



European federation of Critical Care Nursing associations

▶▶▶▶▶ Newsletter 1/2019 April 2019



Special Points of Interest

- * Efccna Congress 2019
- * 20 years of Efccna
- * Estonia joins Efccna
- * Efccna Fellows 2019
- * FLOW - the facilitators of Weaning



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WORKING TOGETHER ACHIEVING MORE

Efccna Council Representatives and Board Members 2019

Efccna BOARD 2019

President: Bronagh Blackwood, Northern Ireland

Vice president: Anne Kokko, Finland

Secretary: Colette Kam, The Netherlands

Treasurer: Drago Selosek, Slovenia

Board Member: Elin Steffensak, Norway

Board Member: Karin Klas, Austria

www.efcna.org



Highlights of the 8th EfCCNa Congress Ljubljana

Ljubljana, the beautiful capital of Slovenia was the host city of the 8th Congress, held in February 2019. More than 400 Critical Care Nurses came together to listen and engage under the theme 'Working together – Achieving more'.

The program of the Congress covered most areas of Critical Care. Keynote speaker and EfCCNa Fellow Dr. John Albarran from UK opened the Congress with an interesting insight on 'Family involvements in ICU - where are we now?'

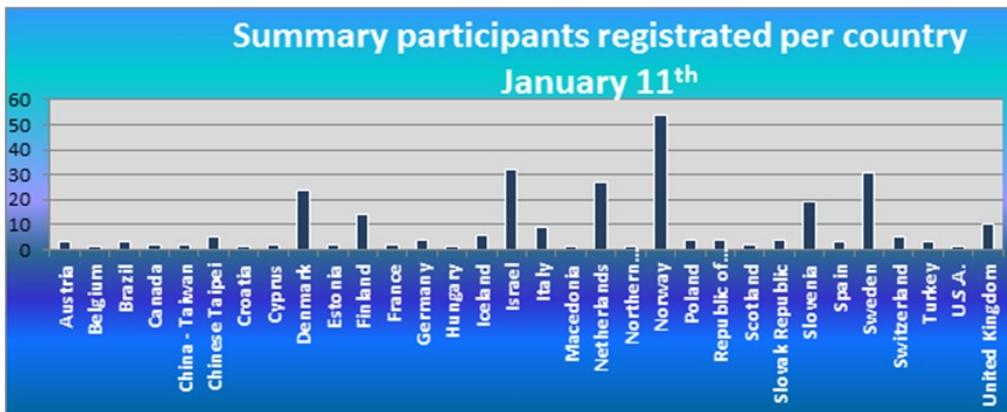
On Friday, Kathleen Vollman, USA, gave us good evidence for why we should go 'Back to the Basic of Critical Care Nursing'.

And the third keynote, given by Peter Nydahl, Germany, gave an overview over the 'Evidence and Practice of Early Mobilization'. All three lectures were well received and widely discussed!

One of EfCCNa's missions is 'to promote patient and relatives perspectives of the ICU experience'. It has been a challenge to find patients or family members who could give us their perspective of the experience on a conference. Therefore we were very much excited to have Cilian Grey from UK there to present his patient story for the first time at an EfCCNa conference.

The Scientific Committee was delighted to see a large number of high quality abstracts submitted for the Congress. This resulted in a great variety on Critical Care related topics for oral presentations, posters and also workshops.

The Congress also included interesting elements for networking, such as the President's Lunch, a forum for the leading people of EfCCNa's member associations. 20 representatives took the opportunity to exchange ideas and establish contacts within this round. Further, the CCDEN, Critical Care Doctoral European Nurse Group, took the chance to meet and work during the Congress. These are both meetings that are important to EfCCNa, and are ways of working together to achieve more.



As one can see from the table participants came from 34 Countries, mainly European, but North America, South America and China were represented, too.

The Congress also marked EfCCNa's 20 years anniversary! This was celebrated throughout the whole Congress! Former Presidents and current President Dr. Bronagh Blackwood started it all off at the opening, discussing what have been key areas for the organisational work within EfCCNa over the years, and in a fun and interesting way told the history and continuous development of the federation. Then, on all congress days we had some fun activities like a treasure hunt through the exhibition hall, balloons, a huge birthday cake with fire work at the Congress Party and other playful activities to celebrate the Jubilee.



