

# Critical Comment New Zealand College of Critical Care Nurses

## Message from the Chair

At the ANZICS regional meeting in Wellington the NZCCCN General Meeting was held. We received three nominations for the national committee and at the same time three positions become vacant with committee members completing their terms. Nominated were Erin Williams, Sarah Rogers and Rodney Bowen. Rod has already been working with the committee in a seconded role as Southern representative when Maree Fraser required leave from the committee. Sarah and Erin are representing the mid central region. Thank you for joining the national committee, it will be wonderful to have your input.

I would like to acknowledge and thank our outgoing committee members, Maree Fraser, Sarah Walker and Adele Ferguson. They have worked very hard on behalf of the national committee. As editor of the Critical Comment, Maree ensured the publication of a very interesting, stimulating and relevant newsletter. Sarah and Adele were part of the committee that oversaw the transition from a section to a college. They have also had pivotal roles as organisers of the last two NZCCCN Critical Care Skills Workshops. Thank you, it has been great to work with you both on the National Committee.

The NZCCCN gave 2 scholarships to members to attend the ANZICS regional meeting, the recipients were Sarah Rogers and Saskia Hartemink. Both Saskia and Sarah have agreed to submit a short article for the Critical Comment.

This year's regional meeting was in Wellington and very successful. The conference was very enjoyable, thought provoking and relevant. Many of the presenters generously shared both struggles and successes from their own personal experiences. Along with the advances in therapies and research in the ICU environment, other topics addressed were Stress and Burnout, Resilience, Looking after Yourself, Vitamin C and Environment Sustainability.

Some presentations are available at: <http://www.wellingtonicu.com/Education/Resources/ANZICS17>

Congratulations to the Wellington organising committee on such a great conference.

Dayle



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## Letter from the Editor

I was lucky enough to attend the recent ANZICS conference in Wellington and it was brilliant. For those that have not considered going to these more local conferences I would recommend it. They are a great place to network and find out about what other units are currently doing.

The committee have had 3 new members join and I would also like to welcome Sarah, Erin and Rod to the committee. And to thank Adele, Sarah and Maree for their time, energy and experience that they have shared with the committee, but more importantly supporting me.

There will undoubtedly be a lot of projects and developments throughout your units and teams. It would be fantastic to hear about them and to be able to share them in this newsletter. If you have a report, article or just want to showcase your area please send it through to me.

Please enjoy this newsletter.

Steve

### NZ College of Critical Care Nurses [NZNO] 2017 national committee members

Position	First Name	Surname	Term	Region
Chair	Dayle	Pearman	3 <sup>rd</sup>	Northern
Vice Chair	TBC			
Secretary	Elinore	Harper-Spiller	3 <sup>rd</sup>	Central
Treasurer	Lyn	Maughan	3 <sup>rd</sup>	Central
Membership	Leah	Hackney	2 <sup>nd</sup>	Mid South
Website/Newsletter	Steve	Kirby	2 <sup>nd</sup>	Northern
Committee	Sarah	Rogers	1 <sup>st</sup>	Midlands
Committee	Erin	Williams	1 <sup>st</sup>	Lakes
Committee	Rodney	Bowen	1 <sup>st</sup>	Southern
NZNO Liaison	Margaret	Cain		



## Conference Report Sarah Rogers

Thanks to the NZCCCN committee and its scholarship, I was able to attend the ANZICS Regional Conference in March that was held at Te Papa, in Wellington. My travel, accommodation and access to the conference was all covered by the scholarship.

There were a vast number of short presentations that described a wide variety of intensive care research, quality projects, innovations, and thoughts to take home. I can't possibly describe any of them to you in enough detail to do their presenters justice; however, I can try to summarise some of what I gained from the experience as an ICU nurse.

Part of the attraction of a conference is seeing the marvelous new technology waiting to leap into the workplace and fix all those irritating problems that we deal with every day. David Knight argues that every shiny, new piece of equipment increases the risk of NUCs (negative unforeseen consequences), that become the new irritating problem that we need to find a way to work around or deal with. Iwona Stolarek ([www.choosingwisely.org.nz](http://www.choosingwisely.org.nz)) would argue that it increases the risk of over testing and overtreatment and urges us to make our decisions carefully.

According to a study by Tracy Bucknall, ICU nurses make a decision every 30 seconds; new equipment, prior to the development of a validated decision aid, is likely to increase that decision making load. The risk of errors increases and with it the risk of harm, not only to our patients but, as Nic Randall so eloquently pointed out, the risk of ourselves becoming a victim of that error from guilt and self-doubt leading to burnout.


Rachel Parke described burnout as a combination of disengagement, low motivation, emotional exhaustion, depersonalisation and a feeling of low personal accomplishment leading to decreased effectiveness and Carl Horsley wants it to be acknowledged as a systemic problem, (it affects 50% of nurses and medics worldwide), and stop it being treated as just an individual issue.

