

RCN Acute Care Symposium 2026

From recognition to response: Managing the deteriorating patient



Wednesday 8 July 2026

Royal College of Nursing
20 Cavendish Square, London W1G 0RN

Contents

Welcome letter.....	3
Programme at a glance.....	4
General information.....	6
Acknowledgements and thanks	8
Plenary speaker abstracts	9
Concurrent abstracts	133
Resources point	20
Future RCN Events	222

Welcome letter

Dear Colleague,

On behalf of the Royal College of Nursing (RCN) and Urgent and Emergency Care, Perioperative Nursing and Critical Care and Flight Nursing forums, welcome to the RCN Acute Care Symposium 2026.

We trust you'll find the conference programme stimulating and informative and are enabled to network with colleagues and ask questions whilst at the event. Our aim is that you leave the conference feeling inspired and refreshed and armed with information, to share with workplace colleagues and to support you in future career decisions. The RCN believes in life-long learning and actively promotes the continuing professional development of nurses. For this reason, certificates of attendance are included in the conference pack and the framework for reflection can be found on the reverse. You are encouraged to use your attendance at RCN events towards your framework for reflection, which can be included in your portfolio.

After the event you will receive an email with a link to the online conference evaluation. Please complete this as soon as possible. Your comments and feedback are invaluable in helping us plan future RCN conferences.

RCN staff and committee members will be on hand during the day to answer any queries you may have regarding your membership. Or, if you're a non-member, they can tell you about the many benefits of joining the RCN, including joining RCN Forums. The active Forum Facebook groups provide opportunities to connect with colleagues and keep up to date on current practice related issues.

Crossing the breadth of nursing practice the RCN'S professional forums are a huge area of influence. With a rising membership of 202,105 forum members, the forums shape direction for the RCN, provide valuable networking UK wide and opportunities for involvement in consultation responses, conferences, events and workshops and forum-led publications.

Thank you for supporting the Symposium. We look forward to welcoming you back to future RCN events. A full listing of future events can be found on page 22 of your conference programme.

With best wishes,

Rachel Bird, RCN Urgent and Emergency Care Forum Committee

Ciara Collins, Chair, RCN Critical Care and Flight Nursing Forum

Angeline Price Chair, RCN Perioperative Forum

Rebecca Crisp, Vice Chair, RCN Defence Nursing Forum

Suman Shrestha, Professional Lead, RCN Critical Care and Flight Nursing, Perioperative Nursing Forums

Kendal Andreason, Professional Lead, RCN Defence Nursing, Urgent and Emergency Care, Trauma and Orthopaedic Nursing Forum

Programme at a glance

9.00	Registration, networking, RCN resources		
10.00	Chair's opening remarks Rachel Bird, Nurse Director Surgical Services Care Group, Sheffield Teaching Hospitals NHS Foundation Trust; RCN Urgent and Emergency Care Forum Committee member.		
10.15	Keynote: Managing the deteriorating patient: Past, present and future John Welch, MBE, Consultant Nurse, Critical Care & Critical Care Outreach, University College London Hospitals, Honorary Clinical Lecturer, University College London; National Clinical Advisor, Acute Deterioration, NHS England		
10.45	Beyond The Task: Maintaining person-centred care in taskified acute, urgent and emergency care. Matthew Osborne, Lecturer in Adult Nursing and Advance Practice, University of Essex.		
11.15	Refreshments, networking, RCN resources		
11.45	Plenary: The Patient Voice: Lived experience of Emergency Care Jackie Bullock is a prominent Patient Representative for the Association of British Surgeons, Chair of the European Hernia Society and a Patient Representative for the British Hernia Society.		
12.15	Transition time		
12.20	Concurrent sessions		
Room	Cowdray Hall	101	102
	Stream 1 - Emergency care	Stream 2 - Peri-operative care	Stream 3 - Critical care
	1.1 Vein spotting – Ultrasound guided cannulation in acute nursing practice Simon Tippler, Emergency Medicine Advanced Clinical Practitioner, Broomfield Hospital, Mid and South Essex NHS Foundation Trust	2.1 : Point-of-care ultrasound in acute care Shailen Soobhug, Perioperative Advanced Clinical Practitioner (Nurse) University Hospitals Sussex	3.1 Assessing the deteriorating patient Sarah Mitchell, Lead Nurse, Critical Care Outreach & Deteriorating Patients. Harefield Hospital, part of Guy's and St Thomas' NHS Foundation Trust
12.50	Lunch, networking, RCN resources		