Elin Steffenak, Congress Chair

EfCCNa Awards at the Ljubljana Congress

Best Abstract Clinical Practice:

Patient to Nurse assignment using NAS
Alex Furmanov, Israel



Best Abstract Research:

Reliability between delirium assessment scales
Anton Justin, Slovenia



Congratulations!

Best Abstract Education:

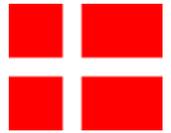
The value of critical care nurses competences in ICU
Siv Stafseth, Norway



Best Poster:

Follow up when patients are transferred from ICU to general ward
Birgitte Høj, Denmark





Impressions from the 8th EfCCNa Congress



I was privileged to receive financial support from FSAIO (Danish Society of Anaesthesia, Critical Care and Recovery Nurses (DSACCARN)) for my participation. The congress was held in the beautiful city of Ljubljana in Slovenia at the beautiful Grand Hotel Union - right in the center with views of Ljubljana Castle.

The congress opened with a reception in breathtaking old premises and it created, along with happy participants from around the world, expectations of some exciting and inspiring days.



It was difficult to choose between the many interesting sessions but the congress app (Eventure) gave an overview of all posts, rooms, times and abstracts.



All the presentations I went to were relevant and interesting and started many ideas that I took home with me. One of the topics was delirium and agitation, which unfortunately many ICU patients experience and which prolong their disease course. One study about nurses and doctor's experience and handling of delirium in the ICU, was presented by PhD student Maria Collet from Rigshospitalet, Denmark.

It was based on focus group interviews and data from 4 out of 5 Danish regions. The conclusion is, that when evidence-based recommendations are not clear, the staff supports their own and common experience and the best available evidence for handling the delirious patient. Therefore, there is a need for evidence-based goals and guidelines for taking care of the patient with delirium.

Another topic I have great interest in, is Follow up on patients who have been admitted to ICU. I participated with a poster regarding the problem that many patients get physical and psychological damage after the ICU stay – also known as PICS (Post Intensive Care Syndrome).

There are many different ways to perform Follow up - and it was exciting to hear about the various initiatives from among others. As an example, Jenny Lönnkvist from Karolinska University Hospital, Sweden, presented a pilot project in which a "transfer nurse" was appointed to handle the transfer. This involved cooperation with other wards, during and after the transfer, and follow-up 1 day after the transfer. The conclusion was that the "transfer nurses" was a support and increased patient safety, as well as they reduced the stress level and patient and relatives' insecurity.

There was also an exciting project from Scotland regarding follow up. They had developed a website to support former ICU patients. The patients had, via blogs, the opportunity to communicate with ICU nurses. This project ran at several hospitals in Edinburgh.

I got many good discussions with the other poster exhibitors about their Follow up projects and got some exciting ideas that I will incorporate into our own Follow up project. All together some very exciting and rewarding days that fulfilled my expectations.

Birgitte Høj, Intensive care nurse at Vejle Sygehus, Vejle, Denmark



EfCCNa Fellow Awards 2019

During the 8th EfCCNa congress in Ljubljana 2 new honorary Fellows were awarded. These 2 highly motivated and inspirational persons have had lasting contribution to the growth, establishment and profile of EfCCNa. Very warm congratulations from EfCCNa family to Prof Bronagh Blackwood, EfCCNa President and Irene Harth, EfCCNa council member ♥!

Irene Harth, Germany



Irene has been Council Member representing the European Society of Paediatric & Neonatal Intensive Care (ESPNIC) from 2009. Since then she has actively been available for EfCCNa purposes.

She has been, and still is, a reliable team player in all projects she has been taken part of.

Irene is chair of promotion group and editor of the newsletter. EfCCNa website and social media accounts would not look like this without her contributions.

She has taken part in the Erasmus+ project MICE-ICU. And she is passionate about her work as a paediatric critical care nurse. Her heart is pure gold.

Prof Bronagh Blackwood, Northern Ireland



Bronagh has been Council Member representing the BACCN from 2003 and she has held the post of Vice President for eight years (2006-14).

Since 2014 she holds the position of EfCCNa President.

