

Critical Comment

New Zealand College of Critical Care Nurses



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Message from the Chair

Welcome to this edition of the Critical Comment newsletter for 2023.

Firstly, I would like to acknowledge the extreme weather events that we have experienced in New Zealand so far this year. The flooding, devastation for communities, and displacement for people has been immense. As an ICU community, we move from one insult to another, COVID-19 has morphed into business as usual, and now our many of patients are staff are impacted by flooding. My thoughts are with all in our ICU community that have been affected by Cyclone Gabrielle and the flooding.

The November conference in Dunedin saw the opportunity for many of the ICU community to come together in person for the annual Australian and New Zealand Intensive Care Society (ANZICS) regional Annual Scientific Meeting (ASM). After the disruption that the COVID-19 pandemic brought, I found it a long overdue opportunity to network, and speak to members from around the country, learning how it is for members in their units. The issues that we face are in large the same. We awarded scholarships to four NZCCCN members to attend, please enjoy reading their reports later in this issue.

We usually hold our Annual General Meeting (AGM) at the New Zealand ANZICS conference. Due to the uncertainty of this in 2022 related to the COVID-19 pandemic, we chose to instead hold this online and ask our membership to consider the annual reports and remits online via a survey. Unfortunately, we did not achieve a quorum of 10% of our members (as per the NZCCCN rules) for the remits to be able to pass those. These remits were related to the inclusion of student nurses to join our college as associate members, altering our rules to include Patient At Risk (PAR) / Outreach nurses formally as part of our college, and correcting an error in our name in the rules. The committee will submit these remits again for the 2023 AGM.

Dunedin is also the host of the NZCCCN “When things go South” symposium in March. This is again an opportunity for nurses to come together and enhance their knowledge. Huge thanks to our committee member, Alicia Osland, and the team in Dunedin for organising this. We have awarded 10 scholarships to nurses around the country to attend.

Some important work that we have been contributing to lately includes writing The Workforce Standards for ICUs in Australia and New Zealand. This has been underway for about a year now, and is in the final stages of consultation. The next step is for this to be disseminated to Nurse Unit Managers and Clinical Leaders across New Zealand and Australia for feedback. This will be a positive move and inform the staffing standards that are expected in New Zealand’s ICUs. Thanks to those members from across the country who have contributed to this work.

Te Whatu Ora Critical Care Sector Advisory Group work continues. This group has been instrumental in securing the additional \$500 million for increasing ICU capacity and capability across the country. You will be seeing increases in nurse educator full-time equivalent (FTE), and clinical coaches in your unit. The distribution of FTE for these roles has been decided at a regional level by the regional clinical networks. Further, there is additional funding, ring-fenced for ICU nurses, for post-graduate and vocational training. This is designed to not only increase our capacity as nurses to care for our patients, but to aid in ICU nurse retention. I am pleased to be able to let you know that these three additional funding streams are continuing for the 2023/2024 financial year. If you have any questions or comments regarding these roles or funding, please feel free to contact me at criticalcarenurses@gmail.com.

In collaboration with Australian College of Critical Care Nurses (ACCCN), ANZICS, and College of Intensive Care Medicine (CICM), work on capturing the ICU lessons learnt from the COVID-19 pandemic has commenced. This work aims to inform the planning, preparedness, and management of future pandemics. Thanks to those members who have agreed to contribute to this important piece of work.

From a committee point of view, we welcome Richard Ferreria from Auckland City Hospital Cardiothoracic and Vascular Intensive Care Unit (CVICU). Richard is a Charge Nurse for quality and safety. He is seconded onto the committee until our next AGM. We also farewell Lara Millar from Nelson. Lara has been on our committee for 6-years and has been instrumental to the work we have done in that time, in particular reviewing and replying to the documents we have been asked to consult on. Thanks for your tiresome work Lara, we will miss you and your contribution.

We would like to use the opportunity of a vacancy on our committee to second a member of our Māori Intensive Care nursing community. If you would like to kōrero about this role, please email me on criticalcarenurses@gmail.com, or see the email sent to members on 28/02/2023. The expressions of interest for this role close on March 19th, 2023.

