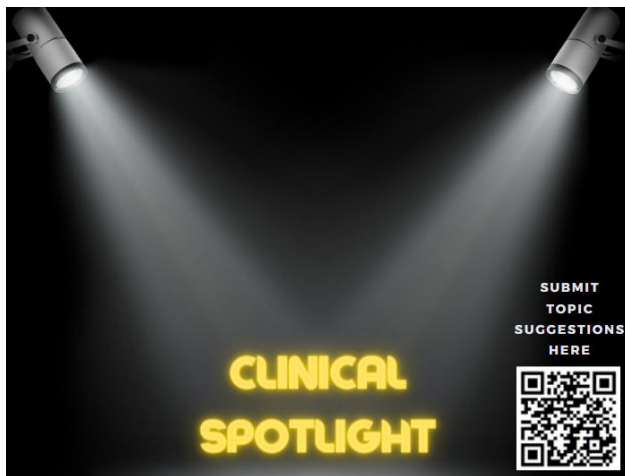




Lead, represent, develop and support Australian critical care nurses

Clinical Spotlight



Each month we will focus on refreshing our knowledge and skills around a relevant clinical concept at the time. If you have suggestions for topics for us to focus on, we encourage you to contact us [here](#) or via the QR Code.

These ideas could be anything that you or your colleagues have come across in your clinical practice which you would like us to help you review and refresh your knowledge on.

Making suggestions helps keep this newsletter and its segments relevant and useful for you!

This Month's Topic: The Critically Ill Patient with Delirium

World Delirium Awareness Day was the 15th of March so it seems timely to explore how some of our critically ill patients may present with delirium, and what we can do to offset this complication in their patient journey.

The incidence of developing delirium while in hospital is 2-8% but this numbers jumps to 50% or more in an adult ICU setting. Therefore, it is reasonable to assume you have or will be looking after a patient who will need your help to overcome the short and long-term effects of delirium. In the short-term delirium can place the patient more at risk of complications and a lengthened stay in hospital. In the long-term they may continue to suffer from cognitive impairment, PTSD, or depression.

As the nurse at the bedside, you are in a prime position to identify if your patient is at an increased risk of developing delirium and recognise the signs and symptoms if they occur. Delirium is acute and sudden in nature (and not to be confused with dementia and other cognitive impairments) and more common in patients who have one or more of the below characteristics:

- Reduced oxygen to the brain (multitude of disease related reasons)
- On certain medications (e.g. sedatives and analgesics)
- Infections and sepsis
- Severe pain
- Alcohol and other 'recreational drugs'
- Withdrawal from alcohol, nicotine, or other drugs
- Elderly (over 65years of age)
- Already have dementia or depression
- Have poor eyesight or hearing



You, as the bedside nurse, and your patient's family are the people mostly likely to notice an acute onset of delirium. You may see signs and symptoms such as:

- A change in behaviour – the patient may be agitated, aggressive, or withdrawn
- Confusion (not orientated to time and place and using inappropriate words)
- Inability to pay attention or follow directions
- Hallucinations
- Changes in sleeping habits
- Abnormal movements (tremors or obsessive picking at things like sheets/clothes)
- Memory problems

If you have any concerns about your patient the next step is to raise these with the healthcare team you work in and start to address the symptoms of delirium and the underlying cause if it can be identified. Simple acts of speaking calmly and slowly, repeatedly re-orientating your patient to time and place, utilising all aids (hearing aids, glasses, etc..) and having familiar objects present (people, pictures, music, etc.) can go a long way to keeping the patient calm and less distressed during their delirium.

Key Learning Point: Delirium can complicate and lengthen your patient's journey so taking some simple actions to prevent it, or acting quickly to address delirium, is a rewarding nursing intervention.

For further information please take time to explore the [Australasian Delirium Association website](#) and the [Australian Commission on Safety and Quality in Health Care – Delirium Clinical Care Standard](#).

Written by Kylie Thompson (ACCCN National Nurse Educator)

REFER A FRIEND ENJOY THE REWARDS

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YOU REFER***



Help a friend enjoy the benefits of ACCCN membership and be rewarded when they join.

