

## **BACCN Conference Grant Report 2024**

### **Heather Prowse**

I really enjoyed the BACCN funded opportunity to attend conference this year. Travelling a couple of days before the event I was able to explore the local area; including Balmoral and it is somewhere I would love to return to. Several previous colleagues were also there and I had a lovely time both catching up with them and meeting new ICU nurses.

The programme was varied and I learned from many sessions. A couple of stand out presentations were 'Wake me up before you go go; improving daily sedation hold practices' and the ECMO simulation. Working now in critical care transfer where we complete a lot of repatriations (including post ECMO) the opportunity to understand a little about ECMO was a positive experience and the Aberdeen team's collaborative manner and friendly attitude ensured it was a good learning experience. Well done to them for managing to simulate such a complex procedure. Lynsey Russell's award winning project was inspirational and if I still worked in ICU it would be a blueprint for improving practice.

The sponsors were exhibiting good products and had some fun activities to get us interested. The venue was nicely located and public transport enabled easy access into town and for sightseeing. Looking forward to Liverpool in 2025!