Some examples of her contribution for EfCCNa:

She has drawn up the EfCCNa Strategy for 2020 document; she established the Critical Care Doctoral European Nurses (CC-DEN) group; she have chaired several Scientific Committees for EfCCNa Congresses.

Her driving force in all EfCCNa projects etc is huge.

She is a born leader.

New Council Representatives for Ireland and Greece

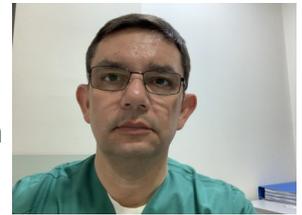


Dionysia Tsoukala has been the Greek representative in EfCCNa since 2017. We thank her very much for her participation and wish her all the best for her future life. Her successor is Nikolaos Giakis.

Eimear Fitzgerald, active committee member of the Irish Association of Critical Care Nurses and ICU Steps Dublin. She has been the first representative of this professional group in the Council of EfCCNa since April 2016. She is now handing over her post to Christine Sheehan. Thanks Eimear and all the best for your future.



Giakis Nikolaos (PhD, MSc PhD) has achieved a MSc degree in Units of Intensive Treatment & Emergency Nursing and PhD of the Medical School of the National Kapodistriako University of Athens and is a certified adult trainer. He works at General Hospital of Athens "Ippokratio" as a head nurse on a Cardio Surgery ICU. He has been working as a scientific officer and contributor to European Community funded training programs for adult education programs and as a laboratory associate in the Nursing Department of the Technological Educational Institute of Athens.



Christine Sheehan (RGN, CCRN, BCTN BSn, MSc Nursing, RANP) 25 years extensive international nursing experience in critical care with roles including staff nurse, clinical educator, clinical facilitator and practice development and Critical Care adjunct lecturer. She has greater than 10 years teaching experience in NUIG as lead facilitator for the ICU post graduate diploma. She is currently a Registered Advanced Nurse Practitioner for Critical Care and Outreach lead in Galway University Hospital and continued close links with National University of Ireland Galway as adjunct lecturer. Deeply involved in ensuring Evidence based practices and keen interest in equipment and risk management.



EfCCNa welcomes Helen Valk as Estonia's as new Council representative



Helen started working in the North Estonia Medical Centre in Tallinn 19 years ago as an ICU nurse. Then she became the first acute pain nurse in Estonia and started to develop a nurse based Acute Pain Service in the same hospital. Later she became Chief Nurse of Anaesthesia Centre. Since February 2019 Helen is working as a Nursing Quality Specialist. She is the President of the Estonian Association of Nurse Anaesthetists and Intensive Care Nurses (EAAIN).

As a member of the working party she developed and published National Guidelines for Acute and Postoperative Pain Management in 2016. She regularly takes part in audits and teaching in hospital and national level.



EfCCNa welcomes member Society: Estonia

Estonia

<i>Name of the organization</i>	Estonian Association of Nurse Anaesthetists and Intensive care Nurses (EAIN) Representative: Helen Valk
<i>Total number of members</i>	225
<i>Other professionals besides nurses accepted as members?</i>	Intensive care nurses, anaesthetic care nurses others: RNs, BSc and MSc nurses without ICU or anaesthesia specialisation
<i>Congress (frequency; is there a usual month & if so, which month?)</i>	Congress every autumn, 4-5 courses per year, annual meeting every spring
<i>Journal (if yes, name)</i>	no
<i>Membership fee</i>	25 € per year
<i>Approximate salary (€) for junior CCN in your country</i>	1200 € (brutto)
<i>Average working hours per week</i>	40+overtime
<i>In your country are there critical care courses that are available after registering as a nurse? If so, please describe their level/s (e.g. diploma, bachelor, master)</i>	diploma master
<i>Approximate Number of hospitals with adult Intensive Care Units (accepting mechanically ventilated patients)</i>	15
<i>Average Nurse: Patient Ratio during day shift for mechanically ventilated patients</i>	2-3 patient/nurse
<i>Most important activity/achievement of the association in the last year</i>	networking, trainings
<i>Hot topics in Critical Care in your Country</i>	<ul style="list-style-type: none"> * End of life care * Sepsis * Pressure injury * Quality indicators * Safety and security * ECMO

