

Upcoming Meetings

Sustainability Meeting - 28th Aug 2024 @ 10am

Matrons Meeting - 29th Aug 2024 @ 2pm

Transfer Meeting - 3rd Sep 2024 @ 12pm

CCOT meeting - 4th Sep 2024 @ 3pm

PNA meeting - 12th Sep 2024 @ 09.30am



Share your content in our next newsletter!

For example; forthcoming study days or completed or ongoing QI projects,

please send an email: medwayft.kssccn@nhs.net



Please remember to complete DoS twice a day (Morning by 9AM and evening by 9PM)

If you need any support with this please contact roxanne.burns@nhs.net

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Welcome to the Kent, Surrey and Sussex adult critical care network quarterly newsletter

Network Annual Conference Returns October 4th

The Network is delighted to invite all critical care unit staff to our annual conference, taking place on October 4th, 2024. This exciting event promises a day packed with valuable learning opportunities, professional development, and a chance to connect with colleagues across the network.

The conference agenda features a range of thought-provoking topics designed to enhance your critical care knowledge and practice. Some of the topics include:

- Martha's Rule: Gain insights into this crucial tool for identifying and responding to potential patient deterioration.
- One Way Valve Safety Work: Deepen your understanding on the use of one way valves in respiratory weaning.
- Rehabilitation Practice at East Kent Hospitals: Discover innovative approaches to rehabilitation within a leading hospital trust.
- Management of Refractory Hypoxia and End-of-Life Care: Deepen your understanding of managing complex respiratory issues and compassionate care at the end of life.
- Panel discussion: The complexities of age and frailty in ICU admissions; redefining eligibility for critical care admittance
- Learn from Patient Safety Events project at Tunbridge Wells Adult Critical Care unit.
- Checkout Campaign

Beyond the informative sessions, the conference provides a fantastic platform to:

- Network with colleagues: Connect with fellow healthcare professionals from across the network, fostering collaboration and best practice exchange.
- Share your expertise: Participate in discussions and contribute your valuable knowledge and experiences.
- Advance your professional development: Gain new insights and enhance your skillset to deliver exceptional critical care.

The Network is confident that this conference will be an enriching and rewarding experience for all attendees. We look forward to welcoming you on October 4th at the Crown Plaza Hotel (Gatwick)!

Don't miss this opportunity to learn, connect, and grow!



To register your interest and submit the names of delegates from your unit, please email us at:

medwayft.kssccn@nhs.net.

Advanced Ventilation Workshop and ICU Emergency Planning at Tunbridge Wells Adult Critical Care Unit: a recent event

Tunbridge Wells Adult Critical Care team remain committed to providing high-quality training opportunities to enhance patient care and safety. The team recently organised training days to support staff knowledge and skills in providing advanced ventilatory support to critically ill patients and a simulation based workshop in emergency planning and incident management.


On the 11th of June 2024, registered nurses who have existing experience of working within intensive care attended the Advanced Ventilation workshop. The workshop aimed to provide an evidence-based interactive educational experience about the complexities of advanced ventilation, exploring ventilation modes, lung mechanics, and other ventilation strategies.

Objectives: Aid the participants in learning of assessment and management of patients on invasive ventilation:

1. Explore in-depth knowledge of ASV, P-SMIV and APRV ventilation modes.
2. Critically discuss pathophysiology of ARDS/Asthma/COPD/PE
3. Critically discuss lung mechanics, lung protection strategies and recruitment manoeuvres
4. ECMO referral process
5. SAT-SBT
6. Difficult Airway Management

This workshop was previously organised in November, with very good uptake and positive feedback from staff on both occasions. Attendees praised the workshop's informative content, practical focus, and engaging delivery some of which includes:

- “I highly recommend the Advanced Ventilation Workshop today to others. It covered interesting topics, and the presentations were well prepared, with a good mix of theory and practical elements”
 - “Every session was very good; enjoyed the mix of theory and practical input made sessions very enjoyable”.
 - “Good content on very large subject areas well done presentations; thank you all”
- “Overall score: 4.83/5”



ADVANCED VENTILATION WORKSHOP.

