

CAROLINAS/VIRGINIAS CHAPTER OF THE SOCIETY OF CRITICAL CARE MEDICINE

MEMBERSHIP NEWSLETTER- FALL 2017 VOL. 1 ISSUE 2

SAVE-THE-DATE

2018 ANNUAL SCIENTIFIC SYMPOSIUM

The 36th Annual Scientific Symposium and Pre-Conference Pharmacology Course will be held on June 7th and 8th, 2018 in Virginia Beach, Virginia. Electronic registration will be available again this year. The Symposium will be at the Hilton Garden Inn Hotel. A block of rooms has been reserved under a discounted conference rate. Please use the code CVC when registering. The Pre-Conference Pharmacology Course will be held on June 7th from 1-6pm and focus on pain management. The Symposium will be held the following day on June 8th from 7am-5pm and will cover a variety of critical care topics. Abstract submissions are currently being accepted. Please see the "Getting Involved" section below for more details. Check our Facebook page for the most up-to-date details or email specific questions to CVCSCCM@gmail.com



COLLABORATION IS KEY MULTIDISCIPLINARY RESEARCH

Researching with a multidisciplinary team has both its rewards and challenges. Each discipline brings a unique perspective to the project. Along with a couple of pharmacy students, I was in the process of writing two review papers for the Nursing Critical Care Journal. The journal required a 'Nursing Considerations' section as well as this was one of the author requirements. A networking opportunity presented itself.

I thought it would be a great idea to collaborate with a nurse practitioner within our chapter, so I asked Kristie Hertel from Vidant Health if she wanted to collaborate on both papers. This was a great experience for everyone involved as the pharmacy students learned how to communicate with other health care providers.

Since our initial review paper titled "Vasoactive Agents in Shock", we have also written a review article on sedation titled "A Mindful Approach to Sedation in the Intensive Care Unit". Both of these articles will be published in 2018.

I encourage you to reach out to members in our chapter of different disciplines to collaborate on various scholarship opportunities.

- Carrie Griffiths, PharmD, BCCCP

ICU LIBERATION AND ANIMATION COURSE

CENTRA HEALTH TEAM MEMBERS SHARE PEARLS AND WISDOM FROM THE TRAINING COURSE

Centra had the opportunity of sending 14 staff to the course, ICU Liberation and Animation: Operationalizing the Pain, Agitation, and Delirium Guidelines through the ABCDEF Bundle at Vanderbilt University. The ICU team included our Medical Director of ICU, Dr. Jeremy Hardison, ICU nurse managers, bedside ICU nurses, Clinical Nurse Specialist, and Directors of Physical Therapy and Respiratory Therapy. What a great opportunity this was to come together as a team and learn from each other to improve outcomes and prevent ICU Delirium and PICS. Vanderbilt and SCCM collaborated together to provide expert education that was executed through impressive presentations, real-life stories, and live simulations that left lasting impressions on all of us. Hospitals nationwide were represented at this conference, allowing multiple perspectives and experiences to make their way into discussions.

During skills stations, participants were broken into 24 groups. These breakout teams were made up of a variety of disciplines and hospital representation. This provided learning opportunities to every individual within that group. The quality of the live interactive patient was unbelievably beneficial. It made us all stop and think about the care that we currently provide our patients.

The key elements of the ICU Liberation and Animation conference were pain management, proper use of RASS and CAM-ICU, early mobilization, and involving family by no longer allowing closed units and promoting family assistance in patient care. As noted on the ICU Liberation website, when the A-F interventions are combined, the benefits for the patients are greater. Evidence demonstrates a reduction in the duration of mechanical ventilation by 3 days, decreased ICU and hospital LOS by 4 days, and decreased risk of death by 32%. Linking an ABC trial with an early mobility protocol further reduces ICU LOS by 1.4 days and hospital LOS by 3.3 days. Linking an early mobility protocol to spontaneous breathing trials (SAT) significantly reduces the incidence of delirium, and results in a 3-fold increase in the likelihood that patients will achieve an independent functional status at hospital discharge.

Since returning home, Centra's leadership team Curt Baker, CNO, Michelle Cabell, VP of Nursing and Dr. Hardison have fully supported and empowered our ICU teams, which include MD, RN, PT/OT, RT and PharmD to work together implementing the A-F Bundle. This is achieved with biweekly meetings, education and designating champions for each ICU and discipline.

We are excited to report near completion, across all Centra ICUs, of the A-D bundle with the goal of the E and F portions of the bundle starting in early 2018. We look forward to improving our patient and family outcomes at Centra.

- Sandra Tordoff, MSN, RN, CCRN and Rhae Newbill, BSN, RNIV, CCRN



Pictured left: members of the Centra Health team attending the SCCM ICU Liberation Course at Vanderbilt University Medical Center.