News from member organisations



European Society of Paediatric & Neonatal Intensive Care (ESPNIC)

ESPNIC is leading an international survey on barriers to enteral nutrition in Paediatric ICUs and invites all PICU nurses to participate. The short survey will take no more than 5 minutes to complete and does not collect any identifiable data. The survey is available in many languages: [Arabic](#) [Chinese](#) [Dutch](#) [English](#) [French](#) [German](#) [Italian](#) [Latvian](#) [Polish](#) [Portuguese](#) [Spanish](#)

Additionally, paediatric & neonatal research colleagues are invited to participate in the 4th Multidisciplinary Research School in Bristol on 25 –26 July 2019. For information on the programme and registration please contact: lyvonne.tume@uwe.ac.uk.

Lyvonne Tume



Belgian Critical Care Nursing Organisation SIZ Nursing

A new [website](#) and logo has been established. In April we will organize our [annual symposium](#) with expected 450 participants. A donation of €1000 was invested in a live [music therapy project](#) in Belgium. After a first publication on the translation of the SIN, next week Arnaud Bruyneel will submit a Belgian multicenter study on this score in order to modify the ICU Continuing Nurse Law ([Summary](#)).

Arnaud Bruyneel



German Society for Specialised Nursing (DGF)

The largest Intensive & Critical Care Congress in Germany with more than 3000 participants took place in February 2019 in Bremen. At the DGF booth we advertised the EfCCNa activities. Many participants showed interest in the Exchange Program. EfCCNa Flyers have been distributed to all country representatives in Germany. A report on the activities of the EfCCNa will be given at the country representatives meeting in April. In fall 2018, the questionnaire about Patient and Relatives Groups was sent to all DGF members and 46 German member have participated.



Sabrina Pelz & Joachim Schoen (DGF)



Danish Society of Anaesthesia, Critical Care & Recovery Nurses FSAIO

The Danish society celebrated her 60 anniversary during their Spring meeting in March in Copenhagen. Many congratulation from EfCCNa to this remarkable jubilee!



Iben Tousgaard & Birte Baktoft



News from related societies



World Federation of Critical Care Nurses

Check out the updated version of the international best practice in the critical care nursing book. Access is free in [this link](#).

International Association for the Study of Pain (IASP)

@IASPPAIN has launched the 2019 Global Year Against Pain in the Most Vulnerable Populations! Check out the [new website](#) for fact sheets and resources on managing and assessing pain in children and babies, older adults, people with intellectual and developmental disabilities, and survivors of torture, war, and violence. Join our efforts to promote solutions to inadequate care!



EfCCNa Jubilee Celebrations with Fun



**WORKING TOGETHER
ACHIEVING MORE**



20 Years of EfCCNa - a Review



EfCCNa's pre history reaches as far back as in the early 1990s where Heike Strunk, who now is a past secretary of EfCCNa and EfCCNa Fellow, participated in meetings arranged by the American Association of Critical Care Nurses (AACN), where many leaders of international critical care nursing organisations attended to share their views and visions as well as to enhance international communication and collaboration.

Thus, in October 1997, representatives of over twenty European Critical Care Nursing associations met in Rotterdam for a weekend, to discuss the possibility of setting up a federation of critical care nurses. At this first meeting, the broad aims and objectives of a European federation were established. Two further meetings in Stockholm and Zagreb followed and lead to the development and refinement of the purpose of the Federation.

And finally, on October 2nd 1999, in Berlin, the European federation of Critical Care Nursing associations, EfCCNa, was officially established. Since its inception the mission of the federation has been clear:

- * to promote collaboration and equity among the national critical care associations that are members
- * and to function as a unified and cohesive group that can influence change in order to improve nursing care of critically ill patients and their families

During the first 10 years, EfCCNa has achieved a number of professional milestones, thanks to dedicated and experienced colleagues from our member associations together with enthusiastic critical care nurses from all around Europe. Especially the British Association of Critical Care Nurses (BACCN), one of the founding member associations of EfCCNa has played an instrumental role in its progress and development.

This is clearly demonstrated through the large number of critical care nursing colleagues from ICUs in all member countries who took part in two large research projects.