Continued

13.50	Concurrent sessions		
Room	Cowdray Hall	101	102
	Stream 1 - Emergency care	Stream 2 - Peri-operative care	Stream 3 - Critical care
	1.2 When seconds count: Managing haemorrhage in the Emergency Department Matthew Osborne, Lecturer, School of Health and Social Care, University of Essex	2.2 SipTilSend: The Future for pre-operative fasting Hannah Watson, Emergency Laparotomy Nurse at NHS Tayside	3.2 Recognition and management of shock in deteriorating patients Ciara Collins, Chair, RCN Critical Care and Flight Nursing Forum/Senior Matron Critical Care
14.20	Transition time		
14.25	Panel Discussion - Moral Injury, managing deteriorating patients in current circumstances. Chair: Kendal Andreason, Professional Lead for Acute and Emergency Care and Defence Nursing. Panel members: • Rob Briner, Professor of Organisational Psychology (Queen Mary University of London) and a Research Director at Corporate Research Forum. • Rachel Bird, Nurse Director, Surgical Services Care Group, Sheffield Teaching Hospitals NHS Foundation Trust, RCN Urgent and Emergency Care Forum; • Angeline Price, Chair RCN Perioperative Forum, Advanced Nurse Practitioner, Salford Royal NHS Foundation Trust; • Rebecca Crisp, Vice Chair, RCN Defence Nursing Forum		
15.05	Refreshments and networking		
15.30	Motivational session Title tbc: From the Resus Room To The Rubble: A career without a straight line Deborah Swann, Advanced Clinical Practitioner, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust		
16.00	Chair's closing remarks Rachel Bird, Nurse Director, Surgical Services Care Group, Sheffield Teaching Hospitals NHS Foundation Trust		
16.10	Conference close		

General information

Conference enquiries

Please ask staff on the registration desk if you have any specific requirements regarding access, lost property or have queries regarding your membership.

Virtual delegates please put any queries into the chat or email rcnevents@rcn.org.uk and we will do our best to support you.

Delegate Badges

For security purposes, in-person participants must wear their badges at all times. Participants will not be admitted to the conference sessions without the appropriate badge.

Programme (In-person delegates)

Please refer to the programme for details of the times and locations of all conference sessions. Staff will be on hand to guide you as necessary.

Programme (Virtual delegates)

Please refer to the programme that has been uploaded on the Zoom Events platform accessible in The Lobby.

Please note that virtual delegates will have their cameras and microphones turned off during the event.

RCN Resources

The RCN Institute of Nursing Excellence will have a resource point in Cowdray Hall. They will be available to discuss RCN Learn and the RCN Library and Museum Services.

Receipts

If you require a receipt or have any queries relating to your registration or payment for this event, please contact staff on the registration desk at the event. Alternatively, receipts are also available by contacting RCN Event Registrations direct on 029 2054 6460 between 9.00am and 4.30pm Monday to Friday.

Specific requirements (in-person attendees)

Please ask at the registration/enquiries desk if you have any specific requirements (e.g. dietary, accessibility etc.)

Electronic devices

We recommend virtual attendees switch off or set to silent all other electronic devices to avoid being distracted.

In-person delegates are requested as a courtesy to others, to switch off or set to silent all electronic devices during conference sessions.

Liability

The RCN will not accept any liability for loss or damage to personal effects which may arise as a result of attending this event in-person..

Continuing Professional Development

The Royal College of Nursing believes in lifelong learning and actively promotes the continuing professional development of all nurses. Authorised Royal College of Nursing certificates of attendance will be available for both online and in-person attendees to download and details of how will be provided at the event.

This event is also subject to the RCN Events quality assurance framework. You should log what you have learnt at this event using the Framework for Reflection guidelines on the back of your certificate and keep this document in your personal professional portfolio.



Free information at your fingertips

The Royal College of Nursing offers a number of FREE online resources with all the latest information and guidance on particular nursing practice issues such as: clinical guidelines, patient safety and eHealth. Visit <http://www.rcn.org.uk/development/practice> for more information.

