

## IN THIS ISSUE

### Don't miss

**Round table on Prime Minister's Commission**

11.15-12pm BIC, Main Auditorium

**Learning sets fringe**

12.45-1.45pm BIC, Westbourne Suite

**Legal & Governance Review**

12.45-2pm Premier Inn, Connect 2

**Pay and pensions fringe**

12.45-2.15pm Marriott Highcliff Hotel, Dorchester Suite

**RCN Consultancy Service fringe**

12.45-2pm BIC, Branksome Suite

**Using the Five Moments of Hand Hygiene in everyday practice**

12.45-2pm Connaught Hotel, Connaught Suite

**End of Congress party**

8pm-1am Royal Bath Hotel

### Up for debate

Mandatory medication training?

Does watching work?

STIs – age no barrier

Advanced regulation for advanced nursing

Working in a blame culture?

Priority for frontline staff

Acute to community – can we do it?

Following leaders or leading followers?

Emergency item: understanding the person – nurse education and dementia

Emergency item: disability and nursing careers

Emergency item: hard times

The RCN wishes to thank



LIVERPOOL VICTORIA  
Congress 2010 Media Partner  
**NURSINGSTANDARD**

## Dealing with dementia

“Dementia stole away the woman who was my mother and replaced her with an entirely different character”, explained Angela Rippon as she spoke to Congress about how this “devastating, life-changing illness” affected the nursing staff who cared for her. A quarter of hospital beds are occupied by people with dementia at any one time and this is set to increase dramatically over the next few decades as the population of the UK ages.

When her mother was ill in hospital and in her care home, Angela had to take time in every visit to apologise to the nursing staff for her mother’s increasingly abusive and violent outbursts as dementia took hold. But lack of training in recognising or dealing with dementia and limited communication throughout the nursing team had a significant impact on her care. No one goes into nursing wanting to do a poor job but, Angela said, it seems some staff are often not equipped to care for dementia patients, a situation compounded by lack of time and funding. Dealing with dementia patients can cause severe emotional stress for untrained staff.



Angela, and the Alzheimer’s Society for which she is an Ambassador, wants all nursing staff to be trained in dealing with dementia patients and for there to be a clear care pathway. She said “Simple little things can help these patients maintain their dignity when they are confused and scared in unfamiliar surroundings”.

People with dementia often spend longer in hospital than others admitted for the same reasons because their condition affects their ability to communicate and this, combined with their sometimes bizarre behaviour, impedes their care. The estimated cost for this to the NHS is £86 million a year.

### RCN SURVEY

## Spiritual care helps patient wellbeing

Patients often miss out on spiritual care, even though RCN members feel it is fundamental to their wellbeing, according to a new survey.

The responses from 4,045 members identified the most important spiritual needs as having respect for privacy, dignity, and religious and cultural beliefs; giving support and reassurance especially in a time of need; and showing kindness, concern and cheerfulness when giving care.

Speaking at a spirituality fringe yesterday, Wilf McSherry – Professor in Dignity in Care for Older People at Staffordshire University, said: “Spirituality is the final taboo in nursing. Therefore I think it is encouraging that the RCN

commissioned this survey.

“It shows that nursing organisations are prepared to engage in this, and enable us to challenge the misconceptions about spirituality.”

The survey also found:

- 90 per cent feel that providing spiritual care improves the overall quality of nursing care
- 94 per cent do not believe that spirituality involves only going to church or a place of worship.

The RCN is calling for guidance for health care professionals and appropriate staffing levels to enable nurses to listen to patients, get to know them and deliver care.

At the fringe Bob Bedwell, a retired nurse who is now governor of Oxleas NHS Foundation Trust in London, said it was important nurses felt they had the time to look after patients. He felt there was “too much rush and tear, not hush and care”.

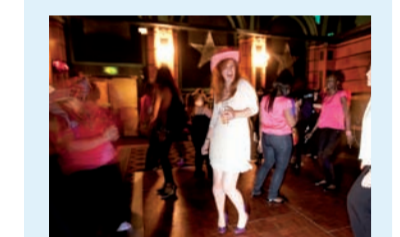
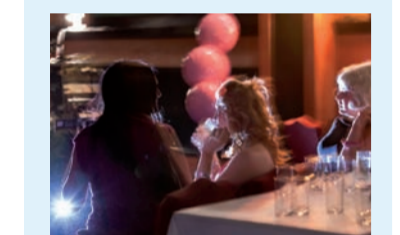
Other delegates said HCAs and staff such as cleaners also support patients’ spiritually as they had more time to listen and connect with them.



**PARTY**

**Pink Party**

Nursing students enjoyed entertainment from band MiXIT at their pink barbecue party on Tuesday evening.