EfCCNa Founding Group 1999 in Berlin

The very first study undertaken by the EfCCNa council was a European Survey about *Nursing Practices in Feeding Patients in the Intensive Care Unit* and another large project, the E-LINK study, was a *Survey on European Intensive Care Nurses' Knowledge Level*.

Those two projects alone underlined the motives of the federation to promote equity and collaboration, and are captured in its guiding slogan: ***Working Together - Achieving More.***

Over the past 20 years, EfCCNa has just continued to develop. We successfully hosted eight international congresses; participated in and funded a number of studies, which have been published and resulted in Position Statements. EfCCNa has established a well accepted Exchange Programme and collaborates with a number of international nursing organizations like ESNO and WFCCN; Research Grants to foster young nurse researchers have been established as well as the Critical Care Doctoral European Nursing group, which connects nurses across Europe engaged in critical care research.

The main emphasis continues to be on Organisation, Education and Research. One major E-learning project in the past year was the Erasmus+ project on Multicultural Care in ICU (MICE-ICU).

The first four EfCCNa Fellows were nominated in 2008, in 2019 14 members are included.

When EfCCNa was officially established in 1999, it started with a group of 18; 2019, EfCCNa consists of 31 member associations, representing 28 countries in Europe.

May our proud federation continue to grow and develop over the next decades like it did in the past.

*Rósa Thorsteinsdóttir
Past president of EfCCNa & EfCCNa Fellow*



Critical Care Doctoral European Nurses Group

The Critical Care Doctoral European Nurses group was created in 2015 in Valencia during the 6th EfCCNa conference with an initial objective of creating a network of nursing critical care researchers. Since then, the group has engaged over 40 members from all over Europe. Members either hold a PhD degree or are current doctoral students.

The group also welcomes nurses who have completed other Doctoral programmes in a European country (e.g. DPhil; DNS; Professional Doctorate or similar).

The CC-DEN group recently met at the 8th EfCCNa congress in Ljubljana to consider how to further develop the group's potential and to establish a plan moving forward. A steering group has been convened to establish a vision, objectives, and structure of the group based on suggestions from the meeting. Suggestions included forming working groups aligned to specific research interests and using social media such as a closed Face book page to enable more dynamic communication.

Potential CC-DEN objectives for consideration

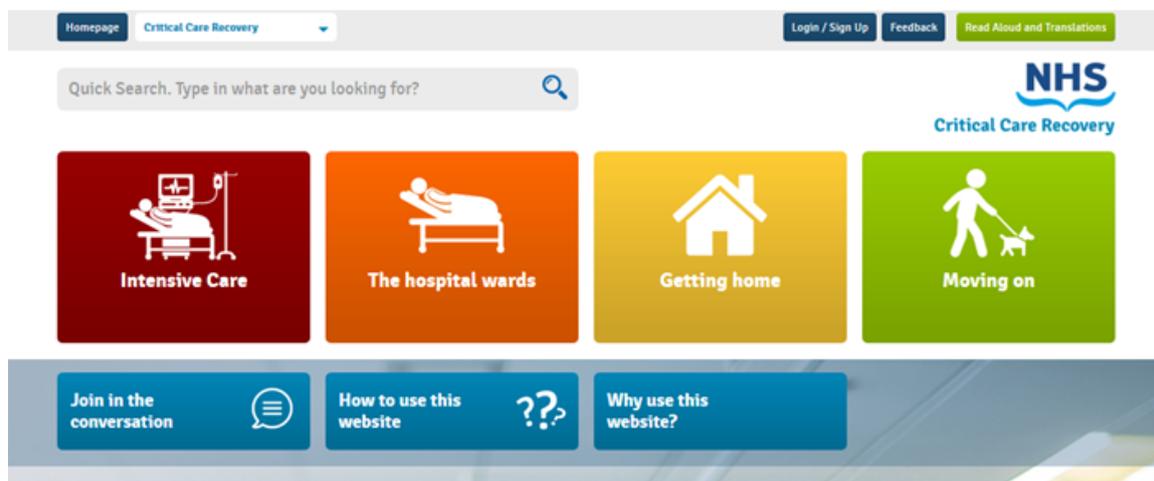
- * Networking between and among experienced and inexperienced researchers across and within countries
- * Mentorship and access to subject and methods expertise
- * Building research teams
- * Building a profile of PhD examiners
- * Identifying research priorities in critical care nursing
- * Exchange of ideas and ways to overcome research challenges
- * Building specific grant applications (within interest groups)
- * Writing position statements

In the meantime, any nurse currently undertaking or holding a Doctoral degree is welcome to join the CC-DEN by writing an expression of interest to Dr. Alicia San José (sanjosealicia@gmail.com).