MTW
Exceptional people, outstanding care

Programme:

- 08:00–08:15 Welcome and introduction
- 08:15–09:00 Lung mechanics & Lung protection ventilation **Andreia Coelho**
- 09:00–09:45 ARDS/Asthma/COPD/PE Pathophysiology **Andreia Coelho**
- 09:45–10:30 SAT, SBT and ECMO Referral **Alejandro Suarez**
- 10:30–10:45 Coffe Break
- 10:45–12:15 PV Tool, recruitment manoeuvres and APRV **Alex Marques**
- 12:15–12:45 Lunch Break
- 12:45–13:30 Difficult Airway Management **Dr. James Wood**
- 13:30–14:30 ASV and P-SIMV **Beula Clarkson**
- 14:30–15:00 Q&A and Session Feedback.

11th June, 2024.
Tunbridge Well Hospital, Education Centre.
08:00 – 15:00



New Guidance on Sepsis Management

NICE Updates Sepsis Guidelines

The National Institute for Health and Care Excellence (NICE) has recently updated its guidance on the management of suspected sepsis. While the importance of rapid antibiotic administration for the sickest patients remains unchanged, the new guidelines offer more flexibility for clinicians in assessing and diagnosing less severe cases.

Focus on Patient-Centered Care

The updated guidance aims to empower clinicians to make informed decisions based on individual patient needs. This includes allowing up to three hours for assessment and investigation before administering antibiotics, enabling a more thorough evaluation of the patient's condition.

Prioritizing Urgent Cases

This change in approach prioritizes the most critically ill patients who require immediate antibiotic treatment while allowing for a more considered approach to those with less severe symptoms. This is expected to improve patient outcomes and optimize the use of antibiotics.

The updated guidelines reflect a growing emphasis on patient-centered care and the judicious use of antibiotics.



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ICU Emergency Planning and Evacuation

In addition to the ventilation workshop, the Tunbridge Wells ICU Team also organised a successful ICU Emergency Planning and Evacuation training session on the 23rd of July 2024. The training was led by Krisztina Botar, an ICU Junior Sister and Emergency Planning Link Nurse. This simulation-based event equipped all bands of registered nurses, healthcare assistants, doctors, and other ICU/HDU team members at Tunbridge Wells with essential skills and realistic experiences for managing major incidents and evacuations.



Participants learned to:

- Apply major incident, fire prevention, business continuity incidents, and safety protocols
- Safely evacuate critically ill patients
- Enhance communication and teamwork under pressure
- Utilize debriefing sessions for continuous improvement

Both workshops received overwhelmingly positive feedback and have significantly contributed to the development of staff's skills and knowledge.

Attention Advanced Critical Care Practitioners (ACCP) Professionals: Network Relaunches ACCP Subgroup!

The Network is excited to announce the relaunch of the Advanced Critical Care Practitioner (ACCP) subgroup, co-chaired by Christopher Donnelly (Medway) and Donna Rawlings (NHSE). This subgroup is specifically designed for Clinical ACCP Leads, trained ACCPs, and those currently undergoing ACCP training.

The ACCP subgroup provides a valuable space to:

- Share best practices: Exchange knowledge and successful strategies related to advanced critical care practice.
- Stay up to date: Receive the latest national practice updates to ensure you're delivering the most effective care.
- Network with colleagues: Connect with fellow ACCP professionals who share your interests, fostering collaboration and a supportive community.

We invite you to attend and join the conversation relaunching the meeting on November 13th, 2024, at 1300 HOURS on MS Teams. This is a fantastic opportunity to reconnect with colleagues, learn from each other, and contribute to the advancement of ACCP within the Network.

We encourage you to share this information with any colleagues who might be interested in joining the ACCP subgroup. The more, the merrier!

We look forward to seeing you there!

Please note: For further details or to register your attendance, please contact medwayft.kssccn@nhs.net.