Media partner

RCNi is the premier provider of innovative and creative information solutions for the whole nursing team and associated health professionals. With 11 nursing journals, including Nursing Standard, RCNi provide health professionals with the latest developments impacting nursing, including changes in policy, practice and research. RCNi also offer a range of digital products including RCNi Learning, an interactive online resource of CPD training modules, and the RCNi Portfolio, an online store and tracking system to help you with revalidation.

National conference partner

LV= General Insurance, one of the UK's largest personal lines insurers, pride themselves in putting customers at the heart of all they do. RCN members can benefit from exclusive* discounts and savings on a range of LV= insurance products, including Car and Home insurance, for a quote and more information visit LV.com/RCN.

*Exclusive RCN member discount vs general public prices on lv.com and through the call centre



Acknowledgement and thanks

Planning Group

Rachel Bird	Urgent and Emergency Care Forum Committee Member Nurse Director, Surgical Services Care Group, Sheffield Teaching Hospitals NHS Foundation Trust
Angeline Price	Chair RCN Perioperative Forum, Advanced Nurse Practitioner, Salford Royal NHS Foundation Trust
Ciara Collins	Chair, RCN Critical Care and Flight Nursing Forum Senior Critical Care Matron, Harefield Hospital, Heart, Lung and Critical Care Clinical Group, Guy's and St Thomas' NHS Foundation Trust
Rebecca Crisp	Vice Chair, RCN Defence Nursing Forum
Suman Shrestha	Professional Lead RCN Critical Care and Flight Nursing, RCN Perioperative Nursing Forums
Kendal Andreason	Professional Lead, RCN Urgent and Emergency Care, Defence Nursing, Trauma and Orthopaedic Nursing Forums

Events Management Team

Jane Edey	Event Organiser, RCN Events
Sally Faley	Business Events manager, RCN Events
Mel Askam	Events Organiser, RCN Events
Kim Hawley	Events Organiser, RCN Events
Millie Shepherd-Gill	Events & Marketing Administrator, RCN Events

Audio Visual Team

Gary Shanley	Senior IT AV Engineer
Will Tomlin	IT AV Engineer
Will Levatino	IT AV Engineer
Rob Castro	IT AV Engineer

Plenary speaker abstracts

John Welch, MBE, Consultant Nurse, Critical Care & Critical Care Outreach, University College London Hospitals, Honorary Clinical Lecturer, University College London; National Clinical Advisor, Acute Deterioration, NHS England

Talk Title: Managing the deteriorating patient: Past, present and future

Recommended reading list/references:

1. McGloin H, Adam SK, Singer M. Unexpected deaths and referrals to intensive care of patients on general wards. Are some cases potentially avoidable? *J R Coll Physicians Lond.* 1999 May-Jun;33(3):255-9. PMID: 10402575; PMCID: PMC9665643.
2. Subbe CP, Bannard-Smith J, Bunch J, Champunot R, DeVita MA, Durham L, Edelson DP, Gonzalez I, Hancock C, Haniffa R, Hartin J, Haskell H, Hogan H, Jones DA, Kalkman CJ, Lighthall GK, Malycha J, Ni MZ, Phillips AV, Rubulotta F, So RK, Welch J; International Society for Rapid Response Systems. Quality metrics for the evaluation of Rapid Response Systems: Proceedings from the third international consensus conference on Rapid Response Systems. *Resuscitation.* 2019 Aug;141:1-12. doi: 10.1016/j.resuscitation.2019.05.012.
3. Welch J, Murkin J, Edwards E, Inada-Kim M, Subbe C. Giving patients, families and staff a reliable voice in acute care: Expert guidance for implementation of Martha's Rule in UK hospitals. *Future Healthc J.* 2025 Jan 14;12(1):100223. doi: 10.1016/j.fhj.2025.100223. PMID: 40059870; PMCID: PMC11889965.

Biography:

John has worked in critical care and critical care outreach for almost forty years. He is a lead for sepsis, deteriorating patients and Martha's Rule at UCLH. Previously, John was one of the Royal College of Physicians team that developed NEWS and NEWS2, was President of the International Society for Rapid Response Systems, UK lead of the EU 'Nightingale' wireless wearable monitoring development programme, and National Clinical Advisor in Acute Deterioration at NHS England. He is now co-Chief Investigator of the national summative evaluation of Martha's Rule.

