The EfCCNa Council Meeting in Zagreb

On behalf of HDMSARIST, Jelena Slijepčević hosted the EfCCNa Autumn Meeting in the beautiful City of Zagreb, Croatia on October 5 - 6, 2019. Read here a short report about the meeting results.

EfCCNa was happy to welcome new representatives: Pierre-Ives Blanchard, France; Marko Kucan, Slovenia; Sofija Kurtovic, Serbia and Pernille Madson from Denmark.

EfCCNa continues to work collaboratively with other associations and research partners to develop best evidenced-based practice for patients:

- President Bronagh Blackwood highlighted important results of the collaborations with WfCCN, SCCM and ESICM. Together with association members’ input, the lead nurses of the federations recently published a paper focused on the nurses’ role in the sepsis guidelines called *International Critical Care Nursing considerations and quality indicators for the 2017 surviving sepsis guidelines*. [Kleinpell, R., Blot, S., Boulanger, C. et al. Intensive Care Med (2019) 45: 1663.]


- Similarly, EfCCNa members are also participating in another international study to develop core outcomes for post-ICU physical rehabilitation. This study is ongoing, and you can access the protocol here: [PRACTICE] Connolly et al. Trials (2018) 19:294

- **Facilitators of Weaning** – FLOW. EfCCNa members also participated in the recent online survey of factors that facilitated use of weaning protocols in clinical practice. Results will be issued shortly.

- The Cyprian Association was successful in achieving an Erasmus+ project: *Improving working Environments for nurses in ICU*. EfCCNa is an associated partner in this project.

- EfCCNa is also named as a partner in the work of ‘Innovative Training networks’: *new tools and strategies for communication of symptoms for ICU patients* (Cosmic Net)
EfCCNa Council Meeting Zagreb

Due to its success in supporting growing research in the field of critical care, the EfCCNa Council discussed and agreed to develop a research group to manage research affairs: e.g. EfCCNa Research awards, CC-DEN, Scientific content of Congresses, requests for EfCCNa participation in research projects etc. More details will be on the website shortly.

Congress 2021

The contract with the EfCCNa PCO ended after the Ljubljana congress. A new company, but with experience in running EfCCNa congresses was agreed. The next congress will be in the Netherlands – more details to follow.

EfCCNa Projects – update from working groups

- Patient and Relatives: a survey was sent out to the member organizations in order to find out which kind of support groups are available for patients and relatives after Intensive Care. The information gathered was presented. Results will be published shortly.

- Research Grants: The successful award for 2018 was Marta Raurell Torredà from Spain for the work on the project 'EARLY MOBILIZATION IN THE ICU IN SPAIN: THE MOVIPRE PROJECT'. For 2019 there was an application from Italy and Spain. These are currently being peer reviewed and results will be available in Jan 2020

- Exchange Programme: 2019 there were 2 participants, one from Norway and one from Italy. The Brompton Hospital in London has agreed to take part in the program. Member associations are asked to consider adding further hospitals in their countries.

- Promotion: At the President’s Lunch at the Ljubljana Congress, Presidents requested a communication tool for this group. A closed Face book group will be established to facilitate interaction between the Presidents of EfCCNa member organizations. Additionally, EfCCNa is going to be present on Instagram and to update the federation’s flyer. Communication strategy with members will also be revised.

Elections 2020 - The positions of board member, President and treasurer are open for voting in 2020. Elections will take place at the Council meeting in Macedonia in April.

ESNO - Wouter de Graaf, liaison person for EfCCNa in ESNO, will report about the survey results about the ‘Education framework for specialist nurses in European countries’ in Macedonia. Next ESNO Congress: February 2020 in Brussels.

The EfCCNa Council agreed a proposal to assist Council representatives from associations that struggle financially to support Council Member attendance at meetings. Rules for application and reimbursement of travel costs and accommodation are in development.