Kent, Surrey and Sussex ACC Operational Delivery Network



The Road to Recovery Manual



Have you or a loved one experienced the challenges of recovering from critical illness? The new Road to Recovery manual is a comprehensive guide designed to support patients on their journey from the ICU back home. It is a comprehensive guide designed to support patients on their journey home after a hospital stay. Packed with practical advice and information, this resource covers everything from physical rehabilitation to emotional wellbeing, and managing medications to seeking support services. We believe this manual (here) will empower patients to take an active role in their recovery and improve their overall well-being.



Register today for your spot at the KSS Annual Conference.

October 4th
Crown plaza hotel
Gatwick

medwayft.kssccn@nhs.net

Greener ICUs: A Recipe for Sustainable Critical Care

FICM, University of Brighton, and Critical Care Collaborative Team Up to Reduce Intensive Care Unit Environmental Impact

Exciting news for those passionate about environmental sustainability and critical care! A collaborative effort between the Faculty of Intensive Care Medicine (FICM), the University of Brighton, the Intensive Care Society (ICS), and the UK Critical Care Nursing Alliance (UKCCNA) has secured funding to create a ground-breaking resource: **The Intensive Care Sustainability Recipe Book**.

This innovative project aims to equip critical care units across the UK with a comprehensive guide to minimizing their environmental footprint. The "Recipe Book" will go beyond simply listing problems – it will serve as a practical manual filled with actionable steps for reducing the carbon footprint associated with all aspects of intensive care practice.

Addressing the Challenge, Empowering Change

The need for sustainable healthcare practices has become increasingly urgent. The NHS, for instance, has set ambitious goals for achieving net-zero emissions by 2040. The Intensive Care Sustainability Recipe Book is a crucial step towards achieving these goals within critical care.

Collaboration is Key

The project will be spearheaded by the University of Brighton, with invaluable contributions from all partners. The FICM, ICS, and UKCCNA will bring their expertise to the table, ensuring the guide is both practical and grounded in the realities faced by critical care professionals.

Furthermore, a dedicated team of advisors from across the UK's critical care landscape will provide crucial insights and ensure the final product reflects the diverse needs and practices across the country.

A Recipe for Greener ICUs

The project officially kicked off in April 2024. The culmination – The Intensive Care Sustainability Recipe Book – is anticipated for release in February 2025. This resource will be an invaluable tool for critical care units aiming to reduce their environmental impact without compromising patient care.

Get Involved!

The project welcomes the participation of anyone passionate about sustainable healthcare. Whether you have questions or are eager to contribute your expertise, please don't hesitate to reach out to the team at contact@ficm.ac.uk.

Finally, a special note of congratulations goes out to Patricia Coelho from Tunbridge Wells Adult Critical Care Unit, who has been awarded the Research Fellow position for this critical project. Her dedication and expertise will be instrumental in creating a resource that will have a lasting positive impact on intensive care units across the UK.

By working together, we can ensure that critical care remains at the forefront of patient care while minimizing our environmental footprint for a healthier planet and a healthier future.

British Association of Critical Care Nurses Annual Conference in Aberdeen.

Building Environments to Thrive: Celebrating Personal and Professional Diversity in Critical Care Nursing.

Aberdeen, often referred to as the "Granite City," is a vibrant and dynamic city with a rich history and stunning natural beauty. While its architecture may initially appear austere, a closer look reveals a city brimming with life and character.

Similarly, the field of Critical Care Nursing, though demanding and challenging, offers immense rewards and opportunities for personal and professional growth. Hence, Critical Care and Aberdeen is a perfect match.

Just as Aberdeen has evolved into a thriving urban centre, Critical Care Nursing has undergone significant transformation in recent years. The pandemic brought the profession into sharp focus, highlighting the critical role nurses play in patient care. As the world moves forward, it is essential to build upon this momentum to ensure the continued vitality and sustainability of Critical Care Nursing.