As an existing member you will receive an additional 1-month free membership for each friend you refer when they mention your name in their application*.

[Visit the Member Benefits page](#) to ensure you are making the most of your membership.

*Terms and conditions apply to this membership offer, [click here](#) for more information

Australian Critical Care (ACC) Journal Highlight

The Australian Critical Care Journal is a wonderful wealth of current research and practice developments available to members of ACCCN!

To highlight this, I aim to focus on one article each month to summarise and encourage you to read it in full. The article this month is an Open Access paper and therefore can be enjoyed by members and non-members.

Our article: Effectiveness of non-technical skills education interventions in the context of emergencies: A systematic review and meta-analysis. Sanchez-Marco, M., Escribano, S., Rubio-Aparicio, M., Julia-Sanchis, R., Cabanero-Martinez, M. (2023).



Three leading causes of clinical errors are human factors and more specifically communication failure and poor leadership. To address these, we need to explore how we are teaching and how effective this training is on improving and maintaining our non-technical skills. Non-technical skills include communication, situational awareness, teamwork, leadership and can globally fit in a framework like that of Crisis Resource Management (CRM).

In general, the principle of non-technical skills taught through a structure like CRM followed by an element of simulation is popular and shows good strength in improving knowledge, attitude, performance of non-technical skills, and self-efficacy. Self-efficacy is a popular measure which seems to have significant power and influence over a professional's performance and plays to the idea of encouraging honest reflection to either feel confident in your skills or to notice a weakness that you are motivated to address with further training.

The biggest issue with the studies reviewed here is that training seems to be one off and fails to address the maintenance of these skills. The frequently observed phenomenon with education around skills attrition when skills are not reinforced and practiced, needs to be addressed in future training plans.

Key Idea: A combined approach of teaching non-technical skills using a framework like CRM and then allowing practice via simulation is considered the best mix for the learning experience. Simulation is key to this from the perspective of 'Practice as a team – work as a team.'

Non-technical skills training using a framework like CRM and supported by the mixed teaching methods of adding simulation have a strong effect on non-technical skill performance and ultimately, hopefully, the reduction of errors contributed to by human factors. For the full details please read the article in the Australian Critical Care Journal!

Written by Kylie Thompson (ACCCN National Nurse Educator)

QUESTIONS TO REFLECT ON...

- 1) How do you feel about your non-technical skills?
- 2) What non-technical skills training have you and your colleagues received?
- 3) Is there a need for more and ongoing support?
- 4) How do you perceive the teamwork in your clinical environment?
- 5) How is it day to day? How is it during an emergency?



Do you need to conduct non-technical skills training in your workplace?

ACCCN Advisory Panels

Our Paediatric Advisory Panel (PAP) has been actively involved with many areas representing paediatric critical care.

Message from the Paediatric Advisory Panel:

For the 2023 ACCCN and ANZICS Annual Scientific Meeting in Adelaide we have been supporting Susan Shultz in her role as Paediatric Nursing Convener. This has involved help to secure international and national speakers. As a forum we also ensure there is appropriate paediatric content and representation at ACCCN's Annual Education Meetings.

We continue to have strong engagement, and representation, with the World Federation of Paediatric Intensive & Critical Care Societies (WFPICCS). This engagement is achieved by ACCCN's representative Amy Johansen.

Paediatric issues of workforce have been championed by Jessica Schults in her role on ACCCN's Workforce Standards committee. After a member enquiry about small paediatric intensive care unit safe staffing, we were able to provide advice, guidance, and practical tips on this important, yet often controversial nursing issue.

In association with ANZICS, a review of learnings from COVID-19 ICU guidelines has commenced. Kate Leutert and Stephen McKeever have been involved in reviewing paediatric nursing aspects of these guidelines.

At the close of 2022 some valuable members stepped down from PAP. These included Tina Kendrick, Amanda Ullman, and Mark Woodard. We thank them for their hard work and wish them every success in the future. As part of replacing these members, one of the panel's aims is to have national representation on our panel. After this year's round of recruitment, we now cover most Australian States and Territories.