SOCIAL MEDIA

GETTING STARTED ON TWITTER

Several of our members have expressed interest in getting more involved with Twitter. Here's a quick guide for getting started! First, create your account:

1. Download the Twitter app to your smartphone or log in to twitter.com from your computer.
2. Follow the prompts under "create a new account".
3. Many people use a variation of their name for their Twitter username (also called a "handle").
4. Build a profile with a few interesting facts about yourself. Consider hashtags (#criticalcare #pedscriticalcare).

Once you are set-up, you will want to "follow" interesting people and organizations:

The "@" sign connects to a string of people or organizations. Here are some examples:

- @CVCSCCM → our chapter account
- @SCCM → the SCCM national account
- @Rkleinpell → SCCM President Ruth Kleinpell
- @MrKwameBoateng → our CVCSCCM President
- @NEJM or @CritCareMed or @JAMA_current → professional journals

Send your first tweet... or tweets! Share thoughts and expertise but remember that accounts are limited to 280 characters per tweet. Keep it brief!

1. Use hashtags (#) to link similar content. For example, #ACLS #CVCSCCM #CodeBlue #SCCM
2. You can search by hashtags for topics you are interested in. This is a great way to stay involved!
3. Post links to interesting articles or content.
4. You can "tag" someone on Twitter by using their Twitter Handle (@___) in the text of your tweet.
5. "Quote" a tweet by hitting "Retweet" then "Quote Tweet" and adding your thoughts to someone else's tweet. This helps build followers.

For more tips and advice, Tweet us @CVCSCCM #HappyHolidays from your @CVCSCCM colleagues!



We are live and active on our Facebook page! Please follow us for informal discussions and chapter updates. Search "SCCM Carolinas/Virginias Chapter (CVC SCCM)" on Facebook and request to join the group.



DISASTER RELIEF AND MASS CASUALTY INCIDENT PLANNING

Have you and/or your institution participated in a disaster relief organization or mission? Has your team of experts created or edited existing protocols to help your institution prepare? We are looking for volunteers to write a small contribution to our Spring 2018 Newsletter about their experiences pertaining specifically to disaster relief and mass casualty incidences. Any and all interested disciplines should contact us via email for more information: CVCSCCM@gmail.com

GETTING INVOLVED

DOING SOMETHING GREAT?

Then we want to hear about it! Our future newsletters will highlight chapter members' and/or chapter institutions' accomplishments. This can include acquiring new board certifications, awards and accolades, or institution accreditations, to name a few. Send any and all "Kudos" submissions to our chapter email account: CVCSCCM@gmail.com

EDUCATIONAL EVENTS?

Have a local educational event coming up? Let us know, and we can highlight it in the next newsletter and on social media for chapter members who might be interested in attending! Send any local/regional events to the chapter email account: CVCSCCM@gmail.com

2018 SYMPOSIUM ABSTRACTS- SUBMISSIONS ARE BEING ACCEPTED NOW THROUGH 4/1/2018

The Carolinas/Virginias Chapter is inviting the submission of abstracts to be presented at the 2018 Annual Symposium. Any new or previously presented material is acceptable. Abstracts will be considered for platform or poster presentations and may be presented by any discipline in critical care. An abstract may report one of the following: original study, quality assurance or performance improvement, case study, or systematic comprehensive literature review.

The top five overall scoring abstracts will be selected for 10-minute long platform presentations. Posters will be presented as Professor Rounds. All abstracts should follow the submission guidelines which are posted on the chapter Facebook page and have been sent via membership mass email. The submission deadline is April 1st, 2018.

Submit abstracts electronically to:
Lisa Hall Zimmerman, PharmD, BCPS, BCNSP, BCCCP,
FCCM @ lisahallzimmerman@gmail.com

KWAME'S KORNER

QUARTERLY UPDATES FROM THE PRESIDENT OF CVCSCCM

What makes CVCSCCM the professional organization to be part of are the individual critical care clinicians that are consistently making a difference with patient outcomes in the four states. The strategic plan for our 2018 vision of "Discovery in Critical Care Medicine" will be implemented with this simple message- D.A.R.E. As part of your 2018 professional resolution plans, I D.A.R.E you to take on the challenge of getting engaged through the D.A.R.E program. D.A.R.E stands for Diversity, Advancement, Recognition, and Empowerment. Over the next year, our newsletter will provide you more details about these four concepts and how you can get more involved to promote our Chapter's goals. I end with this— together we build a unique team, and I D.A.R.E you to become engaged with all the exciting programs in 2018. Happy Holidays to you, your family, and loved ones. Let's make the best with each day we practice. Looking forward to seeing you all at Congress in San Antonio, Texas.

- Kwame Akuamoah-Boateng, ACNP-BC,
MSN, BSN, RN

