

## BACCN Conference 2024 Grant Report

Geraldine Dewhurst

BACCN Conference – you did not disappoint!

Inspirational and motivational speakers, interactive sessions, insightful discussions, shared practice, innovative ideas, trade stands, great venue, good food and not forgetting a fantastic ceilidh.

Connecting with others from the Critical Care community, I believe, can never be underestimated. Networking is invaluable. Work in the NHS is tough, wherever you are in the country. We go in every morning and do the very best we can for patients and colleagues that day, often firefighting, crisis managing and spinning many plates. Conference allows me to **stop** and gives me **time** to listen to others experiences and ideas, to reflect and think about ways I can change my practice, replicate and implement the amazing work that is presented. It's not always about change and improvement, realising my unit's practice is the same or similar as others is also reassuring.

The keynote speakers provided a global insight into nursing and healthcare and the excellent variety of sessions left me spoilt for choice. I particularly enjoyed the Community of Practice, Patient Safety and Professional Issues within Critical Care streams on day one. Hearing of the humble beginnings of the first unit I worked on (A Space of Their Own – Manchester's early Critical Care Nurses) and the team that inspired me to become a Critical Care nurse (many years ago) made me very nostalgic! The General and Workforce Development streams on day two were other highlights.

Thank you BACCN conference team, see you in Blackpool!