ACCCN Grants and Funding

NSW/ACT Member Professional Development Grant

Would you like financial assistance to attend a conference or educational/professional development activity in the field of critical care? Are you interested in attending the ACCCN Annual Education Meeting to be held in Victoria 19-20 October 2023? Applications for Round 1 of the NSW/ACT Members' Professional Development Grant are now open.

You can apply for funds for travel, registration, or accommodation to attend or present at any educational conference, short course or meeting relevant to critical care nursing.

[CLICK HERE](#) for **MORE INFORMATION** or to **SUBMIT YOUR APPLICATION**

Applications Close: Sunday 16 April

Upcoming ACCCN Events, Courses and Conferences



The 2023 ANZIC/ACCCN Intensive Care ASM – ICU on the Edge is currently underway. We hope all attending are enjoying the conference. For those who couldn't make it this year, we will provide a summary of the conference in an upcoming newsletter.

A big thank you to all our speakers, our presenting partner and sponsors, as well as the conference organising committee.

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Don't miss Early Bird Registrations closing this Friday 31st March - [REGISTER NOW](#)



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 **SAVE THE DATE**



TAS SEMINAR DAY ESSENTIALS OF CRITICAL CARE

**FRIDAY 7 JULY 2023
OLD WOOLSTORE APARTMENT HOTEL,
HOBART**

www.acccn.com.au



'A DAY IN THE LIFE OF A CRITICAL CARE NURSE' WA HOT TOPIC EVENING

**TUESDAY 18 JULY 2023
UNIVERSITY OF WESTERN AUSTRALIA, NEDLANDS
6:00PM – 9:00PM**

REGISTER NOW



RECOGNISING & RESPONDING TO THE DETERIORATING CHILD WA STUDY DAY

**SATURDAY, 16 SEPTEMBER 2023
ROYAL PERTH HOSPITAL, PERTH**

acccn.com.au



REGISTER NOW



SAVE THE DATE

BACK ON TRACK

Annual Education Meeting 2023

19 - 20 October 2023 • Melbourne
Crown Promenade Conference Centre

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 ACCCN
Australian College of Critical Care Nurses

 AEM
ACCCN'S ANNUAL EDUCATION MEETING

ACCCN Advanced Life Support (ALS) Program

ACCCN Adult ALS Courses are approved for CPD with these organisations:

ALS

ACCCN

Australian
College of
Rural & Remote
Medicine

Australian
College of
Emergency
Medicine

Australian and
New Zealand
College of
Anaesthetists

College of
Intensive
Care Medicine

The Royal
Australian
College of
General
Practitioners

The Royal
Australasian
College of
Physicians

ACCCN Advanced Life Support (ALS) Program offers a comprehensive range of Instructor, Adult, and Paediatric ALS courses. They are suitable for all healthcare professionals (nursing, medical, defence force) to attend, but are specifically aimed at nurses and medical staff working in a critical care environment, or with critically ill patients. Standards used throughout the course reflect the Australian Resuscitation Council Statements on Basic and Advanced Life Support; and current ANZCOR and ILCOR guidelines.

Annual re-certification is recommended for the Adult and Paediatric programs. Biennial re-certification is recommended for the Instructor program.

Courses are run nationally – [Find an ALS Course near you!](#)

REGISTER NOW

ACCCN Event Reviews

TAS Hot Topic Evening – Tracheostomy Management

On February 23 we had an excellent interactive Hot Topic evening on Tracheostomy Management. This event was held at Mecca Restaurant in Burnie and was generously sponsored by Kevin Holliday from Cardinal Health. We had seventeen delegates attend including the organisers, Cindy Weatherburn, Heather Crowden and Anthea Rix. There were six ICU staff, two from Community Health, one CNE from West Coast District Hospital, one student nurse, and Ward staff - mainly from Surgical Wards.

Kevin discussed Anatomy and Physiology, reasons for tracheostomy, complications, nursing care and observations, equipment at the bedside. He engaged attendees by asking lots of questions and linking this back to examples of patients who attendees had cared for. Many examples, including two emergency situations were raised and discussed.



We paused halfway through the session for dinner, a really yummy range of Meccas' pizzas and hot chips were on offer (despite the chip shortage).

