



## Critically Appraised Topics (CAT)

The American Society of Hand Therapists invites the submission of Critically Appraised Topics (CAT) on hand and upper extremity-related topic to be shared with the attendees of the ASHT 2025 Annual Meeting in the form of an e-Poster presentation. Researchers, therapists and students are invited to submit the outline of a CAT which will be blindly peer reviewed and considered for e-Poster presentation at the annual ASHT conference. All CATs accepted for presentation at the conference will need to be prepared as an e-Poster presentation. At least one author from each accepted e-poster needs to be registered, either in-person or virtually, for the Annual Meeting. All CATs must be original work and can be on any aspect of hand and upper extremity-related research.

Please note: You may submit as many CAT outlines as you wish; however, ASHT will only accept up to two CATs per author to avoid the submission and acceptance of "like" CATs. ASHT welcomes CATs previously submitted to other meetings.

## Submission Guidelines/Formatting for CATs

We ask that you submit your work in an outline format. Please read the ASHT CAT grading criteria to assist with determining what should be included in your submission and final e-Poster presentation if selected for inclusion in the Annual Meeting. Please do not include statements such as "the results will be discussed" or "data will be presented and discussed" within your submission, as these are NOT acceptable.

### ***Title***

The title should be CRITICALLY APPRAISED TOPIC followed by a title appropriate to the question covered by the CAT.

### ***Critically Appraised Topic***

Please organize the CAT as follows and include the heading title in each section:

1. Purpose should include:
  - a. Background/clinical scenario
  - b. Evidence based question or CAT question
2. Methods should include:
  - c. Search strategy and study selection including inclusion criteria
  - d. Data extraction or pertinent information on each included study
3. Results should include:
  - e. Main findings of each study
  - f. Critical appraisal of the included studies
4. Conclusion should include:
  - g. Limitations
  - h. Conclusion



i. Clinical implications and recommendations

***Do not include:***

Author information in your CAT submission as this is a blinded review process. Graphics can be uploaded separately; do not include them in your CAT text.

**Maximum Characters: 5,000 (includes spaces)**

The CAT sub-committee for the ASHT Research Division used [this link](#) for Critically Appraised Topics - Center for Evidence Based Management; Guideline for Critically Appraised Topics and also used [this link](#) for establishing the organization of the CATs along with portions of the AOTA Critically Appraised Paper Guidelines in establishing “other important information” guidelines.

**Other important information:**

1. Please have the papers appraised by the CAT in full text for the reviewers.
2. Please refer to the ASHT CAT grading criteria in composing your submission and CAT as these are the topics that should be covered by CAT authors.
3. Please ensure that your CAT is original, and a CAT has not already been completed on the topic of choice.
4. Please reference the outline for completing a CAT from the Physiopedia website and the Center for Evidence Based Medicine or like websites as this website provides a comprehensive outline for a thorough CAT.

**All presenters are expected to cover their own travel, lodging and conference registration fees.**

**About ASHT**

Established in 1975, ASHT is a professional organization comprised of licensed occupational and physical therapists who specialize in the treatment and rehabilitation of the upper extremity (hands, shoulders, arms, and elbows). The vision of ASHT is to be the recognized leader in advancing the science and practice of hand therapy through education, advocacy, research and clinical standards.