

## **BACCN Conference 2024 Grant Report**

**Tamsin Townly**

It's been a rich experience attending the BACCN conference 2024 in Aberdeen. I wasn't quite sure what to expect but have come away with some clear messages, a lot of learning and have networked with an abundance of fellow Critical Care colleagues.

I have been really impressed by the ideas, initiatives, work and projects that fellow critical care colleagues have undertaken. It is imperative that we all come together to celebrate and share what is good for the benefit of staff, patients and relatives. Sometimes it is the simple things that can make a huge difference and are easy to implement.

I thought that the conference was very well organised. It's clear that many people had dedicated a lot of time, effort and expertise into ensuring the event was a success. The BACCN team have a wealth of credentials, knowledge and years of experience between them.

The chair of the conference and some of the key speakers have left some lasting impressions on me. I feel empowered going forward as a nurse to make sure my voice is heard. More now than ever before it's clear that we need to speak up for the sake of our profession and the wellbeing of our patients. I particularly respected the overarching message from the Chair of the conference, to respect everyone's uniqueness and to show up as our whole self with confidence. This fostered a very inclusive, relaxed and cohesive atmosphere at the conference which I really appreciated.

I thought the venue was fantastic, clean, spacious, comfortable, well laid out and secure. I was especially impressed when it was transformed into the conference dinner and Ceilidh dancing space.

What an absolute delight the Ceilidh dancing was! Laughing til our sides hurt and every one of all standards of dance ability getting involved! Brilliant! This again was a great opportunity to get to know colleagues from other Trusts and parts of the UK. The whole dinner was such a treat, the food was lovely whilst the staff were professional and helpful.

I have been involved in an exciting new project for the past 15 months so we thought it was the ideal opportunity to share our learning with fellow Critical Care nurses and present our work. We particularly appreciated the programme planning as our presentation followed on from the previous nurse's work extremely well. This benefitted us as it set the scene for our work very well and was helpful for those in the audience who were interested in this area of critical care nursing. Whilst it was daunting to present, it's good to push outside one's comfort zone especially in such a supportive environment.

Attending the conference has reaffirmed that I am proud of my individual contribution to the profession I have dedicated my working life to. The event has inspired me and reignited some of my nursing passion when I was on the verge of feeling burnt out.

It would have been a huge pressure to attend the conference without the support of the BACCN grant so I am extremely grateful for this.

Thank you all!

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