

## **BACCN Grant Report from 9<sup>th</sup> European ICU recovery and weaning conference**

**Susie Chrystal**

I was really pleased to be able to attend the 9<sup>th</sup> European ICU recovery and weaning conference in Oslo in November 2024. I am a specialist nurse for critical care rehabilitation therefore it was entirely relevant to my field of work. I took a poster to present on behalf of one of my consultant colleagues 'Identifying and understanding the challenges of recognising and managing delirium on a district general critical care unit'.

The conference had a broad spectrum of speakers from all over Europe. I heard about new strategies such as NAVA (neurally adjusted ventilatory assist), digital rehabilitation pathways and cognitive rehabilitation. I was also reminded of the importance of humanising critical care, using outdoor space, heterogeneity of patients recovering from critical illness and the idea of earlier not necessarily very early rehabilitation.

I enjoyed presenting a poster as it gave me the opportunity to speak to people from so many different critical care units. We discussed the difficulty of managing people with delirium and the importance of the non-pharmacological measures.

After attending the conference I have been enthused to disseminate more information about rehabilitation and recovery through a monthly rolling display in our department. I am also planning on writing an article about 15 years of critical care rehabilitation in Gateshead as I am aware that we are fortunate to be able to provide this service to patients and families in Gateshead to help them in their recovery from critical illness.

Thank you for enabling this opportunity

Susie Chrystal, Specialist Nurse for Critical care rehabilitation, Gateshead NHS Foundation Trust