The delegates then divided into two groups and Kevin, along with the ICU CNE's presented two hands on sessions for attendees. Sessions included:

1. A demonstration of a range of tracheostomies including cuffed, uncuffed, fenestrated and non-fenestrated, along with a rationale for choosing a specific type. As well as information on how to clean and replace inner tubes.
2. Tracheostomy securement and suctioning practice on ward and ICU setting (open and closed suctioning). There were a range of tracheostomy dressings to review and discussion on how to clean and care for the site.

Attendees networked with each other, and the Community Health staff found the session very beneficial and asked lots of questions relating to tracheostomies they see on occasion in the community setting.



ACT Deterioration in Critical Care Seminar Day



The ACCCN NSW/ACT state committee held a Deterioration in Critical Care Seminar on 23 February at the Ramada Encore Hotel in Belconnen. The focus of the day was to discuss all things 'deterioration', with the morning sessions focusing on clinical deterioration from both a physiological and psychological perspective and the afternoon session focusing on workforce deterioration. 35 participants from across the region (including Yass, Bega, Canberra, and Western Sydney) joined us for the day.

There was an engaging collection of presentations from a range of experienced critical care health professionals.

Dr Tina Xu, a consultant intensivist from Canberra Health Services and ECMO specialist, presented a fabulous case study approach to ECMO helping to highlight the different case presentations and how VA and VV ECMO might be applied. The major learning from this was crashing cars into lakes does not end well!

Rachel Longhurst, A/g ADON for ICU CCU at Calvary Public and chair of the hospital's Recognising and Responding to Deterioration Committee discussed Mental State Deterioration, what it is, what the challenges are and the accreditation requirements for a framework for mental state deterioration available within acute care settings. A focus on restraint and delirium within the critical care environment was also explored.

Grainne Hughes, ICU pharmacist at Canberra Health Service talked us through an A-D approach of common medications we might use in our deteriorating patients. This was practical and relatable information, and generated some interesting comparisons between what different units were using for select critical care emergencies.

Kate Taylor, Advanced Life Support Clinical Nurse Educator at Calvary Public Hospital, provided some light-hearted insights into the past, present, and future of resuscitation. On a more serious note, Kate led some great discussion about nurse-led cardiac arrests, how that might look and the benefits, and shared insights into the importance of offering debriefing.

Emma Williams, Clinical Development Nurse at Calvary Public ICU and passionate advocate for high quality end-of-life care, presented on the challenging topic of transitioning between curative to comfort care and the many challenges this presents for critical care nurses. Emma's opening case study demonstrated the conflict and distress that is well known among critical care nurses and presented some insights into the application of ACCCN's Position Statement on Adult End of Life in Critical Care.

Rosalie Austin, the ADON for ICU at Canberra Health Services, presented on workforce in critical care. She summarised the current state of affairs in many critical care units in a post COVID world. Rosalie spoke about several the challenges she has faced personally as a department leader and the strategies she and her team have implemented to assist with workforce, culture and wellbeing in the department.



Marg Nicholson has had an extensive career in ICU and is currently a Nurse Practitioner at Liverpool Hospital. She talked about the importance of nurse practitioners in contributing to the workforce, especially in rural and remote settings. Marg passionately urged all critical care nurses to be proactive in being part of the solution to our current workforce challenges and to consider nurse practitioner pathways.

To conclude the day an open forum and panel discussion around workforce issues and strategies moving forward was undertaken. The takeaway from this was that there is still a great deal of distress for many critical care staff to work through in relation to the impacts of COVID and that a significant part of any workforce strategies needs to be responsive to this.



The ACT/NSW committee would like to thank all participants and speakers for helping to make this day such an engaging professional development opportunity.

The NSW/ACT Committee would like to thank our generous sponsors.



ZOLL

INDUSTRY UPDATES

Every Nurse's Business



People with intellectual disability and/or autism have some of the worst health outcomes, when compared to the general population. They are also admitted to hospital more frequently, have longer stays, and are at risk of potentially avoidable death. A range of issues contribute to these disparities, including health workers having a lack of knowledge about how to adjust their care and support to promote person-centred care.