Matthew Osborne, Lecturer in Adult Nursing and Advance Practice, University of Essex

Talk Title: Beyond the Task: Maintaining person-centred care in taskified acute, urgent and emergency care.

Summary: This session will enable participants to critically examine how taskification shapes acute, urgent and emergency care; recognise the invisible safety-critical work of nursing; and identify ways to maintain person-centred care in systems under pressure.

Learning outcomes:

1. Define “taskification” and explain how it can affect nursing practice in acute, urgent and emergency care.
2. Differentiate task completion from nursing care, recognising the role of clinical judgement, prioritisation, vigilance, advocacy and relational care.
3. Explore how person-centred care can become fragmented in pressurised acute and emergency settings, particularly where care is driven by flow, targets, protocols and visible activity.
4. Apply a safety-critical lens to emergency nursing, considering how registered nurses prevent harm through early recognition, escalation, coordination and anticipatory decision-making.
5. Identify practical ways to protect person-centred care, including supervision of students, meaningful delegation, whole-patient assessment, effective handover and naming the invisible work of nursing.

Biography

Matthew is a lecturer in adult nursing and advanced practice. His clinical background includes 15 years of Emergency Department nursing and advanced practice, and four years of trauma orthopaedic, spinal and reconstructive surgery. He is experienced in ATLS, ALS and PALS, and is an independent prescriber.

Jackie Bullock is a prominent Patient Representative for the Association of British Surgeons, Chair of the European Hernia Society and a Patient Representative for the British Hernia Society

Talk Title: The Patient Voice: Lived experience of Emergency Care

Summary: This is my experience of being a patient, I will discuss how I experienced care before surgery and after surgery and what we as patients look for in nurses.

Learning Outcomes:

1. Understand how patients experience emergency care.
2. Understand what patients need from nurses.

Biography:

Jackie is a patient who has experienced different surgeries and will discuss her experience and recovery from colorectal surgery. Since her surgery Jackie has become a patient representative with British and European Hernia Societies and with the Association of Surgeons of Great Britain and Ireland, she also runs a Facebook support group for people with hernia which is currently supporting almost 9000 members from around the world on their hernia journey.

Panel Discussion:

Title: Moral Injury, managing deteriorating patients in current circumstances

Chair: Kendal Andreason, Professional Lead, RCN Defence Nursing, Urgent and Emergency Care Forum and the Trauma and Orthopaedic Nursing Forums

Supported by Suman Shrestha, Professional Lead, RCN Critical Care and Flight Nursing Conference and Perioperative Nursing Forums.

Panellists:

- **Rob Briner**, Professor of Organisational Psychology (Queen Mary University of London) and a Research Director at Corporate Research Forum
- **Rachel Bird**, RCN Urgent and Emergency Care Forum Committee/Nurse Director, Surgical Services Care Group, Sheffield Teaching Hospitals NHS Foundation Trust
- **Angeline Price**, Chair RCN Perioperative Forum, Advanced Nurse Practitioner, Salford Royal NHS Foundation Trust
- **Rebecca Crisp**, Vice Chair, RCN Defence Nursing Forum

Talk Title: From the Resus Room To The Rubble: A career without a straight line

Summary: When Deborah Swann qualified as a nurse, she didn't expect her career would lead to international disaster zones, TV sets or, the Humanitarian Medal from the King.

This talk traces an unconventional career built by one "yes" at a time. From A&E and pre-hospital care, through to expedition medicine in some of the world's most demanding environments and becoming the only nurse in the UK International Search and Rescue (UK-ISAR) team, deploying to major disasters around the world.

Drawing on experience as a member of the faculty for World Extreme Medicine and as a medic for CBS television, Deborah will share what it actually takes to work at the edges of acute care, and what those extremes have taught her about the fundamentals of nursing practice.

This is a talk about saying yes to uncertainty, building skills sideways rather than upward, and finding that the best preparation for the unexpected is often a curious career rather than a conventional one. Delegates will leave with a reminder of just how far an acute care nursing career can go.