The other area that we would appreciate your help with is a social media champion. We are searching for a member who is a whizz on social media to help us communicate in more modern ways with our membership. The content would be formed in collaboration, we simply need someone who is up with the

technology to help us. Please email me at criticalcarenurses@gmail.com if you are keen or would like to know more.



Noho ora mai
Stay well, look after yourself, goodbye.

Tania Mitchell
Chairperson NZCCCN

Message from the Vice Chair and Editor

On behalf of the NZCCCN committee members we would like to acknowledge the very difficult times people in the East Coast and parts of Auckland have been and are going through due to the recent weather events. Our thoughts are with you all.

This edition of Critical Comment focuses on the ANZICS conference which was held in Dunedin in November 2022. Four NZCCCN members won full scholarships which covered their flights, accommodation, and the conference fee. They have all agreed to write about their experiences attending the conference.

Throughout the year NZCCCN offer a variety of scholarships to members to attend NZCCCN study days / symposium and the ANZICS conference. Scholarship opportunities are often advertised on our Facebook page, web page via NZNO website, in Critical Comment, or by email to all NZCCCN members. On March 11, 2023 there was a NZCCCN organised symposium in Dunedin. Ten NZCCCN members won scholarships covering either registration costs only, or registration, accommodation, and transport costs.

We are always looking for contributions from NZCCCN members for Critical Comment. If you are involved in a research project, change of practice, or anything of interest which you think other NZCCCN members would like to read about, please contact us on our email at criticalcarenurses@gmail.com.

Also, as a committee we would like to thank Lara Millar, she has finished her term on the NZCCCN committee, her contribution and hard work around consultation documentations will be well missed. We wish her well!!



Thanks, and enjoy the read

David Aveyard
Vice Chairperson and Editor NZCCCN

ANZICS Regional Annual Scientific Meeting 2022 Member summary and viewpoint - Alicia Osland

The ANZICS22 conference was amazing this year.

The theme of Equity, Equality, and Well-being was beneficial and challenging for all attendees. It is often difficult to talk about mistakes (colonialism) and problems (staff shortages), but the speakers humbly delivered relevant topics that sparked an ongoing conversation about how we will proceed to give the best care in the critical care settings in a sustainable way.

I thank Dr. Craig Carr and the organising committee for organizing such a conference and for the presenters who did not shy away from the difficult subjects. Tania Mitchell (NZCCCN Chair), thank you for presenting a portion of all the work you have done and are doing which contributes to critical care nursing.

I look forward to hearing from our scholarship award winners about their takeaways from ANZICS22 and the progress we will make in ICUs across Aotearoa.



Alicia Osland
Member

Te Puna Wai Ora, Southern Critical Care - Dunedin Hospital | Southern | Te Whatu Ora

ANZICS Regional Annual Scientific Meeting 2022 Member summary and viewpoint - Anita Shirley

Hello, my name is Anita Shirley and I am an Intensive Care Unit (ICU) Nurse from Waikato Hospital. I was privileged to attend the 2022 ANZICS New Zealand Regional Annual Scientific Meeting in Dunedin.

It was greatly beneficial to meet with other critical care clinicians and sponsors, from a variety of backgrounds. There was a focus on equality, equity, and wellbeing in the critical care environment. Cultural safety and cultural competency were key factors in the sessions. Māori patients are overrepresented in our departments and are coming into ICU about 13 years younger than non-Māori. I personally was challenged in my own cultural bias, with changing the way I view delivering 'health care to Māori' and changing that to 'health care with Māori'. Each interaction is an opportunity to build trust and asking, "What is important to you?" matters.

A variety of presentations looked at the impact of Coronavirus and the call to act from New Zealand's critical care departments. Two years ago, the government and general public were suddenly interested in the

amount of ICU beds we had available in New Zealand. It was quickly realised that our health care system was in trouble, especially as we watched our critical care colleagues around the world. More negative pressure rooms were created, with any space that could be made. This has meant that in some ICU whānau rooms have been repurposed. This also has had negative effects, for our Māori population. Not only is space a huge problem but also the staffing shortage. Many critical care health professionals are feeling burnout, overstretched, and under resourced. Not to mention the amount of planned cancelled surgeries backlogged and nursing pay inequity that continues.

