

Experience attending the Intro to Critical Care Course

On 4th April 2023, we were very fortunate to attend the BDA Critical Care Specialist Group - Introduction to Critical Care study day. We were delighted to gain 2 places on this highly sought after course before the waiting list filled and had to close!

We are currently completing our ICU competencies to allow us to follow our patients' care in the event that they are admitted to ICU to promote continuity of care and specialist oncology input for these patients, as well as enabling us to provide cover for our ICU colleagues in periods of absence or leave.

This course provided a great opportunity to consolidate the knowledge that we have been accumulating throughout our review of the evidence and local policies, as well as learning from experts in the field of Critical Care dietetics.

Prior to attending the course, we completed 10 hours of pre-course learning on the following topics:

1. International Guidelines and Unit Specific Guidelines and Protocols
2. Assessing Nutritional Risk
3. Biochemistry and Refeeding Syndrome
4. Metabolic Responses, Energy and Protein Targets
5. Nutrition Therapy Routes: EN and PN
6. ICU Stepdown, Handover and Rehabilitation

You are provided a worksheet to complete throughout your pre-course learning, which means you have to process and really think about the information that you are consuming. The day focused on theory learned from each of the 6 pre-course learning modules, including case studies, debates and group discussions. By organising the pre-course learning in this format, it ensured that the study day was delivered in an interactive style.

During the actual course, the learning is based around a series of case studies, group work and group discussion. The course was delivered to a small group of 16 Dietitians which allowed a safe space for discussions between our tables of 4.



*Victoria Mace
Haemato-Oncology
Dietitian*



*Nicole Desmond
Oncology Dietitian*

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This ensured that everyone was given a chance to talk, share practice from around the country, review the evidence (supported by the very knowledgeable trainers) and achieve a group consensus on a conclusion!

By doing lots of pre-course work, the group discussions were based on knowledge, and supported by the experienced trainers who have up to date research. The course also gave the chance for a variety of learning styles.

If anyone is considering taking the course, we would definitely recommend it. Whether you are ward-based or work predominantly on ICU, there is lots to learn.