Learning Outcomes:

1. Identify transferable skills between high-acuity clinical environments (ED, pre-hospital, expedition and disaster response) and recognise how core nursing competencies apply across all of them
2. Describe the realities of working within international disaster response teams (such as UK-ISAR), including the clinical, logistical, and personal demands of major disaster deployment.
3. Be able to reflect on their own career development and consider how non-linear career paths and varied clinical experience can build resilience, adaptability, and confidence in acute care practice.

Concurrent abstracts

EMERGENCY CARE STREAM 12.20 – 12.50PM

1.1 Simon Tippler, Emergency Medicine ACP, Emergency Department, Broomfield Hospital, Chelmsford, Essex

Talk Title: Vein Spotting - Ultrasound Guided Cannulation in Acute Nursing Practice

Summary: There is a cohort of patients who are inherently difficult to cannulate, they are identifiable and yet the evidence suggests that they have repeated cannulation attempts via traditional methods. Ultrasound guided peripheral intravenous cannulation is shown to improve first attempt success rate in these patients with multiple benefits to both the patients and service provision.

Learning Outcomes:

1. Identify patients at high risk of difficult intravenous access using a validated tool (e.g. the A-DIVA scale) and explain why conventional landmark and palpation technique fail in this group.
2. Summarise the evidence base for ultrasound guided peripheral intravenous cannulation, including its effect on first attempt success and complication rates relative to the landmark approach.

Recommended reading list/references:

1. Anderssen, L.M., Petersen, M.S., Wang, A.G., Mohr, M. and Fjallheim, A.S., 2026. The efficacy of ultrasound-guided peripheral intravenous cannulation versus the landmark technique in emergency department patients with difficult intravenous access: A systematic review and meta-analysis. *The journal of vascular access*, 27(2), pp.435-443. Bahl, A., Mielke, N., DiLoreto, E. and Gibson, S.M., 2025.
2. Operation STICK: A vascular access specialty program for the generalist emergency medicine clinician. *The journal of vascular access*, 26(2), pp.455-464.

Biography:

Having started his career in health care as an HCA both on the wards and in theatre, Simon qualified as a RGN 25 years ago and has continued to develop both professionally and personally, now working as an Emergency Medicine ACP in a busy district general hospital. His work spans clinical practice, quality improvement, research and education.

He leads a quality improvement programme to establish nurse and HCA led ultrasound guided peripheral cannulation in the emergency department.

EMERGENCY CARE STREAM 1.50 – 2.20PM

1.2 Matthew Osborne, Lecturer in Adult Nursing and Advance Practice, University of Essex

Talk Title: When seconds count: Managing haemorrhage in the Emergency Department

Summary: Prompt recognition and control of haemorrhage are fundamental responsibilities for the emergency nurse. Nurses are often the first to identify subtle indicators of bleeding and have a central role in activating major haemorrhage protocols, initiating life-saving interventions and communicating with the wider multidisciplinary team. This session explores the pathophysiology of haemorrhage and details assessment methods and evidence-based management strategies. We also discuss the nurse's role as clinician, advocate and communicator, alongside ethical considerations and human factors.

Learning Outcomes:

1. Describe the pathophysiology of haemorrhage and its effect on perfusion, oxygen delivery and organ function.
2. Apply structured approaches to identifying and prioritising treatment for life threatening bleeding
3. Discuss evidence-based interventions for haemorrhage control, including activation of major haemorrhage protocols and administration of fluid and blood products

Recommended reading/references:

1. Bonanno FG (2022) Management of haemorrhagic shock: physiology approach, timing and strategies. Journal of Clinical medicine. 12, 1, 260. Doi: 10.3390/jcm12010260
2. Professional Advisory Committee (2025) Guidelines for the Blood Transfusion and Tissue Transplantation Services in the UK. www.transfusionguidelines.org/red-book; Wohlgemut JM, Pisirir E, Stoner RS et al (2024)

3. Identification of major haemorrhage in trauma patients in the prehospital setting: diagnostic accuracy and impact on outcome. Trauma Surgery and Acute Care. 9, 1, e001214. Doi: 10.1136/tsaco-2023-00121

Biography:

Matthew is a lecturer in adult nursing and advanced practice. His clinical background includes 15 years of Emergency Department nursing and advanced practice, and 4 years of trauma orthopaedic, spinal and reconstructive surgery. He is experienced in ATLS, ALS and PALS, and is an independent prescriber.