Australian registered nurses learn very little about the health needs of people with intellectual disability and/or autism while undertaking their undergraduate education. In addition, there are few, if any, comprehensive continuing professional development (CPD) or post-graduate opportunities to increase knowledge and confidence in this vital area of practice.

About the Programme

Every Nurses' Business is a **free online CPD programme** which aims to build registered nurses' capacity to provide quality care for people with intellectual disability and/or autism. It offers foundational, intermediate, and advanced levels of learning and opportunities to claim CPD hours throughout. It includes interactive content, videos, quizzes, and interviews with experts. Additionally, the advanced level offers synchronous learning sessions, and opportunities to become a champion of change within the workplace. Completion of the entire programme is equivalent to one unit of AQF Level 8 Postgraduate study and can be utilised to claim a micro credential that can be used to apply for advanced standing.

Project team:

Professor Andrew Cashin (Southern Cross University), Professor Nathan Wilson (Western Sydney University), Ms Amy Pracilio (Southern Cross University).

Project partners:

Australian College of Critical Care Nurses, Australian Nursing and Midwifery Federation, Australian Primary Health Care Nurses Association, The Professional Association of Nurses in Developmental Disability Australia, the College of Emergency Nursing, and the University of New South Wales.

Watch Every Nurse's Business promotional video, [CLICK HERE](#)

Start your learning journey today: [CLICK HERE](#)

The Australian & New Zealand Intensive Care Foundation 2023 Grant Programme

The Australian & New Zealand Intensive Care Foundation

2023 Grant Programme

Expressions of Interest (EOI) now open

intensivecarefoundation.org.au ↓



Congratulations to our 2022 grant recipients

Total funding of \$147,597 was awarded

1. A Phase 2 safety, dose-finding and efficacy study evaluating VET tPA treatment in ARDS.

Chief Investigator: Luis Schultz, Liverpool Hospital, NSW.

2. Reducing Barrier Gown Use in ICUs – An Environmental Sustainability Project.

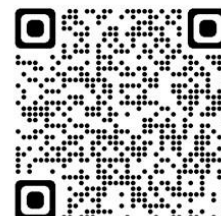
Chief Investigator: Kerriane Huynh, Sunshine Hospital, VIC.

3. Evaluation of a novel sleep monitoring technology in the ICU.

Chief Investigator: Laurie Showler, Royal Melbourne Hospital.

4. Digital health to assist recovery after critical illness.

Chief Investigator: Nina Leggett, Western Health, VIC.



**Make a tax
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"The ICF is pleased to continue supporting exciting research ideas and talented researchers that improve patient outcomes and the Intensive Care specialty. We ask the Intensive Care and broader community to continue working with us to raise funds to support the annual ANZICF grants round and its amazing impact." Claire Rickard & Vanessa Baic, ANZICF co-chairs.

The Australian & New Zealand
Intensive Care Foundation

Research Participation Opportunities

An exploration of intensive care nurses' oral care practices in non-ventilated patients in Australian ICUs

Auxillia Madhuva, from Monash University is seeking ICU nurses for a qualitative study exploring intensive care nurses' oral care practises and beliefs in non-ventilated patients. The results of this project will contribute to development of a questionnaire in the future. It may also act as a quality improvement initiative in ICU. For more information or if you would like to participate in a 30-45 minute interview via Zoom, please see visit the link below link.

[CLICK HERE to find out more or register your interest](#)

Investigating Information Usage for Decision-Making in Intensive Care Units – a Qualitative Study

A project undertaken by **Tamara Orth** from QUT Centre for Data Science is looking for *nurses and doctors to be interviewed about their experience with information and technology*. The aim of the study is to gain a deeper understanding of what you, nurses and doctors, need regarding information and technology to provide intensive care. This will facilitate, harmonise, bridge the communication between the ICU environment and the Data Science environment. In order to gain insights into where people and technology meet, it is crucial to understand the intensive care environment and your thoughts first. Conversations would be anything between 5-60 minutes, depending on the amount of time you have available, at your place of preference (remote or in person).