Although it was difficult to hear the different struggles of rural centres and larger tertiary ICUs, it was good to know that you were not alone.

Despite all these challenges, I listened to my colleagues' presentations and was encouraged by the resilience and strength displayed during the pandemic and ongoing. Many positives have come from these trying times. There has been more cohesion between departments, improved data collection and information sharing. New Zealand continues to have some of the lowest death rates of COVID-19 in the world.

We are now in changing times with Te Whatu Ora, Te Aka Whai Ora and reforms in the health system. Alex Psirides and Brenda Wills discussed the 5 – 15 year plan with the critical care advisory group. Prior to COVID-19 New Zealand has the second lowest ICU capacity in the OECD. An increase in ICU capacity nationally has been needed for some time now. The government has increased the health budget to develop the capacity of 85 new ICU beds over the next 3 years. The budget will also help improve equity in our critical care services. This would bring us up to fifth in the OECD. Although bed numbers might be the focal point, providing experienced ICU trained nurses, intensivists and multidisciplinary team members is really what is required, all of which takes time and ongoing financial support.

There is a lot of work to be done but I left the conference proud to be a New Zealand ICU nurse. I'm thankful to have critical care colleagues who are dedicated to equality, equity and wellbeing.

Anita Shirley
Member
Waikato Te Whatu Ora New Zealand

ANZICS Regional Annual Scientific Meeting 2022 Member summary and viewpoint - Kim Angel Kimpay

A three-day event held in the charming city of Dunedin surrounded by valleys and hills in the central-eastern coast of Otago with its Victorian and Edwardian architecture, is the Australia New Zealand Intensive Care Society (ANZICS) New Zealand Regional Annual Scientific Meeting.

Organized by the ANZICS NZ Regional Committee headed by Craig Carr, it was attended by prominent figures from different specialties and their respective medical colleges, international speakers, representatives from Te Whatu Ora- Health NZ, exhibitions from various medical companies, and our very own NZ College of Critical Care Nurses (NZCCCN) chaired by Tania Mitchell.

November 7-9th theme was Equity, Equality, Wellbeing. Three simple words but reverberates in all corners of our profession that sometimes are well-define and or occasionally in deaf tone.

Multiple speaker presentations talked about specific discussions ranging from the conditions of the 16 ICUs nationwide, the physical infrastructures, the problems and plans, patient transports and transfers, integrating medical graduates, and different medical studies.

The intensive care community faces changing, interesting and often challenging times. The aim for equity, equality and wellbeing to be entwined must resonate in the entire healthcare system. Every individual nurse should play our part to reach for our aspirations and inspire others, and as a collective we stand stronger and unified to all the challenges. Look after yourself and look after each other, we are all in this together.

“In matters of truth and justice, there is no difference between large and small problems, for issues concerning the treatment of people are all the same.” – Albert Einstein

Kim Angel Kimpay
Member
Wellington

ANZICS 2022 conference Member summary and viewpoint - Emma Waugh

The ANZICS New Zealand Regional Conference in Dunedin was a re-energising way to be reconnected with ICU colleagues from around New Zealand. Especially after what we can only describe as a tough, uncertain, and unprecedented time in health as we have navigated the COVID pandemic over the last couple of years. As a recipient of the New Zealand Critical Care College (NZCCCN) scholarship which enabled me to attend this conference. Firstly, I would like to thank the NZCCCN for the opportunity as it was a highly rewarding experience where I gained many insights and learnt so much from the speakers about their research, approach to leadership and practice. Many of the speakers described the challenges we are facing and ecosystem of their ICUs post pandemic. I would like to share with you some of my “take home messages” and what I will be taking back to integrate into my practice and work.

Firstly, times will be tough as we navigate through this post-COVID-19 time however we have a community of highly passionate healthcare workers that will help lead the way. Many speakers across the regions shared their experiences and their plans to mitigate these challenges. Many units were open, honest and happy to talk about past short comings to help those other units facing similar issues. This was encouraging to realise that we are not alone in this and that as a community we can be stronger than ever. Some of the speakers were frank in explaining the hard reality of working in the ICU environment and other simple set out their ICU road to recovery and their improvement strategies. Many explained that working together has been made easy by us all adapting to using online tools/platforms to assist in communication, sharing resources and providing support. Many of the speakers conveyed themes of resilience, wellbeing, equity and providing excellent care in an increasing demanding environment.