**FRINGE**

**The next phase**

Sandra James, Chair of Council, reported on phase two of the Legal and Governance Review at a fringe event yesterday. Members were asked how the RCN's Royal Charter, bye-laws and governance structure could be revised so they reflect the College membership.

Sandra said: "We need to safeguard the

membership voice in relation to decision making, and it is also important to future proof the documents to reflect the changing and evolving nature of nursing."

This event is repeated today at 12.45 in Connect 2, Premier Inn. Come along and tell us what you think. You will also be able to respond to the consultation on the website at [www.rcn.org.uk/lgreview](http://www.rcn.org.uk/lgreview)

**NURSES' DAY**

**Don't forget Nurses' Day**

Nurses' Day is celebrated every year on the anniversary of Florence Nightingale's birth, 12 May, and this year we have even more reason to honour her as it is also the centenary of her death on 13 August. Nurses' Day is YOUR



day, and your chance to celebrate the amazing work that you and your colleagues do, so get involved and help to show the world how proud you are of your profession!

Visit [www.nursesday.co.uk](http://www.nursesday.co.uk) to get involved.

**FRINGE**

**Race equality: promise or progress?**



A truly diverse RCN is a strong RCN: that was the key message at this packed

fringe event, which provided an overview on the progress the College has made on race equality.

After a controversial debate about representation on Council at Congress last year, Wendy Irwin, RCN Diversity and Equality Co-ordinator, described measures taken since and outlined actions for the future, including delivering an improved BME network and holding an RCN equalities summit next year.

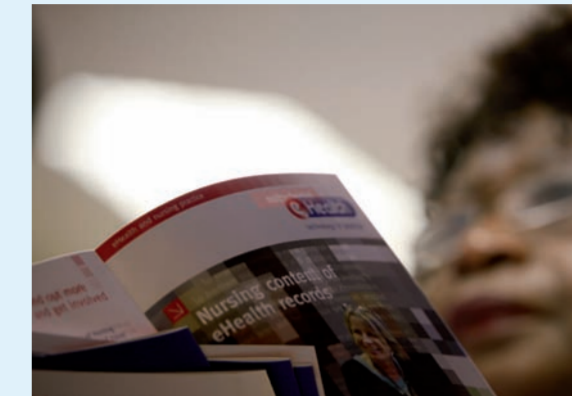
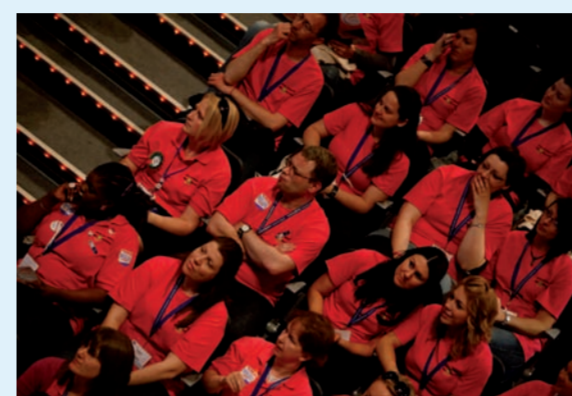
Cecilia Anim (pictured), RCN London Region Board member, described good practice in other trade unions and said the RCN should continue with positive action, ensuring the voices of all members are heard.

Delegates concerned about slow progress were assured that the RCN is 100 per cent committed to taking forward the diversity agenda.



feel confident enough to speak out when quality was under threat.

**BEST OF CONGRESS**



Congress has been a vibrant event once again.



**DIARY DATE**

**So long for now!**

It's the last day of Congress 2010 today, but it's only 345 days to Congress 2011. Next year we'll be in Liverpool for the first time, from 10-14 April. If you can't wait that long the next AGM is in London on 20 October. Look out for more information nearer the time in *RCN Bulletin* and at [www.rcn.org.uk](http://www.rcn.org.uk)



**FRINGE**

**Get engaged and make a difference**

Members were given top tips on how to get help from the RCN to hold influential events and tackle clinical issues at a fringe event hosted by RCN Scotland and the RCN Forensic Nursing Forum yesterday. Reflecting on the success of a joint mental health conference the two entities held earlier this year, those present were urged to be bold and proactive in pushing forward the health agenda.

RCN Forensic Nursing Forum Chair David Langton said: "We held this event because we wanted to share the lessons we learned from organising such a successful conference in Scotland. Through partnership working between forums, branches and RCN staff we proved that members can be engaged and progress can be made."

**FRINGE**

**Pay and pensions under a new government**

On 6 May do you know what your vote will mean for your pay and pension? This seminar will help you compare policies of the key contenders and find some answers.