[CLICK HERE for more information or to register your interest](#)

The motivations of critical care nurses and the challenges they encounter in their roles

Our research project aims to explore the motivations and challenges encountered by critical care nurses in their roles. We are interested to find out what motivates nurses to work in critical care. Also, we wish to understand the challenges that critical care nurses experience in their role. We aim to recruit Registered Nurses who are currently working in critical care to be interviewed for their perspectives and about their experiences (a Zoom based interview for approximately 30-60 minutes).

Findings from this study will assist understanding in relation to the needs and interests of critical care nurses.

[CLICK HERE for more information or to register your interest](#)



Are you looking
for research
participant's?

The ACCCN encourages research participation and can promote your research project.

All ACCCN members currently involved in research projects relevant to critical care nursing are eligible to promote their project through the ACCCN website, newsletter and social channels.

For more information or to submit a Research Project [CLICK HERE](#).

Employment Opportunities

Casey Hospital (VIC) Associate Nurse Manager – Cardiac Care Unit



Monash Health has an Associate Nurse Unit Manager – Cardiac Care Unit position available with the Casey Hospital.

You'll enjoy the variety and challenge that comes from leading and working with likeminded leaders and skilled senior staff and clinical mentors, while being supported by the management and executive team, across the program and across our large complex health service. Your work will include:

- Running the operations of the shift on a day-to-day basis
- Supporting your Nurse Manager as part of the leadership team
- Role modelling and demonstrating positivity within the unit and providing support/education for staff within the team
- Patient centred provision of care to our cohort of patients in General Medicine
- Participating in quality improvement across the program to support best practice

Ours is a highly connected team with strong shared values and a commitment to excellence.

For a confidential discussion and to explore the opportunity further, please call Perna Kripalani on 0447 318 022

Closing date – 6 April 2023

[CLICK HERE FOR MORE INFORMATION OR TO APPLY NOW](#)

Casey Hospital (VIC) Registered Nurse – Cardiac Care Unit



Casey Hospital is seeking suitably qualified nurses who are passionate about and have demonstrated experience in CCU to become a valuable part of our cardiac care team. Yours is a pivotal front-line role providing care within a dynamic fast paced setting. You are committed to providing evidence based, patient and family centred care and you are motivated to seek all opportunities to further upskill and master your CCU expertise.

We guarantee that no two days will be the same! You'll enjoy the variety and challenge that comes from working with likeminded leaders and skilled senior staff and clinical mentors, while being supported by the management and executive team, across the program and across our large complex health service.

We have a strong education focus with exposure to the expertise of our team across our Cardiac Care units, and a commitment to supporting new team members progress their individual interest areas.

Ongoing Full or Part-Time positions available.

Closing date – 6 April 2023

[CLICK HERE FOR MORE INFORMATION OR TO APPLY NOW](#)

Sir Charles Gairdner Hospital (WA) Clinical Nurse – Intensive Care Unit



Government of Western Australia
North Metropolitan Health Service

Do you want to be a part of a team that promotes and improves the health of its people and community? Are you looking for an organisation that listens to what you have to say, supports flexible working arrangements, health and wellbeing and is focused on engagement and culture? Then look no further.

About this role

Under the direction of the relevant Senior Registered Nurse(s), practises as a Clinical Nurse in keeping with the Australian Nursing and Midwifery Board Registration Standards and Nursing Practice Decision Making Flowchart; provides advanced, comprehensive and evidence-based nursing care to patients as part of a multidisciplinary team; upholds and functions within the core values of the organisation of Care, Respect, Innovation, Teamwork & Integrity; acts as a role model, providing leadership, support, team building and change management through respect, recognition and collaboration. This role reports to the Nurse Manager - ICU.

Want to know more about this role?

We encourage you to contact Mel Eaton on 08 6457 1360.

Closing date – 29 May 2023

[CLICK HERE FOR MORE INFORMATION AND TO APPLY NOW](#)

**Are you looking
for staff?**

Why not advertise through the ACCCN?

With over 20,000 industry contacts on our email distribution list, almost 7000 Facebook followers, and over 500 LinkedIn followers, advertising through ACCCN's channels is a great way to reach high quality candidates. Our advertising package includes a ACCCN Website listing, Newsletter advertisement and Social Media advertisements.

[CLICK HERE](#) to submit an advertisement or to find out more.