Secondly, the nursing workforce needs to get bigger and a strong focus on up-skilling those that are new to ICU will be an important step forward to meeting the demand we are facing. I particularly enjoyed some of the presentations that addressed meeting the challenges of on boarding multiple team members from multiple cultural background and how exploring team culture and diversity is an important step to providing a safe, welcoming and enjoyable work environment. I also enjoyed learning about how to adapt our onboarding process to formulate rapid onboarding that both produces staff with excellent clinical skills and safe practices amongst new staff members.

Additionally, an important message about managing the burnout and protecting our mental health as healthcare professionals. I learnt that it was important to start with building a strong foundation to prevent

and protect against burnout. However, this is ideally coupled with having mechanisms in your practice to recognise and identify early signs of burnout or fatigue is crucial to ensure ongoing wellbeing. Lastly, ICU communities in my experience are communities that are highly resilient despite challenging times. We all know how to work hard, aim for great but most of all show compassion to patients and their whanau even in the toughest of times which was truly evident throughout the conference.

Emma Waugh
Member

ANZICS 2022 conference Member summary and viewpoint - Rebecca Bailey

I am a registered nurse from Christchurch Hospitals ICU and was very fortunate to gain a scholarship from the NZCCCN committee to attend the 2022 ANZICS conference, which was held in Dunedin from the 7-9th of November.

The topic of the conference was Equity-Equality-Wellbeing and consisted of short presentations from nursing and medical practitioners around NZ and the globe, (both in person and online) pertaining to these intertwining themes.

It is now my understanding that the newly established Te Whatu Ora - Health New Zealand, meaning “the weaving of wellness”, was established to run the health system across NZ at local, regional and national levels with the aim to give people equal access to consistent quality care regardless of where they live. However, we heard from many presenters from regional ICUs across New Zealand indicating that significant work/changes are needed in order to attain an equitable health care system for all of Aotearoa.

Firstly, the legends of colonization and inequality of Māori were described by Dr. Alex Browne (ICU SMO, Nelson Hospital), with suggestions on how we can honor the Treaty of Waitangi and improve the health journey for Māori, such as ensuring the provision of culturally appropriate spaces, whanau involvement, access to Māori Social workers and Tikanga Māori. Following presentations described recurring challenging themes which included the current effects of staff shortages, both medical and nursing, pressures at work related to COVID-19, and transportation issues. Staff recruitment, including Māori, along with staff retention and education, pay equity and career opportunities were highlighted as issues that need addressing in order to help alleviate some of these challenges ICU and health in general are facing.

I was also made aware that in Christchurch we are very fortunate to have a closed ICU with 24-hour specialist cover while many of the smaller hospitals have an open units, putting immense pressure on both the ICU nursing staff and the covering anesthetists who are often on call for the whole hospital and may have little ICU training.

We heard how wellbeing, for healthcare providers in particular needs to be prioritized in NZ to improve staff wellness and retention and prevent the well-known mental health issues associated with caring professions such as burnout, dysfunctional relationships, PTSD and suicide. Positively Roz Crombie (ICU SMO at Christchurch), and Kiralee Schache (Health Psychologist at Middlemore) outlined some practical steps we can take to address staff wellness and in particular avoid burnout in our ICUs. To focus on what you can control, provide peer support and supervision, create individualized wellbeing checks and plans (which may include dealing with grief), as well as addressing personal factors such as socializing, practicing gratitude and exercise. They also promoted the importance of providing opportunities for growth and development and having compassion as significant elements to achieving self-actualization and maintaining wellbeing. Despite all of these challenges it was evident from the presenters that there is a definite commitment and motivation to improve equity and equality in the healthcare system in Aotearoa, and that Te Whatu Ora is

already providing networks for colleagues to communicate and share information and resources and is a major step in achieving this.