The Conference Offers:

- **A Multifaceted Hub for Learning and Growth:** Topics that will be delivered at the conference include strategies on fostering a culture of innovation, professional development, and work-life balance. The conference will additionally provide insight into the unique challenges and rewards of the profession.
- **Unparalleled Learning:** featuring cutting-edge lectures, workshops, and presentations covering the latest advancements in critical care nursing practice, research, and technology. Gain invaluable insights on avenues to create an environment that attracts and retains talented nurses from renowned experts and discover new approaches to enhance patient care.
- **Networking Opportunities:** Connect with a diverse community of your peers. Forge valuable connections, share best practices, and foster collaborations that will drive the future of critical care nursing practice. There will also be a dedicated social program. This is your chance to unwind, relax, and connect with colleagues in a more informal setting
- **A Glimpse into the Future:** Stay ahead of the curve by exploring the latest developments in critical care technology. Discover innovative tools and techniques that have the potential to revolutionize the way we care for critically ill patients.

The upcoming conference on the 7th and 8th of October 2024 will hopefully provide attendees with the collaborative environment to spark a meaningful dialogue about the future of Critical Care Nursing. By bringing together leading experts and passionate practitioners, the topics will explore strategies to enhance the profession and ensure its continued relevance in the ever-evolving healthcare landscape.

Join the BACCN in Aberdeen to celebrate the art and science of Critical Care Nursing. For more details on the program, speakers, and registration, please visit the official website [BACCN Conference 2024 | BACCN](https://www.baccn.org.uk/conference-2024)

BACCN Grants for Critical Care Nurses

The British Association of Critical Care Nurses (BACCN) offers grants of up to £1000 to support professional development in critical care nursing. These grants can be used for conference attendance, practice development projects, or research activities.

Eligibility:

- BACCN membership for at least one year (exceptions apply for new members attending the October 2024 conference)
- Successful applicants must demonstrate how the grant will enhance their practice and patient care.



Grant Details:

- Maximum grant amount: £1000
- Application deadline: 31st March, 31st July, or 30th November each year
- Successful applicants must submit a report on how the grant was used.

Additional Information:

- Only one grant per person per year.
- Grants are awarded competitively based on the strength of the application.
- Funding decisions are made within six weeks of the application deadline.

By supporting critical care nurses in their professional development, the BACCN aims to improve patient outcomes and advance the field of critical care.

For more information and to apply, please visit the BACCN website.

Network Hosts Successful Study Event for Health Care Assistants and Nurse Associates in Critical Care

The Network wrapped up a two-day study event on June 24th and 25th, 2024, specifically designed for Health Care Assistants (HCAs) and Nurse Associates (NAs) working in critical care settings. The event fostered a vibrant atmosphere of engagement and knowledge sharing, with participants actively contributing to discussions.

Day One: Deep Dives into Critical Care

The first day delved into core topics essential for critical care practitioners. Attendees honed their skills in:

- Caring for Deteriorating Patients: Strategies and best practices for effectively managing patients experiencing critical decline.
- Tracheotomy Care: Comprehensive training on providing optimal care for patients with tracheostomies.
- Rehabilitation Care: A dedicated four-hour session led by an occupational therapist, two physiotherapists, and a lead rehabilitation nurse, equipping participants with the knowledge to support patients on their rehabilitation journey.

Day Two: Expanding the Skillset

The second day broadened participants' skillset with sessions on:

- ICU Escape: An engaging digital simulation exercise that reinforced critical skills on Deteriorating patients' care, Tracheotomy and Skin Care further refining practices for these crucial aspects of patient care.
- Sustainability and End-of-Life Care: Exploring best practices for both environmental responsibility and compassionate care at the end of life.
- Stress Management and Psychological Safety: Two critical care psychologists led a valuable session on techniques for managing workplace stress, fostering self-compassion, and preventing burnout. This session empowered participants to prioritize their own well-being and create a psychologically safe work environment.

Overwhelmingly Positive Feedback and Future Plans

The Network received exceptional feedback, with a 100% satisfaction rate among delegates who found the event highly relevant and beneficial to their daily work. One attendee enthusiastically remarked, "The event was so great! We definitely need more opportunities like this for NHS staff to attend." The Network was also pleased to learn that many participants left the event inspired, with a number developing quality improvement ideas they plan to implement within their units. Buoyed by the success of this event, the Network is actively exploring the possibility of hosting another study event before the end of the year.