PERIOPERATIVE CARE STREAM 12.20 – 12.50PM

2.1 Shailen Soobhug, Perioperative Advanced Clinical Practitioner (Nurse), University Hospitals Sussex

Talk Title: Point-of-care ultrasound in acute care

Summary: Point-of-care ultrasound is increasingly used in clinical practice for both diagnostic or intervention procedures in acute care. Diagnostic ultrasound provides rapid bedside assessment of patients and includes bedside cardiac echocardiography (cardiac failure, pericardial effusion, valvular diseases), lung ultrasound (pneumothorax, pleural effusion, pulmonary oedema), abdomen ultrasound (internal bleed). POCUS intervention includes vascular access (venous and arterial), nerve blocks / insertion of nerve catheters for acute pain and pericardiocentesis.

This presentation will provide an overview of POCUS in acute care with real examples from clinical practice.

Learning Outcomes:

1. Overview of POCUS.
2. Discuss the benefit of diagnostic bedside ultrasound.
3. Discuss the benefit of intervention POCUS.

Recommended reading list/references:

1. Point-of-care ultrasound in critical care by Luke Fowler and Pradeep Madhivathanan

Biography:

RGN, DIP HE, BSc (hons), MSc, PGCHSCE, PG Cert Prescribing, Focused Intensive care echocardiography course

Publications:

- Design and implementation on a training programme on ultrasound guided lower limb nerve blockade: an Advanced Clinical Practitioner personal journey - Journal of Perioperative Practice 2024
- Diagnostic value of POCUS in a high dependency recovery unit: haemodynamics & cardiac echocardiography 2026 (under review)
- Diagnostic value of POCUS in a high dependency recovery unit: Lung and abdominal ultrasound 2026 (under review)

PERIOPERATIVE CARE STREAM 1.50 – 2.20PM

2.2 Hannah Watson, Specialist Surgical Nurse, NHS Tayside

Talk Title: SipTilSend: The Future for Pre-Operative Fasting

Summary: SipTilSend: The Future for Pre-Operative Fasting is a discussion around the change to a decades long fasting process in which patient's are fasted from fluids for a prolonged period of time. This simple, safe and kind approach has changed the way in which over 300 worldwide hospitals and health boards approach pre-operative fasting and this presentation will highlight how we recognised change was needed, what we did to implement this change and how other areas can easily do this too. Importantly, we will also discuss the Governance around change, the resource and financial impact as well as the human impact of STS and our focus going forward with this project.

Learning Outcomes:

1. What is SipTilSend and how does it benefit the patient and staff
2. How can you measure STS in your department and our results
3. Time, resource and knowledge
4. What was our goal with STS and where are we now?
5. Our time frame, implementation and current process and recommendations

Biography:

Hannah Watson is a specialist nurse who works within NHS Tayside. Hannah studied Adult Nursing at Dundee University and on qualifying, focused on her development within the General and Vascular surgical wards. As well as SipTilSend, Hannah has also been involved in quality improvement projects including the creation of the Emergency Laparotomy Support Worker which has been recognised by RCOA and other projects that

focus on person-centred care, clinical governance and the implementation of education to nursing staff.

CRITICAL CARE STREAM 12.20 – 12.50PM

3.1 Sarah Mitchell, Lead Nurse Critical Care Outreach and Deteriorating Patients, Harefield Hospital, part of Guy's and St Thomas' NHS Foundation Trust

Talk Title: Assessing the deteriorating patient

Summary: A practical approach to carrying out a thorough A-E assessment on a deteriorating patient, and basic treatments for common issues that are identified during this assessment. The session will highlight the importance of escalating concerns in a timely manner.

Learning Outcomes:

1. Participants should be more confident with carrying out an A-E assessment of a patient, identifying areas of concern and common basic treatment strategies to prevent further deterioration.

Recommended reading list/references:

1. Resuscitation Council UK (2025) Adult Advanced Life Support Guidelines. London: Resuscitation Council UK

Biography:

Sarah is Lead Nurse for Critical Care Outreach & Deteriorating Patients at Harefield Hospital. She created a Deteriorating Patient course for ward nurses, focusing on the unique challenges in cardiothoracic patients. She previously worked as Lead Resuscitation Practitioner at King's College Hospital, and still enjoys teaching ALS, CALS, EPALS and GIC. She also teaches Mechanical Life Support at Harefield, for emergencies in patients with ECMO, VADs and impellas; she has written a chapter on Assessment & Resuscitation for the MLS course handbook. When she's not at work avoiding Teams meetings she's mostly trying to persuade her children to stop hitting each other. Her interests include biscuits, she's recently taken up running and is annoyed about it.

