

Mark Wilson - Central South Chair: Report on attending and winning the Regional Committee of the Year Award
Central South Committee BACCN Conference report 2016

The conference in Glasgow last year was fantastic in every way. The location and venue were stunning and the welcome was friendly and warm. Conference is an opportunity for critical care nurses to reconnect with friends and colleagues and share our collective expertise.

As a committee, Central South had a strong presence with six members attending, two of which were presenting. As a region we also had many members come to conference particularly from the John Radcliffe in Oxford, The Royal Berkshire Hospital in Reading and Wexham Park Hospital in Slough. Regional members presented eight presentations and posters in total and we had a committee representative at each one to support them. Last year we had two regional committee events organised by the national board regional advisors. They were a fantastic opportunity for the Central South Committee to meet up together and network with other BACCN committees and share ideas to improve our presence and support at a regional level and national level.

The conference dinner held in the Grand Central Hotel's grand ballroom was superb. The food was great, though I'm still not sure about haggis balls, and the wine flowed. Central South were very proud and honoured to win the Committee of the year for a second consecutive year. This reflects the strong team work; we have had a year of fantastic commitment, enthusiasm and effort from every member of Central South committee. We have run two very successful study days in the last year. Our simulation day explored the complexities of chronic critical care problems and our in-depth Cardiac study day was run in conjunction with the newly formed Midlands committee. We are challenged to improve again for next year. The ceilidh band ensured that everyone danced the night away and one of our committee members even managed to start a brand new dance sequence that got copied around the dance floor!

As a committee Central South leave conference re energised for the year ahead, we were inspired by plenary speaker Kathleen Vollman. Nurses in critical care need to recognise their power and take ownership of the core nursing skills to reduce harm and deliver quality evidence based interventions.