The EfCCNa Spring Meeting 2020 is going to be held in Skopje, Macedonia in April.
News from member organisations

European Society of Paediatric & Neonatal Intensive Care - ESPNIC

A new ‘Professional Resources’ section has been added to the ESPNIC website. There one can find the new quality improvement tool to assess the barriers to delivering enteral nutrition in your PICU: assess the barriers, then take steps to address these barriers in your PICU with a view to improving enteral nutrition. Freely available to download in 10 languages! [link to surveys]

The New ESPNIC book ‘Update in Paediatric and Neonatal Intensive Care 2019’ also known as ‘Hot Topics Book’, compiled by ESPNIC sections and working groups and edited by Martin Kneyber, can be found on the website. The book contains the most interesting updates in the world of Paediatric and Neonatal Intensive Care in 2019. It shows the hottest topics at different areas from cardiovascular dynamics to transport of critically ill children.

The book is free for all ESPNIC Members at the Members area. If you are still not an ESPNIC Member the book is also available for purchase for 25€, only at [link]

ESPNIC is once again organising a ‘Paediatric BASIC Course’ - this time in cooperation with Udine University. The event, that focuses on the management of the first 24h of critically ill children, will take place on 22 - 24 January 2020 in Udine, Italy. The course consists of a two-day providers course, followed by one-day instructors training. For more information [click here]

Orsola Gawroski, ESPNIC Nursing President

Belgian Critical Care Nursing Organisation - SIZ Nursing

The publication of the NAS study has taken place [more information]. A research training group is active to publish a second study. It is the participants of the study who chooses the subject and the methodology of the study.

The annual Symposium will be held in Mons, Belgium on April 30, 2020.

SIZ Nursing has participated on the EfCCNa exchange programme.

Arnaud Bruyneel, President SIZ

German Society for Specialised Nursing (DGF)

The currently three existing chambers of nursing in the federal states of Germany have now enhanced their power while founding the Nursing Chamber Conference together with the national group Deutscher Pflegerat e. V. (DPR)

The nursing chamber conference is the national representation of the state-regulated nursing chambers and acts as agent for the nursing profession in terms of occupational policies, serves for transnational communication and the harmonization of orders.

The Nursing chamber conference participates in nursing and health policy decisions at a governmental level. This year e.g., the first rules for staffing limits in care-sensitive areas came into force. If hospitals undercut these, they must pay fines. [More information]

Sabrina Pelz, DGF
EfCCNá welcomes new Council Members

**Sofija Kurtovic, Serbia**
Sofija was born in 1974 and lives in Belgrade, Serbia. She has been working as a paediatric nurse at University Children’s Hospital, first 18 years in the PICU, than 2 years as a head nurse of the hospital. Currently she works in leading position for nursing education. Sofija is a founding member of the Nurses Society of Intensive Care, Anaesthesia and Reanimation of Serbia (UINARS) and from 2011 she holds the post of vice-president of this national nurses society. 2015 she completed her Bachelor of Nursing.

**Pierre-Ives Blanchard, France**
The new French representative, the successor of Daniel Benlahouès, one of the founding members of EfCCNá and a Fellow of the federation is Pierre-Ives Blanchard. He is the current President of the French Critical Care Nursing Society SFISI.

**Marco Kucan, Slovenia**
Marko is a RN. He works as an ICU bedside nurse in the Department of Intensive Internal Medicine at the University Medical Centre Ljubljana. He is especially interested VAP prevention and nursing care of patients on ECMO. He is currently studying for a master’s degree in nursing.

**Pernille Madsen, Denmark**
Pernille has been working within IC for the past 24 years at multidisciplinary intensive care units in the Copenhagen area. She has been nurse manager for 10 years, and responsible for the education of critical care nurses in the unit, for the past 10 years. Nowadays she is concentrating working on clinical education in critical care nursing in the ICU of Hvidovre Hospital. Additionally to her education as critical care nurse, many years ago, she has a diploma in leadership and management and a master degree in learning and innovation. During the past 3 years she has been deeply involved in developing the new national curriculum for critical care education. She is now a member of the national group of critical care nurses, responsible for the clinic part of the education in critical care.

