th April 2016** and is billed as a walk as well as a run. PORT-ER and the organisers would love to see more amputees taking part, and there is a 14 mile version as well as a full marathon. Entrants must be fit enough for walking the distance as well as sufficient agility to be stable and safe on coastal footpaths. ***Why not plan it as part of your 2016 New Year's Resolutions?***

Project Update: Burn injuries and disability project in Malawi

Since the award of PORT-ER's grant of £5,000 to 500 miles to be applied towards the ongoing work treating burns injuries and the disabilities caused by them, 500 miles has:

- continued to manage contractures caused by burns with prosthetic and orthotic interventions
- liaised with the burns ward at KCH - but this will develop more as and when they have appointed a full time rehab technician
- encouraged their staff to give advice to burns patients about managing contractures.

January to April Report by 500 miles

There were 17 appointments for burns patients involving 13 individual patients, 9 of whom were children. 5 of the patients use prostheses and the other 8 use orthoses.

Yohane Lamiton from Zamangwe Village, Ntchisi is one child who has received a prosthetic arm as a burns patient in May.

Yohane is now 9 years old. When he was just six months old he was left at home alone and sustained severe burns to his arm when a paraffin lamp fell over and the house caught fire. The healing process ended in full flexion contracture in the elbow. Yohane had an amputation at the elbow. He has a good range of movement in his shoulder and no pain.



Yohane Lamiton before the prosthetic arm
Images: Courtesy of 500 miles

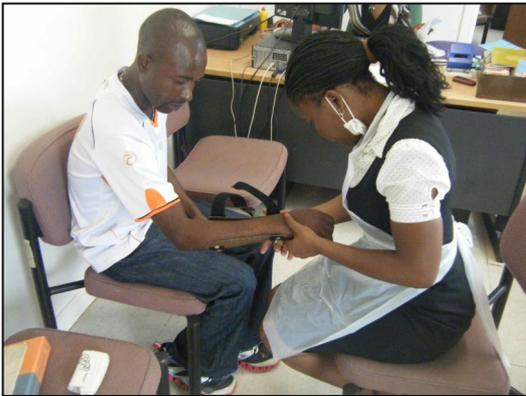
Anne Gjora from Sophies Minde in Norway who is working at 500 miles under the Norwegian Government FK Exchange Programme, has fitted Yohane with a trans-humeral prosthesis with an open elbow joint. Anne said that Yohane was very scared of the white lady and her strange ideas and plaster of Paris, but the next day they were best friends! Yohane likes to play football and catch.

Project Update: Burn injuries and disability project in Malawi continued

May to August 2015 Report by 500 miles

During this period the Trustees of PORT-ER were able to make a further award of £1,000 to this project due to a donation from the Salcombe Coastal Marathon 2015. (Please see previous pages for details.)

500 miles allocated a specific member of staff to take responsibility for their work in the area of the treatment of burns injuries. Maliwase Munthali has a special interest in this subject. She presented to the other members of 500 miles' staff at both Mzuzu and Lilongwe at their joint CPD day in July and presented on this subject at the Malawi Orthopaedic Association conference in September. This should help to advertise to relevant and interested parties that 500 miles can assist with the treatment of burns injuries.



Maliwase Munthali with a patient
Image: Courtesy of 500 miles

500 miles have asked Maliwase to advise on what should be added to their centre leaflet which is currently under revision to include the treatment of burns injuries. 500 miles have also asked her to develop:

- working guidelines for their staff for the treatment of burns in the centre,
- guidelines for other professionals about the treatment of burns and when and how 500 miles can assist,
- a list of easy to remember points for staff to make to patients in discussion during treatment about caring for their burns,
- a simple note in Chichewa/English for patients to have which tells them how to care for their burns and use their device.

500 miles have stepped up their efforts to have a rehabilitation assistant allocated to the 500 miles Prosthetics and Orthotics Centre by the Ministry for Health.

Over the last four months 500 miles ongoing work treating burns injuries and the disabilities caused by them has involved:

- Continuing to manage contractures caused by burns with prosthetic and orthotic interventions
- Liaising with the burns ward at KCH
- Encouraging staff to give advice to burns patients about managing contractures.

From May to August 500 miles have had 19 appointments for burns patients involving 18 individual patients, of whom 7 are children. 13 of the patients use prostheses and the other 5 use orthoses.

500 miles highlighted a patient story from this reporting period— Eliza's Story

Project Update: Burn injuries and disability project in Malawi—Eliza’s story

500 miles reports Eliza’s story:

Eliza Chuma comes from a village called Chakachadza in Dedza. Eliza is only three years old. She was referred to 500 miles by MACOHA, a Malawi Government agency largely funded by CMB, through one of their joint outreaches with MACHOA to Dedza.