Today 12.45-2.15pm  
Marriott Highcliff Hotel, Dorchester Suite

**FRINGE**

**Get to grips with hand hygiene**

Don't miss this practical workshop on how to implement WHO's *Five Moments for Hand Hygiene*. The session will give you top tips on infection control and how to use this guidance in every day practice.

Today 12.45-2pm



**FRINGE**



Professor Cynthia Pine, Executive Dean at Salford University addresses the Seventh Annual Mary Seacole Memorial Lecture.

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**FRINGE**

**When care goes wrong**

A Q&A session with Chief Executive & General Secretary Dr Peter Carter focused on what happens when care goes wrong.

Dr Carter told last night's fringe: "If nursing is to develop in the way we want it to we have got to acknowledge when things are not right."

He introduced Julie Dale who described a catalogue of errors in the treatment of her sick father, who died following a succession of mistakes, misdiagnoses and instances of poor medical and nursing care.

Dr Carter said nurses – the vast majority of whom provide good care – had to



feel confident enough to speak out when quality was under threat.

**Vox pops – highlights of Wednesday**

**Roger Hancock**  
Dementia is so personal to many of us so Angela Rippon's presentation has been a highlight. Trusts in acute settings need to provide training.



**Rose Ann**  
I'm a nurse from the Philippines and studying for an NVQ here. The exhibition stands have been great with lots and lots of useful information.



**Christine Beare**  
Angela Rippon on dementia and her story of how she coped with her mother's lack of awareness was really emotive. Congress has been



brilliant this year and I have been so busy watching debates and attending fringes.

**Jesus Gacos**  
Congress is a very supportive and informative event offering lots of benefits.



I have just attended the Implementation of new NMC Standards for pre-registration nursing education fringe which was really informative.



**Catherine Heslop**  
The debate on alcohol was really good with lots of diverse opinions coming out which made it a lot more interesting.



**Shazeda Begum**  
I don't know what I've been doing for the last three years. This is my first time at Congress and the whole experience has been amazing. I met Peter Carter personally and he really took an interest in what I had to say.



**Andrew Shum**  
My highlight has been speaking in the debates for the first time and getting positive feedback from some of my respected colleagues.



## REWIND

### Unmissable Congress

If you've missed something at Congress don't despair. Head to [www.rcn.org.uk/congress2010](http://www.rcn.org.uk/congress2010) where you can read reports, watch debates and view images from across the whole event.

## THE LEARNING JOURNEY



Facing a long journey home? Why not choose some reading materials at the RCN publications stand? You can stock up on invaluable information for your development, and advice about RCN services. Find us before we close after lunch in the RCN Lounge in the Tregonwell Hall.

## Up for debate



## MESSAGE FROM AFGHANISTAN



Congress delegates received a surprise video message from Afghanistan yesterday courtesy of Sydney Masawi, Flying/Nursing Officer in the Emergency Department at Camp Bastion. Sydney, from the East Midlands Region, brought together colleagues

from around the base to send a moving message of support to Congress delegates. The short film was greeted with warm applause by appreciative members in the auditorium. Sydney was also able to watch Congress live in Afghanistan via the RCN website.

## SNAPSHOTS OF CONGRESS PAST

Before *Fit for Congress* there was the Green Goddess! The *Future Congress* session held yesterday began to explore the possibilities for Congress in years to come.



## STUDENT PERSPECTIVE



What a week students have had at Congress! Highlights for me include the opening speech from RCN President Maura Buchanan, who has inspired many students during her four-year term. We would like to thank her for her continuing support for the student body.

Seeing so many senior political leaders this week has also made me realise just how important the *Nursing Counts* campaign is to each and every one of us. We really can make a difference at the general election by using our vote.

Dementia was an important theme yesterday and was highlighted by an emotional and passionate Angela Rippon. Her story of interacting with the NHS while her mother was suffering with the condition has inspired me to look at ways the student body can campaign for better awareness and training in this vital area of mental health care.

It's been a great week and the student voice has remained loud throughout. I hope you were able to make the most of your visit, and remember, there's still time to say goodbye to us at the student information point throughout the day.

**Stuart Young**  
Consultant Editor,  
*the answer*

## END NOTE

### Bye Bye Jason!

Congress Daily Bulletin would like to say a big thank you to Jason Warriner who is coming to the end of his term of office in the hottest seat at Congress.

Remember that nominations are now open for a new Chair as well as Vice Chair, as Rod Thomson completes his time in the number two spot.

For more information about elections to these and other RCN roles, including President and Deputy President, go to [www.rcn.org.uk/elections](http://www.rcn.org.uk/elections)

## FIT FOR CONGRESS

*Fit for Congress* hit the beach front for an early morning walk.



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