**Good bye, Biljana and Iben, thank you Drago**
Thank you very much Biljana Savic from Serbia and Iben Tousgaard from Denmark for your participation in EfCCNá as national representative in the last years. It was great working with you. The EfCCNá family wishes you all the best for your future and we hope to see you at the next congress 2021.

Drago Satosek, current EfCCNá treasurer gave over his post as Slovenian Council representative to his colleague Marco Kucan. EfCCNá thanks him very much for all his commitment as Council member and is happy to still have him on board and to be able to rely on his expertise on financial issues.
Fare well, Daniel

Daniel Benlahouès has left EfCCNa after 20 years, representing his association, Société Française des Infirmiers de Soins Intensifs, Sfisi. Daniel is one of the founding members of EfCCNa and a Fellow of the federation since 2013. He is passionate about his work in critical care nursing and has put so much of himself, both professionally and personally in his time and commitment into EfCCNa.

His contribution to EfCCNa has been invaluable. In 2002 Daniel & Sfisi hosted the first EfCCNa congress in Paris. To all of us who were there, that was the beginning of something big and very important for the development and future of EfCCNa.

Dear Daniel, we thank you for all that you have done for the EfCCNa family. We will definitely miss you but we also know that all good things come to an end. We will be very happy to see you at our next congress and of course being an EfCCNa Fellow, congresses are an excellent opportunity to make reunions with your friends and Fellows. Good luck with your future work and other things in life.

EfCCNa Research Award 2018

The EfCCNa awarded Marta Raurell Torredà from Spain for the work on the project ‘EARLY MOBILIZATION IN THE ICU IN SPAIN: THE MOVIPRE PROJECT’

Abstract:
Introduction: One of the main limitations of patients after Intensive Care Unit (ICU) discharge is the loss of functional ability due to ICU-acquired weakness (ICUAW).

Objectives:
- To evaluate the incidence of ICUAW in Spanish ICUs
- To identify the standard care variables related to its development
- To evaluate patients’ ability to self-care following ICU discharge and their perception of quality of life following hospital discharge

Methods: Prospective cohort study in ≥48 hours mechanically ventilated patients. Independent variables to be collected will be pain, sedation and delirium scores, hours of physiotherapy, intravenous insulin therapy, co-morbidities, main diagnostics, drugs, and other therapies administered.

Dependent variables will be ICUAW diagnostics evaluated by trained physiotherapists with the Medical Research Scale, Perceived quality of life on hospital discharge (SF-12) mobility level with ICU Mobility Scale, both collected by trained nurses.

Alicia San Jose

And the next EfCCNa Congress 2021 goes ..... 

EfCCNa is happy to announce that the next Congress in 2021 is going to be held in The Netherlands and we would like to invite all European critical care colleagues to take part in this unique event.

Soon we will provide you with more detailed information about venue, dates and deadlines.

Keep yourself informed while visiting the EfCCNa website and the EfCCNa social media information sources.
From Norway to Belgium—the EfCCNa Exchange Programme

I have been working at the intensive care unit at the University hospital of North Norway, Tromsø since 2002. Since 2011 I have also been working as a flight nurse in the ambulance plane in Tromso.

Through EfCCNa’s web site I found the “Exchange programme” and via EfCCNa’s Norwegian Council member Mathilde Christensen I got in touch with Arnaud Bruyneel, the Belgian representative. He suggested some hospitals to choose and I ended up at CHU Brugman where Yves Maule made an excellent schedule for me for an interesting week.

CHU Brugman is located at 3 different sites within Brussels, and I was fortunate to visit two of the sites.

For two days I stayed at the ICU at CHU Brugman, Horta. Nice and dedicated nurses welcomed me, showed me their ward, their routines and shared their experiences. The staff was united and supportive, and despite the workload, they seemed to enjoy their work, perform it skillfully and professionally.

The biggest difference from my ward in Tromsø is probably the nurse/patient ratio. In a unit with 12 beds they are staffed with 5-6 nurses at daytime and 4 at night. Each nurse may have 3 patients depending on the patient, but they experience that they may have an ECMO-patient, and another patient in addition to that. In my unit, we have a 1:1 nurse-patient ratio, and always 2 critical care nurses with the ECMO-patient and with children.