Florence Nightingale Foundation Transformational Leadership Development for Nurses and Midwives

The Florence Nightingale Foundation leadership programs are designed to empower nurses and midwives at all career stages. Through personalized learning experiences, the foundation equips healthcare professionals with the skills to excel in today's complex environment.

The leadership programs focus on developing essential leadership qualities such as self-awareness, influence, and emotional intelligence. The programs are offered via both in-person and online options and tailored to the organization's specific needs.

With a strong emphasis on peer-to-peer learning, the leadership programs foster collaboration and innovation. By addressing the challenges of modern healthcare, the leadership programs will help participants build a stronger, more resilient workforce. Get more information on the Florence Nightingale website [Home - Florence Nightingale Foundation \(florence-nightingale-foundation.org.uk\)](https://www.florence-nightingale-foundation.org.uk).

Educational Opportunities

- European Rehab and Weaning Conference in the first week of November in Oslo. It is a great resource and covers many different aspects of critical care rehabilitation.
- European Conference for Intensive Care Medicine in Barcelona.
- Intensive Care Society are running a Rehabilitation study day in September, which is recovery across the trajectory of care
- Kent Surrey and Sussex Adult Critical Care Network Conference on 4th October 2024

Rehabilitation Resources

ICU Rehabilitation Championship

Are you passionate about improving patient outcomes after intensive care? Join the ICU Rehabilitation Championship! To mark #ICURehabDay24, ICU STEPS is launching the ICU Rehabilitation Championship which is a platform to showcase and share best practices in helping patients recover from critical illness. This exciting event brings together healthcare professionals to share best practices, learn new techniques, and collaborate on improving rehabilitation services. By bringing together healthcare professionals from across the field, the championship aims to improve patient outcomes and enhance the rehabilitation journey.

By showcasing innovative approaches and celebrating achievements, the championship aims to enhance patient recovery and quality of life following critical illness. Whether it's sharing innovative therapies, discussing challenges, or learning from others, this event is dedicated to advancing the care provided to patients recovering from intensive care. Get more information from Rehabilitation - ICUsteps
Important dates

- 17-19 June 2024 - Intensive Care Society Meeting in Liverpool, where medals and support packs are available from #Rehalegend Stand
- 12 July 2024 at 14:00 - #ICURehabDay Opening Event online - Lighting of the #ICURehabChampionships Torch
- 6 September 2024 - Closing Event Online with the extinguishing the torch and sharing of some of the Medal Tables
- 7-8 October 2024 - Closing video of all #ICURehabChampions and #ICURehabChampions Teams launched at the BACCN conference

Meetings

Below is a list of dates for upcoming Adult Critical Care Network meetings and events

If you have any queries regarding these meetings please contact medwayft.kssccn@nhs.net

Date	Time	Meeting	Location
28th Aug 2024	13.00 - 14.00	Sustainability meeting	MS Teams
29th Aug 2024	14.00 - 15.00	Matrons meeting	MS Teams
3rd Sep 2024	12.00 - 13.00	Transfer meeting	MS Teams
4th Sep 2024	15.00 - 16.00	CCOT meeting	MS Teams
12th Sep 2024	09.30 - 10.30	PNA meeting	MS Teams
16th Sep 2024	14.30 - 16.30	Rehab and Follow Up meeting	MS Teams
29th Sep 2024	10.30 - 11.30	PMV working group	MS Teams
30th Sep 2024	09.00 - 12.30	Clinical Forum	MS Teams
4th Oct 2024	08.30 - 16.30	Kent, Surrey and Sussex ACC ODN Annual Conference	Crowne Plaza Hotel, Gatwick
8th Oct 2024	10.00 - 11.00	Data & Audit Leads meeting	MS Teams
13th Nov 2024	13.00 - 14.00	ACCP meeting	MS Teams