

## **BACCN Conference 2024 Grant Report**

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I received an opportunity to attend the last BACCN conference 2024 in Aberdeen and there were a couple of things I learnt during the experience.

One that that from the first Keynote speaker. It reminded me of my values as a person and to become a better example, it is best to look inside and look into the value that we give to the profession.

I recently moved to the Rapid Response Team as an Outreach Practitioner and although our team had been helpful in my transition, attendance to the critical care outreach team sessions is very helpful. I learned the areas that I need to check out to help improve on. I also gained more understanding about the NHS' strategies for Martha's Law which is highly relevant as our Trust is one of the pilot sites for its trial.

I also had the opportunity to talk about a project in one of my university modules. The whole process of preparation and presentation helped me to enhance my time management skills but also my confidence, communication and presentation skills. It was not as bad as I thought it would be.

Finally, the conference, for me, felt like a nirvana of critical care nurses. I've always thought that our niche has been quite isolating, but the conference made me feel at home in the presence of other fellow critical care nurses who want to provide excellent and quality patient care to patients.