Documentation is also different from my unit. We have our digital system (DIPS) with all patient documentation and medical ordinations in one place. Brugman has a digital tool, too but for laboratory and wound documentation, only. The Nursing Activity Score (NAS) is used digitally on every shift in order to define the actual staff demand. The unit has a nursing assistant who helps the nurses with patient related tasks and also a logistic assistant.

I presented our ICU and the ambulance plane service to the staff, and from the feedback, I think that some of them would like to work with us – especially considering the nurse-patient ratio. However, despite the workload, I would like to work with the Belgian nurses myself, especially regarding the unity and support they showed each other.

Day four I spent at the emergency department at CHU Brugman. This ED receives more than 100 patients per 24 h. People come here with all kind of conditions, including the ones with which we would see our general practitioner.

I definitely recommend the EfCCNa exchange programme. Having insight in other work cultures is most rewarding and raises awareness to the work in your own unit. (see complete report on EfCCNa website)

My suggestions for new participants:
- Start the process early
- Be aware of your expectations from the exchange
- Prepare a presentation of your own unit. Show photos and some statistical data regarding patient population, LOS etc. This is always interesting to others with similar work and makes a basis to compare. Remember that this is an exchange – it works both ways
- Talk to your colleagues before the exchange to find out what the team wants to know? How do others deal with their daily challenges? What are their procedures on different tasks? It is always interesting to know how others approach issues, and is their approach different from ours?

Per Erling Bakkelund, Tromsø, Norway
Julie’s story on Professional Exchange

I would like to add a small anecdote to our newsletter. This past year I have had the opportunity to travel for various reasons - some for personal vacations, some from work, and a few conferences. During my travels, I have contacted EfCCNa council members and spent some time with them in their work environments and or home settings. Both in the Netherlands and Hungary. This has resulted in getting to know some of my fellow council members and achieving a deeper understanding into European ICU nursing, a new cultural appreciation and quality time with colleague council members. Thank you Bori and Frederique for hosting me.

I encourage you all to use our connections among us to expand our horizons. You are all invited to vacation and visit Israel. The Israeli society of ICU nurses and I would be glad for you all to holiday with us.

Julie Benbenishty, Jerusalem

New Communication Platform established

At the last EfCCNa Congress in Ljubljana in Spring 2019 for the second time a President’s Lunch was performed with great success. This meeting brought up the requirement of a communication tool in order ease networking and information exchange in this group of leaders. Therefore EfCCNa has now established a closed Facebook group to facilitate interaction between the Presidents of EfCCNa member organizations. All respective persons will be invited to access the platform.
Estonian Association of Nurse Anaesthetists and Critical Care Nurses (EAAIN) was founded in 1995. Our membership in the European Federation of Critical Care Nursing Associations (EfCCNa) started in 2003 but was discontinued in 2007. We rejoined EfCCNa in the spring of 2019. This year took place our 1st International Conference titled „Teamwork – this is Wonderful Art” which was held in the Art Museum of Estonia, Tallinn. This conference brought together anaesthesia and critical care nurses from Estonia, Latvia, Lithuania, and Finland. Latvia and Lithuania are not members of EfCCNa, but later on that evening, they got inspired and are now interested in collaboration with EfCCNa.

On October 24th, the Baltic Anaesthesia and Critical Care Nurses Associations signed a collaboration agreement. The agreement aims to support and value the development of nurses working in the field, to promote mutual communication, to organize various training and conferences, to create opportunities for professional development and internships and to promote international cooperation with the EfCCNa.

The day of the conference, which was sold out, was very educational. A section of our scientific program was dedicated to ERAS. Also nurses from Latvia and Estonia introduced their Master’s thesis results and an overview of what it’s like to work in the United Kingdom was given.