In June 2013 when Eliza was just 10 months old, Eliza’s mum’s chitenje (wrap around full length skirt) caught fire and burned the baby’s left side. Eliza’s thighs, arm, hand, neck and face were all affected and she has been left with burns and scarring on her left hand and arm and the left side of her face and neck. Scarring made the ulnar side of the hand take a non-anatomical position, bent upward towards the forearm. This was surgically released with skin grafts earlier this year and now that the wounds had healed, surgeons at Beit Cure wanted an orthosis made for Eliza’s arm and hand to help prevent hyperextension and ulnar deviation in the wrist.

Eliza is an extremely brave girl who has been through a lot. All the time during casting she was focused and controlled, stretching as much as she could so that we will achieve a good result. The 500 miles Norwegian orthotist, Anna said:

“It is a rare and touching thing to see three year old have such insight into medicine; understanding that what we do is to help them get better.”



Eliza Chuma before and after her orthosis Images: Courtesy of 500 miles

Have you heard?

The **Global Cooperation on Assistive Technology (GATE)** is a new programme of the World Health Organization. The GATE programme GATE initiative has only one goal – to improve access to high-quality affordable Assistive Products, responding to the call to increase access to essential, high-quality, safe, effective and affordable medical products.

More information http://www.who.int/phi/implementation/assistive_technology/phi_gate/en/

Join the GATE community <https://mednet-communities.net/gate/>



Empowering people with impaired mobility to reach their full potential

#ISPOWER is a new advocacy campaign and a call to action for improved access to Prosthetics & Orthotics care and assistive health technology to help people with impaired mobility contribute fully to society.

Free campaign materials are being developed and some are already available via this link

<http://www.ispoint.org/campaign-materials>

Standards for P&O Service Provision

The International Society for Prosthetics and Orthotics (ISPO), in partnership with the [World Health Organization \(WHO\)](#) and funded by the [United States Agency for International Development \(USAID\)](#), is developing a new information product in the form of Standards for Prosthetics and Orthotic Service Provision.

It concerns prosthetics and orthotics services for people with physical impairments including ageing populations to maintain or improve their functioning and independence, facilitate participation, and enhance overall well-being. The proposed Standards for Prosthetics and Orthotics Service Provision will support the Member States to implement [UN Convention on the Rights for Persons with Disabilities \(CRPD\)](#) - especially *Article 20: Personal Mobility and 26: Habilitation and Rehabilitation* - and [WHO's Global Disability Action Plan 2014-2021](#) - especially in realizing *objective 2 – to strengthen and extend rehabilitation, habilitation, assistive technology, assistance and support services, and community-based rehabilitation*.

The proposed Standards will cover a key sector of assistive technology – prosthetics and orthotics services. It would assist stakeholders with developing, expanding, and improving the quality of prosthetics and orthotics services.

In order to progress this work ISPO has commissioned a Request for Applications (RFA): Two systematic reviews of the literature to inform the development of new Standards for Prosthetics and Orthotics Service Provision. The application date for the RFA closed on 27 August 2015 and applications have been received. Notifications to applicants about the outcome of their applications will be sent on 4th September 2015.

Further information about the work plan for the development of the Standards can be found in the [2015-2017 work plan](#).

The work is anticipated to culminate in a launch of new WHO Standards for Prosthetics and Orthotics Service Provision at the ISPO World Congress in May 2017.

Developing the 'right' trousers for assisted walking

A team of scientists and researchers from universities across the UK are developing new 'smart' trousers to assist people to walk. This idea may sound like an Aardman production but these clever trousers will be the 'right' trousers. They will give people added bionic strength to move between sitting and standing positions, climb steps and stairs and to walk over long distances. The research project is funded with £2 million, from the Engineering and Physical Sciences Research Council. At the end of three years the team will have some demonstrator prototype trousers. The project is called ***Wearable Soft Robotics for Independent Living*** and it is being carried out at the University of Bristol, University of the West of England, University of Nottingham, University of Leeds, University of Strathclyde, University of Southampton and Loughborough University.

The soft robotic clothing will be able to sense and react to the individual's movement providing stability and strength and movement as it is needed. This intelligent clothing or 'second skin' will use artificial 'muscles' made from smart materials and reactive polymers which are capable of exerting great forces. The clothing will include control systems that monitor the wearer and adapt to give the most suitable assistance, working with the body's own muscles.

One group that the researchers have in mind to benefit from the trousers are people with lower limb amputations. Dr Ailie Turton and Dr Sarah Manns from the University of the West of England are looking for **volunteers** who have lower limb amputations who would be interested to be involved in one of two ways:

- The first is to provide case studies that will be used to communicate the impact of lower limb amputation on people's lives. These case studies will help scientists, designers and researchers to understand the issues people with lower limb amputations face every day.
- Secondly we want to gather perceptions and requirements for 'smart' or 'clever' trousers to help people with lower limb amputations to walk further and carry out activities of daily living more easily.

If you are interested in being involved please contact Dr Sarah Manns for more information:

Sarah.Manns@uwe.ac.uk