Again, thank you to the NZCCCN committee for the opportunity to attend this conference. Overall, it was informative, insightful and inspirational. I look forward to sharing my newfound knowledge and accessing the resources that are available in Te Whatu Ora to improve the wellbeing of our staff and whanau at Christchurch ICU.

Rebecca Bailey

Member

NZCCCN Committee Vacancy

Tena koutou

The New Zealand College of Critical Care Nurses currently has a vacancy on our committee, and we would like to use this opportunity to second a member of our Māori Intensive Care nursing community. The committee hui kanohi ki te kanohi twice a year and virtually at other times. If you would like to kōrero about this role, please email Tania at criticalcarenurses@gmail.com or complete the NZCCCN Committee EOI Form. Please feel free to pass on this opportunity to anyone who you think may be interested.



Our Aims

- To be the recognised professional organisation of all Critical Care Nurses in New Zealand.
- To promote Critical Care Nursing and increase the profile of Critical Care Nurses.
- To disseminate standards of practice and standards for education in Critical Care Nursing.
- To provide a communications network for all members including a regular journal, annual conference and disseminating information on relevant issues.
- To encourage and support research into Critical Care Nursing.
- To liaise with appropriate authorities on social, health, education and other issues, relevant to Critical Care Nursing.
- To communicate and liaise with international Critical Care organisations.
- To support the objectives and processes of the New Zealand Nurses Organisation (Inc).

Ngā manaakitanga

Tania Mitchell

Chairperson

NZ College of Critical Care Nurses

NZNO Tōpūtanga Tapuhi Kaitiaki o Aotearoa



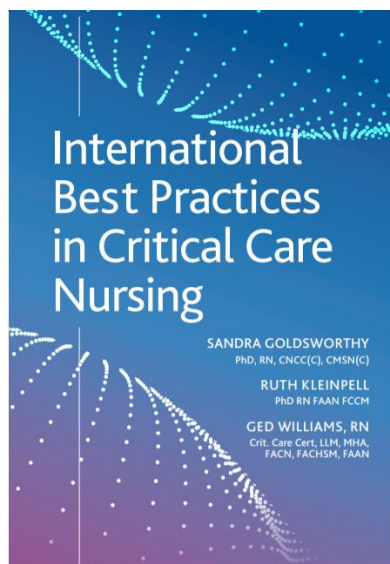
Message from the WFCCN for WFCCN Members

We would like to offer all members an opportunity to place a link on their association website or Facebook page that provides their members direct access to the 2nd edition of the International Best Practice in Critical Care E book from the WFCCN.

Below is the cover of the E-Book, access the E-book [here](#)

We hope your members find this resource helpful in their care of critically ill patients.

Kind regards,
Violeta



Dr. Violeta Lopez, RN, MNA, MPET, PhD, FACN
Board of Director (Secretary) and Ambassador, WFCCN

NZ College of Critical Care Nurses [NZNO]
2023 national committee members

Member	Role	Region
Tania Mitchell	Chair	Central
Rachel Yong	Secretary	Northern
Rachel Aitkin	Treasurer	Midland
David Aveyard	Website/Newsletter	Midland
Richard Ferreira	Consultation Documents	Northern
Alicia Osland	Membership	Southern
Diane Pollard	Committee	Southern
<i>Vacant</i>		<i>Central</i>
Angela Clark	NZNO Liaison	NZNO

Update your NZNO or NZCCCN Membership

If you move address, change your name, change your job/position, or no longer want to be a member section please update your details with NZNO. You can do this by emailing Sharyne Gordon: SharyneG@nzno.org.nz with your NZNO number and a simple request to alter your details or to remove you from the membership database of the college



NZCCCN

New Zealand College of Critical Care Nurses

Critical Care and Coronary Care Unit Nurses

Are you a member?
Membership is FREE

- ◆ Join a large community of likeminded nurses
- ◆ Scholarships available for courses and education
- ◆ Discounted registration to ANZICS conferences
- ◆ Critical Comment Newsletter
- ◆ Support education and safe staffing standards

For more information or to join, visit our website:

www.nzno.org.nz/groups/colleges_sections/colleges/new_zealand_college_of_critical_care_nurses



OR

New Zealand College of Critical Care Nurses

