

BACCN Conference 2024 Grant Report

Katie Sweet

As a first time attender of the BACCN conference I was excited and slightly nervous, as I was attending alone. However I needn't have worried as the ICU community embraced me as I knew they would, new friends and colleagues were made, somewhat due to the Ceilidh band! The speakers were eloquent and thought-provoking and the whole programme was well put together, making it difficult to choose between sessions to attend. Day one's take home message was for me, was all about being my authentic whole self. As a critical care nurse, often being witness and having a window to personal tragedy on ICU and caring for those tittering on the edge of survival, this message for me, enabled me to reflect on the many patients and families that I have cared for. The speakers and discussions allowed me time to acknowledge how these experiences shape our nursing practice and who we are as individuals.

After a good night sleep (thanks Aloft, not so great for the Hilton guests!) day 2 was just as engaging with sessions on PNA's and Martha's rule. The session by Antonia Philp of Nurseem, who highlighted how nurses have the determination, passion and resilience to innovate, I think it fair to say, inspired us all.

Huge thanks to the SW committee for the funding providing me the opportunity to attend, as well as the BACCN grants team. Thanks also goes to the Aberdeen CICU team who tried their best to teach me their finest moves on the dancefloor. I'm looking forward to Blackpool 2025 already.