

BACCN Conference 2024 Grant Report

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I took my 'whole self' to conference to hear Ian reiterate the opportunity to all that attending can and does reenergise and inform in one form or another. Either by confirming that your practice is up there or with a bit of tweaking or more can ensure that you're up to speed!

The venue was amazing with its 'green pledge' reminding everyone of our responsibility for supporting an environmentally sustainable work, home environment for ourselves and future generations. Supported further by the poster presentation 'The ICU gloves off campaign' another reminder of personal responsibility we should question ourselves; do we need to wear them? Do your own risk assessment and practice effective hand hygiene. We can all contribute to reducing costs and landfill!

As always, you need to study the programme and prioritise what you want to hear this can prove challenging as there is such a choice. The keynote speakers without question are always inspiring and informative. For me listening to Carli Whittaker tell us about the lack of 'PICU' beds and the lack of mandatory national scoring system for paediatrics is alarming for us all. Thank you, Carli, for sharing this and spearheading this matter.

I sat in on the role of the ICU rehabilitation nurse that Maddy and Katie presented as well as their share knowledge, tips and advice around rehabilitation in critical care. Both talks were informative and invigorating. I so liked Katie saying, 'Harness superpowers of family' to know your patient to motivate your patient.

Another very practical talk was on 'improving performance with daily sedation holds on ventilated patients, what I took from this was the pragmatic idea of leave your propofol on 0.1ml just in case it was needed in an emergency.

As I said there is always things to take away from conference, whether it's catching up with people be they fellow members, industry and making new friends and learning from the experience. Thank you.