The EfCCNa Vice-president, Anne Kokko, introduced EfCCNa’s mission and presented EfCCNa’s Competency Tool. Kaisa Jakobsson from Finland gave a comprehensive overview of the Finnish Society of Intensive Care. Also, Evija Baks-Zveja from Latvia and Lina Gedrime from Lithuania introduced their associations and its activities. Prof. Dr. Natalja Fatkulina from the Medical Faculty of Vilnius University gave a review of intensive care nursing in Baltic countries.

The conference inspired us to work more and more together.

**Because TEAMWORK is what matters and ‘WORKING TOGETHER - ACHIEVING MORE’ (EfCCNa)**

---

Helen Falk, President EAAIN
Innovations in Critical Care Nursing Education in Denmark

In 1997 we got the first specialist nurse education program for critical care nursing in Denmark. After twenty years, it was time to create a new one, and the new ministerial order of the specialist nurse education program for critical care nursing, was published in 2017.

The main changes from the previously one, is the description of the education as "a theoretical education and a systematic, supervised and guided clinical education equivalent to 90 ECTS credits", and that the amount of lessons of theoretical education is specified as well as the amount of hours in supervision and theoretical education in each parts of the clinical education.

The education program still lasts 1½ years, and involves a 1½-year agreement with the employer on participation in the education and a period of six months introduction of employment in an intensive care unit. The education program alternates between theory and clinical practice and consists two blocks each lasting nine months.

In order to specify the Ministerial order into a nationwide education scheme, as conducted by the Danish Health Authority, a national group of nurse managers, head nurses and nurses responsible for the theoretical and the clinical critical care education, was established.

The aim of this national group was to develop a new curriculum design, based on the principles of the Bologna Convention, the current knowledge and science of learning and education, and to emphasize and equalize the clinical part of the education nationwide, the conditions as well as the goals for the learning outcome.

According to this, the nationwide education scheme with the curriculum design for both the clinical and theoretical part of the education are described with goal for learning outcome in the three terms knowledge, skills and competence. Each part of the education contains separate goals for learning outcome.

It was decided to use the SOLO taxonomy to evaluate knowledge and competences, and the Model of practical skill performance by Bjørk to evaluate clinical skills. The SOLO taxonomy, as well as the Model of Practical Skill Performance by Bjørk, are more than a theoretical element in the curriculum design. They are mandatory pedagogical tools, and chosen to be used in teaching, supervision, reflection and formative assessment.

According to the nationwide education scheme, the nurses have at least 6 days with their supervisor in the clinical practice during the introduction period as well as in the first and second part of the education.

In connection with the days of supervision, the nurse and the supervisor does six written formative assessments in order to promote progression of the learning outcome of the nurses. In the formative assessment, the main learning outcomes of the present period will be essential to evaluate.

The Danish Health Authority approved the new curriculum design for the specialist nurse education in critical care in January 2019. Luckily, the implementation started already in October 2018, as we by that time got informed, that only minor details were to be changed. The first nurses started the new education in October 2019 after finishing min. six months of introduction.

Pernille Madsen, Denmark

The e-learning course on multicultural care in ICU is still available as a free of costs online learning opportunity not only for critical care nurses but also for all healthcare personnel.

Take the chance and improve your knowledge on multicultural nursing care link to course
Improving Working Environments for Nurses in the Critical Care Unit

HWE4CCN is a European project, funded by the EU Erasmus+ programme, with the aim to reduce staff turnover and rates for nurses leaving the profession by supporting critical-care nurses in developing the skills required for a healthy work environment.

The project objective is to develop the first open and multilingual blended (online and face to face) training course for nurse training professionals to develop Healthy Work Environments (HWE) knowledge, skills and competences for CCU nurses.

According to recent estimates on the availability of healthcare professionals in the Member States, the EU is expected to be confronted with a shortage of approx. 1 million health professionals by 2020.

Researchers indicate that shortages are expected to be particularly for Critical Care Nursing (CCN), elderly care and general practice professionals (Kroezen, M. et. al. 2018). In this context, reducing nursing staff turnover and increasing the appeal of the nursing profession becomes of paramount importance for the European Union Member States.