NZCCCN

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Find us on the Web:  
[http://www.nzno.org.nz/groups/colleges\\_sections/colleges/new\\_zealand\\_college\\_of\\_critical\\_care\\_nurses](http://www.nzno.org.nz/groups/colleges_sections/colleges/new_zealand_college_of_critical_care_nurses)



New Zealand College of  
Critical Care Nurses

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NZCCCN

Managers care about patient safety and bottom line according to Deb Chalmers who promotes the development of staff welfare programmes. Recent evidence (PWC, Australia) showed a staff welfare programme return on investment of \$1.3. To increase safety within the ICU, Carl Horsley wants us to adopt a pro-active, flexible approach that acknowledge the things that are going right and give humans the easy way to achieve success rather than the reactive problem analysis to prevent error recurrence that currently prevails. He uses the complete CLAB pack as an example: everything on the checklist is present in one place making success easy, the checklist is not central.

Achieving success and making a difference are considered to be central to avoiding burnout and Lynsey Sutton-Smith discussed the way local ICU nurses had developed quality standards and audits to maintain them. Catherine Hocking described her new Quality Co-ordinator Role assessing the results of studies and research undertaken by individual nurses as part of their university studies and if appropriate, applying them to practice, reviewing and revising where indicated.

Making the intensive care environment a place where the entire team visibly contribute to positive outcomes where the team can examine and build on what is working well and make the best practice the easiest practice to achieve

will reduce burnout but increase retention and quality— who wouldn't want that?

My scholarship included tickets to attend the Gala Dinner: fabulous food, fantastic music and good company in the most incredible venue, the marae in Te Papa. I would encourage you to consider attending the next ANZICS Regional conference and applying for a scholarship would be a good way to cover your costs.

important vital standards need to know  
official informed involve reference  
procedures patient learn best practice

## > FOAM: Month in Review

Free Open Access Medical Education Online

*J. Drake*

Author:

Haydn Drake

Intensive Care Paramedic

*C. Timmen*

Distributed by:

Colin Tan

Head of Clinical Audit and Research

### Bronchiolitis



Winter is coming, and so is bronchiolitis season. Dr Casey Parker reviews the assessment and management of bronchiolitis.

<http://buff.ly/2o4fXt7>



### Performance Under Pressure



Justin Morgenstern from First10EM has written an excellent summary of stress and performance under pressure.

<http://buff.ly/2nJWr4A>



### Why Your Hospital is Broken



New Zealand intensivist Alex Psirides spoke at the SMACC conference in Dublin last year, about the problems with our modern health system, and where it's failing.

<http://buff.ly/2o4lqAi>



### Trauma Care in NZ



Although a couple of years old, this inaugural talk from Professor Ian Civil on Trauma care in NZ gives an excellent background for the new National Major Trauma policy.

<http://buff.ly/2nK1Pod>




### Top 10 Trauma Papers of 2016



Professor Simon Carley shares his pick of the top 10 trauma papers of 2016, that he shared with The Trauma Care conference in the UK.

<http://buff.ly/2ngKU9F>





If you want to know how we practiced medicine **5 years** ago, read a **textbook**.

If you want to know how we practiced medicine **2 years** ago, read a **journal**.

If you want to know how we practice medicine **now**, go to a [good] **conference**.

If you want to know how we will practice medicine in the **future**, listen in the hallways and use **FOAM**.

- Joe Lex 2012

### Fluid Responsiveness & Principles of Fluid Resuscitation



Fluid resuscitation can play an important part in emergency & critical care. Dr Salim Rezaie reviews fluid responsiveness and the main principles of fluid resuscitation.

<http://buff.ly/2nsKtKq>



### Case Study: Mixed Overdose & Sodium Channel Blockade

**ACLS**  
MEDICAL TRAINING

This case study presentation from the ACLS Medical Training blog looks at a patient with a mixed overdose and sodium channel blockade.

<http://buff.ly/2nK2Cph>



Remember that the content shared is clinical 'food-for-thought' and not necessarily endorsed by Clinical Development or reflected in the Clinical Procedures & Guidelines. The CPGs and Standard Operating Procedures still apply over anything that you read in the links supplied in this document.



**SHD-AP**

2<sup>nd</sup> STRUCTURAL HEART DISEASE ASIA PACIFIC SYMPOSIUM

1-3 June 2017  
Pullman Hotel, Auckland, New Zealand  
[www.shd-ap.org](http://www.shd-ap.org)

### Update your NZNO or NZCCCN Membership

If you move address, change your name; change your job/position etc., or no longer want to be a member of a college of section you need to actively update your details with NZNO. If you do not do this your membership details for NZCCCN will be incorrect. In our experience NZNO members are not aware of this process. The NZCCCN are working on solutions, but would like to request that if you no longer wish to be a member of NZCCCN, or you need to update your details that you contact NZNO directly. You can do this by emailing Sharyne Gordon: SharyneG@nzno.org.nz with NZNO number and a simple request to alter your details or remove you from the membership database.