'Helping you along your Intensive Care Journey '

This website has been carefully developed to offer information, advice and support on recovery after Intensive Care. Read there about some of the ways in which patients, family members and healthcare professionals have found it useful.

Researchers, patients, family members, health care staff and website developers have come together to create this website. It is based on over 120 interviews with former Intensive Care patients and family members at different stages of recovery.



The MICE-ICU Erasmus+ Project 2016 - 2018

One of the goals in the MICE ICU project was to develop an E-module accessible to all Critical Care Nurses in Europe.

During the test period May to August 2018, more than 120 nurses participated and took the course.

Some amendment was done after the test period and it was opened to everyone through a link on the MICE-ICU and EfCCNa website in November 2018.

The E-learning course is now available in 4 different languages: English, Polish, Slovenian and Czech.

More than 100 nurses have logged in and started the course since it was published. A few of the nurses who have taken the course came from countries outside Europe. Everyone who finish it and have more than 70% of correct answers in the final test gets a certificate.

Multicultural Care is currently a hot topic in Europe and it was part of the program at the last EfCCNa conference in Ljubljana this year. The next step is to disseminate the MICE-ICU project at the Scandinavian Congress NOKIAS in Reykjavik later this spring.

Currently the group is writing on their second article for the project. Beata Dobrowolska from Poland is the leading person with the help from the project members. The first article on the topic was an editorial in *Nursing in Critical Care* published in 2017.



Eva Barkestad

EfCCNa fellow & EfCCNa Coordinator MICE-ICU project

FLOW - the Facilitators of Weaning Survey

We are interested in the views of those who have implemented a **weaning protocol** for ventilation.

We would be grateful if YOU would complete this questionnaire if you were involved in weaning protocol implementation at your hospital/facility.

We kindly ask that you also forward this link to ANY INDIVIDUALS who were involved in weaning protocol implementation (including those in your facility) and invite them to complete the questionnaire.

This is the link to the short survey: <https://delphimanager.liv.ac.uk/FLOW/>

The questionnaire takes 10 minutes to complete.

We thank you in advance for your participation!

These results will help us identify the best practice for implementing weaning protocols.

Thank you,

The **FaciLitators Of Weaning (FLOW)** team

Matthew Henderson, Researcher, Queen's University of Belfast

Prof Bronagh Blackwood, Queen's University of Belfast

Dr Joanne Jordan, Queen's University of Belfast

Prof Louise Rose, King's College London

Dr Karen E. A. Burns, St. Michael's Hospital and the University of Toronto



News From ESNO

ESNO CONGRESS 2019

European Specialist Nurses Organization held a congress 21th of February 2019 in Brussels. The congress theme was "The Specialist Nurse in European Healthcare towards 2030". The objective of congress was to clarify the role of the Specialist Nurses and to discuss their contribution and position in a rapidly changing health-care landscape in Europe.

The Congress was opened by Adriano Friganovic, President of ESNO and the key note speaker was Annette Kennedy, President of International Council of Nurses. This event brought together health care practitioners, policy makers and managers from around the world who are engaged in the design and delivery of nursing care. Congress gathered excellent speakers and big audience and it was extraordinary opportunity to share knowledge and experiences across the Europe and worldwide.