A sectoral partnership was created consisting of organisations in five different countries. Organisations active in the continuous professional development of CCU nurses in Cyprus, Spain, Poland and Croatia are joined by a company highly experienced in the development of customised training curricula in soft skills from Romania in order to jointly develop the first blended training course in HWE.

Cyprus will be the Coordinator country represented by Cyprus Nurses and Midwives Association – CYNMA, with Dr Evanthia Georgiou, being the lead project manager. A detailed presentation of the project has recently been held by Dr Georgiou during the EfCCNa Council meeting in Zagreb - Croatia.

The first transnational meeting will take place in Cyprus on the 14th -15th of November 2019.

EfCCNa, as an associate partner, has agreed to support the implementation and sustainability of the projects by supporting the dissemination of the project results among its member organizations and network of partners and providing a platform for the dissemination of the project results on the web page of the organization. For more information click here

---

News from the World Federation of Critical Care Nurses

On October 16, 2019 the World Federation of Critical Care Nurses held an annual General Meeting during the World Congress of Intensive Care 2019 in Melbourne which was hosted by the World Federation of Societies of Intensive and Critical Care Medicine (WFSICCM), the Australian and New Zealand Intensive Care Society (ANZICS) and the Australian College of Critical Care Nurses (ACCCN).

The Congress was supported by World Federation of Critical Care Nurses (WFCCN).

During the Annual Meeting of the WFCCN the Administration Board was renewed and elected:

* Adriano Friganovic (Croatia), President,
* Sandra Goldsworthy (Canada), vice President,
* Violeta López (Singapore), Secretary,
* Kathleen Vollman (USA), Treasurer,
* Marcelo Morales (Argentina), Media Director,
* Ged Williams (UAE), Partnership & Policy Director
News From ESNO

European Specialist Nurses Organization (ESNO) will hold the Congress February 20th, 2020 in Brussels. Main objective of congress is The Specialist Nurses in European Healthcare towards 2030. Member federations are welcomed to send their abstracts and representatives to this event important for nurse specialists.

The Education committee has undertaken a survey on specialist nurses 2019 about mapping the nurses competencies in order to assure recognition within the European Union. First results of this study will be published by the end of 2019.

ESNO is covering a high variety of health theme activities such as bio-similar, antimicrobial resistance, bone fracture, pain curriculum for nurses and vaccines. ESNO is in a process of Constitution changes in order to change membership models and allow individual and associated membership.

Adriano Friganovic, ESNO President

2020 - International Year of the Nurse and the Midwife

For the first time in history, the nations of the world will unite in celebration of the benefits that nursing and midwifery bring to the health of the global population.

Dr Tedros Adhanom Ghebreyesus, Director General of the World Health Organization (WHO) said: “WHO is proud to nominate 2020 as the Year of the Nurse and the Midwife. These two health professions are invaluable to the health of people everywhere.

‘Without nurses and midwives, we will not achieve the Sustainable Development Goals or universal health coverage. While WHO recognises their crucial role on a daily basis, 2020 will be dedicated to highlighting the enormous sacrifices and contributions of nurses and midwives, and to ensuring that we address the shortage of these vital professions.

‘I would like to thank the International Council of Nurses and the Nursing Now campaign for raising the status and profile of nurses and am proud to contribute to the recognition of their work.”

ICN and the Nursing Now campaign believe that 2020’s designation will reveal the benefits of having a properly trained and resourced nursing workforce in every country in the world.

ICN President Annette Kennedy said: “The 20 million nurses around the world will be thrilled to see their profession recognised in this way (...) She said the designation of 2020 was especially welcome as it coincides with the 200th anniversary of the birth of Florence Nightingale, one of the founders of modern nursing.

“Florence Nightingale used her lamp to illuminate the places where nurses worked, and I hope the designation of 2020 as the International Year of the Nurse and Midwife will provide us with a new, 2020 vision of what nursing is in the modern era, and how nurses can light the way to universal health coverage and healthcare for all.”
According to the European regulation on data protection (GDPR) the use of all personal data in this newsletter was authorised by their owners.