What’s new in ICU?
An informative day for AHPs & Nurses
9th Annual Meeting

We look forward to welcoming you to the 9th Annual Edinburgh Critical Care Research Group (ECCRG) study day. The aim of the day is to explore key topics encountered in clinical practice by reviewing current Critical Care practice and research.

Topics Include:
Middle East Respiratory Syndrome (MERS) + Critical Care Recovery Website + Recovery after Critical Illness: Looking inside the muscles + Intensive Care Syndrome Promoting Independence And Return To Employment (INSPIRE) + Nursing The Critically Ill Surgical Patient In The Developing World + A Delirium Journey + Last Journey Home + COuNselliNg for patiEnts and families after Intensive Care (CONNECT) + Traci Tracey + ICU Patient Experience + Determining protein requirements in critically ill adults + Untangling the sepsis web

This will be an educational and interactive day for AHPs and Nurses directly involved in providing care for critically ill patients.

Full Day National Event – Early Bird Registration - £75 per person (£90 after 12th May)

Closing Date for Bookings
24th May 2017

Friday 2nd June 2017
John McIntyre Conference Centre
Pollock Halls, 18 Holyrood Park Road, Edinburgh
What’s New in ICU - Friday 2nd June 2017

Surviving critical illness can be associated with chronic psychological distress for both patients and family members. Despite known effects on recovery, and high rates of anxiety, depression & symptoms of trauma, specialist psychological support does not currently exist after Intensive Care (ICU). Having identified this unmet need, we now look to addressing the problem and discovering what interventions might facilitate recovery. CONNECT is a pilot study of a counselling service for ICU patients and their family members, including those bereaved during the ICU or subsequent hospital stay. This session will explore our findings in relation to participants experiences of using the service and our evaluation of the impact on psychological distress.

An ICU survivor’s perspective on his critical illness journey (John Sharp)

John, a full-time taxi driver, was in the process of purchasing a new cab before he became ill and had to be admitted to the intensive care unit at the Edinburgh Royal Infirmary hospital. John initially became ill with flu like symptoms and following a consultation with his GP was diagnosed as having influenza. Following time off work and treatment by his GP John felt better but then his condition deteriorated. He re-visited his GP and after his condition worsened further was referred to A&E. He was checked over and sent home but the following day he felt worse so phoned NHS 24 and reported that his temperature was very high. They sent for an ambulance and in the ambulance his temperature was recorded at 104 degrees. The last thing John remembered was being wheeled into A&E accompanied by his daughter. He was put into an induced coma for 12 days. He was diagnosed as having influenza. Following time off work and treatment by his GP John felt better but then his condition deteriorated. He re-visited his GP and after his condition worsened further was referred to A&E. He was checked over and sent home but the following day he felt worse so phoned NHS 24 and reported that his temperature was very high. They sent for an ambulance and in the ambulance his temperature was recorded at 104 degrees. The last thing John remembered was being wheeled into A&E accompanied by his daughter. He was put into an induced coma for 12 days. He experienced delirium, hallucinations and general mental confusion. His biggest challenge was walking again and he was concerned about his ability to drive and maintain his job as a taxi driver. John will recount how he managed to come to terms with what happened and the challenges he faced returning to work.

Emergency Tracheostomy Management (Traci Tracey) (Helen Lyall)

Following the 4th National Audit Project (NAP4) March 2011 (Royal College of Anaesthetists and Difficult Airway Society) looking at major complications of airway management in the United Kingdom, displaced tracheostomy, and to a lesser extent displaced tracheal tubes, were the greatest cause of major morbidity and mortality in ICU. NAP4 recommended that all patients on ICU should have an emergency re-intubation plan. This workshop will provide a structured approach to emergency tracheostomy management. The session will cover the key principles surrounding the management of a blocked tracheostomy tube with application of the emergency management algorithm consequently formulated from NAP4 recommendations. Audience participation will be facilitated through scenario based teaching using the Traci Tracey model.

Determining protein requirements in critically ill adults (Danielle Bear)

Provision of nutrition support in the critically ill is a controversial and sometimes confusing topic. Recently, the joint American Society for Parenteral and Enteral Nutrition and Society for Critical Care Medicine (ASPEN / SCCM) released their updated guidelines for the provision and assessment of nutrition support therapy in this patient group. Recommendations for protein intakes have been increased and new assessment methods provided. This tutorial will take you through the current evidence and how to implement this at the bedside with currently available resources.

Title & Full Name...........................................................................................................................................

Position & Hospital...........................................................................................................................................

Contact Address ...........................................................................................................................................

Email Address ..............................................................................................................................................

Lunch and coffee will be provided, please state any special dietary requirements: ..................................................
MORNING SESSIONS
08:45-09:25 Registration & Coffee
09:25-09:30 Welcome
09:30-09:55 A patient and family focused website to support recovery after Intensive Care: an evaluation & spread throughout Scotland
(Pam Ramsay, Clinical Academic Research Fellow/Lecturer, Edinburgh Napier University)
09:55-10:20 A Delirium Journey
(Sara Ash, Advanced Nurse Practitioner in Critical Care, Monklands Hospital)
10:45-11:20 Coffee & Trade Exhibition
11:20-11:45 Working in ICU during a MERS-CoV Outbreak
(Alasdair Hay, Consultant, Critical Care, NHS Lothian)
11:45-12:10 Last Journey Home
(Joanne Wilkinson, Sister, Queen Elizabeth Hospital, Newcastle)
12:10-13:20 Lunch & Trade Exhibition

AFTERNOON SESSIONS
13:20-14:00 & 14:05-14:45 Tutorials
COuNsellIng for patiEnts and families after Intensive Care (CONNECT)
(Louise Boardman, Critical Care Research Nurse & Counsellor, NHS Lothian)
An ICU survivor’s perspective on his critical illness journey
(John Sharp, Former ICU Patient)
Emergency Tracheostomy Management – Traci Tracey
(Helen Lyall, ACCP (Advanced Critical Care Practitioner), NHS Lothian)
Determining protein requirements in critically ill adults
(Danielle Bear, Critical Care Dietitian and HEE / NIHR Clinical Doctoral Fellow, Guy’s and St Thomas’ NHS Foundation Trust)
14:45-15:20 Coffee & Trade Exhibition
15:20-15:45 Recovery after Critical Illness: Looking inside the muscles
(David Griffith, Consultant in Critical Care, University of Edinburgh)
15:45-16:10 Nursing on the edge: Critical Care Nursing in the Developing World
(Chris Carter, Officer in Charge Phase 2 Training, Defence School of Healthcare Education, Department of Healthcare Education)
16:10-16:35 Untangling the sepsis web
(Mervyn Singer, Professor of Intensive Care Medicine, University College, London)
16:35-16:40 Close
The study day is being supported by educational grants from our trade sponsors
There will be a number of trade exhibitors present. We would encourage you to visit them during the day.