A small Sample of Articles related to IC Nursing (click on title)

Microbiological colonization of healthcare workers' mobile phones in a tertiary-level Italian intensive care unit

Mauro Paniga, Elena Broggi, Anna Grancini, Ileana Adamini, Filippo Binda, Tommaso Mauri, Antonio Pesenti, Dario Laquintana, Giacomo Grasselli,

Caring for non-sedated mechanically ventilated patients in ICU: A qualitative study comparing perspectives of expert and competent nurses

Camilla Bekker Mortensen, Maj-Brit Nørregaard Kjær, Ingrid Egerod

Sleep deprivation determinants as perceived by intensive care unit patients: Findings from a systematic review, meta-summary and meta-synthesis

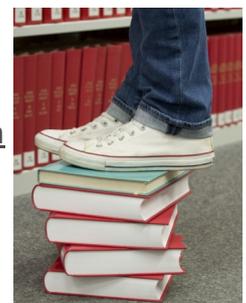
Elisa Mattiussi, Matteo Danielis, Lucia Venuti, Marta Vidoni, Alvisa Palese

Development and daily use of a numeric rating score to assess sleep quality in ICU patients

Paul Rood, Tim Frenzel, Rutger Verhage, Monique Bonn, Hans van der Hoeven, Peter Pickkers, Mark van den Boogaard

Critical Care Nurse Work Environments 2018: Findings and Implications

Beth Ulrich, EdD, RN, Connie Barden, MSN, RN, CCRN-K, CCNS, Linda Cassidy, MSN, EdM, RN, CCNS, CCRN-K and Natasha Varn-Davis, Pfd.



Congress Calendar - *click on the logos to get linked*

WELCOME TO
**THE 15TH NORDIC CONGRESS FOR
 CRITICAL CARE NURSES AND NURSE ANESTHETISTS
 NOKIAS2019**
 IN REYKJAVÍK, ICELAND
 MAY 30th - JUNE 1st, 2019




**4th International Multidisciplinary
 Paediatric and Neonatal Acute and
 Critical Care Research School**



**Save the dates:
 Thursday 25th & Friday 26th July 2019
 Bristol City Centre**

**LIVES
 2019
 32ND ANNUAL
 CONGRESS
 BERLIN 28-02
 CITYCUBE**



The Intensive Connection
 www.esicm.org
 ABSTRACT DEADLINE
 14TH APRIL 2019



ICPAN
 5th International Conference for PeriAnaesthesia Nurses

**"Exploring New Horizons,
 Empowering Global Practice"**



**5 - 8 November 2019
 Cancun, Mexico**
 www.icpan.org



4th Multidisciplinary Research School
 For information & registration
 please contact:
 lyvonne.tume@uwe.ac.uk.

ABSTRACTS	POSTERS
FEBRUARY ¶	APRIL ¶
21 Notification of oral abstract status	12 Poster abstract submission deadline
MARCH ¶	MAY ¶
15 Oral abstract invitation acceptance deadline	3 Notification of poster abstract status
JANUARY ¶	MAY ¶
31 Oral abstract submission deadline	21 Poster abstract invitation acceptance deadline



SALZBURG

Save the Date for ESPNIC 2019
 June 18-21, 2019, Salzburg, Austria

**WORLD
 CONGRESS
 OF INTENSIVE CARE** 2019

HOSTED BY ACCCN, ANZICS & WFSICM
 SUPPORTED BY WFCCN
 MELBOURNE CONVENTION
 AND EXHIBITION CENTRE
 MONDAY 14 OCTOBER
 - FRIDAY 18 OCTOBER

www.worldcongressintensivecare2019.com



BACCN
 British Association
 of Critical Care Nurses

34th Annual BACCN Conference
 Moral Courage: Meeting the Challenges of a Contemporary Healthcare System
 16 - 17 September 2019, Edinburgh International Conference Centre

BACCN Conference: Innovation, Excellence and Learning

@BACCNUK #BACCNConf2019 facebook.com/BACCN baccnuk



MICE
 Multicultural Care in European
 Intensive Care Units




Multicultural Care in European Intensive Care Units
 An e-learning opportunity for critical care nurses
 www.mice-icu.eu

The e-learning course is available on the MICE-ICU website <https://lms.mice-icu.eu/>

Impressum: According to the European regulation on data protection (GDPR) the use of all personal pictures in this newsletter was authorised by their owners.

The EfcCNa Newsletter
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 web site: www.efccna.org



EfcCNa 20 years
 European federation of Critical Care Nursing associations

**WORKING TOGETHER
 ACHIEVING MORE**

