## BACCN Conference 2024 Grant Report Karen Bacon

The two main points I took away from the conference this year were how important it is for us as nurses to value and use our voices to advocate for our selves, our patients, our colleagues and our profession. We must remember that we are professionals in our own right with valid points to make, and as a group we stand strong. The next thing that shone through to me as a nurse educator based in Intensive Care was the drive for education through all sectors, at all levels. With recent changes to our Health Care Support team it was inspirational to hear how other areas have adapted and implemented the new CC3N Step Competencies for Health Care Support Workers. It was useful to network and share ideas, which prepared me to start developing our own implementation of the competencies.