CRITICAL CARE STREAM 1.50 – 2.20pm

3.2 Ciara Collins, Chair, RCN Critical Care and Flight Nursing Forum. Chair, Senior Matron Critical Care, Harefield Hospital,

Talk Title: Recognition and management of shock

Summary: Shock represents a life-threatening failure of the circulatory system, leading to inadequate tissue perfusion, cellular hypoxia and progressive organ dysfunction. Early recognition is essential, as clinical deterioration often precedes overt hypotension.

This teaching session provides a structured overview of the four major shock states:

1. Septic
2. Hypovolaemic
3. Cardiogenic
4. Neurogenic

Drawing on comparative clinical features, core pathophysiology and key bedside cues to support rapid recognition of deterioration, the session summarises essential management principles including fluid resuscitation, infection control, haemorrhage management, cardiac optimisation and the targeted use of vasopressors and inotropes. Advanced therapies for refractory cardiogenic shock, including intra-aortic balloon pump, Impella and VA-ECMO are outlined with clear indications for specialist referral and escalation. Nursing priorities are embedded throughout, emphasising continuous monitoring, early recognition of deterioration, assessment of treatment response and timely escalation to critical care. Case studies demonstrate real-world deterioration patterns and highlight the value of structured assessment, early intervention and coordinated multidisciplinary practice. The session strengthens clinical leadership in managing acute deterioration.

Learning Outcomes:

1. Define Shock
2. Identify different types of shock (septic, cardiogenic, hypovolaemic, neurogenic)
3. Understand different clinical presentations

Recommended reading list/references:

1. National Institute for health and Care Excellence (NICE) (2024) Sepsis: recognition, diagnosis and early management (NG51). London: NICE
2. Resuscitation Council UK (2023) Adult advanced life support and acute deterioration guidance. London: RCUK

Biography:

Ciara Collins is the Senior Critical Care Matron at Harefield Hospital within the Heart, Lung and Critical Care Clinical Group at Guy's and St Thomas' NHS Foundation Trust, and currently serves as Chair of the RCN Critical Care and Flight Nursing Forum. Originally from Ireland, she trained in London and qualified in 2005. With over 20 years' experience across general, burns and cardiothoracic intensive care, including

transplantation and mechanical support. Ciara's professional interests centre on patient safety, staff wellbeing, and advancing nursing practice within high-acuity environments. She is committed to developing future critical-care workforces, strengthening clinical leadership, and ensuring teams are supported professionally, academically and psychologically.

RESOURCE POINT



The Institute of Nursing Excellence, Education Team

About us

The Institute of Nursing Excellence, Education Team is promoting the education, learning and development on-line resource, RCN Learn.

Accessed through the RCN website, RCN Learn is an online portal, which houses all the RCN's evidence-based and quality assured education and learning resources.

Accessible on most portable devices RCN Learn provides a variety of courses and resources for all our member categories to support, enhance and complement learning including for CPD, revalidation and accreditation.

All our members now have access to a free e-portfolio. Those who register with the NMC can access the revalidation portfolio which tracks their 3 year progress throughout the revalidation process, guiding them through the NMC embedded forms and requirements to completion. The e-portfolio is also accessible to students and the nursing support workforce members which provides a repository for learning achievements, appraisals, certificates and career documents.

Please have a look and navigate around the resource found here: [RCN Learn | Royal College of Nursing](#) – and do contact us through the RCN Learn feedback option with any questions.

RCN Library and Museum Services

If you have any questions about the following, please speak to staff on The Institute of Nursing Excellence stand.

We're Europe's largest nursing library. We're here to help you find the best evidence and resources, develop your skills and succeed in your studies. We provide access to 10,000 ebooks and 3,300 ejournals and key databases.

We publish over 50 subject guides, including the [Critical Care and Flight Nursing](#). This guide has been created by our health librarians with expert support from the RCN Critical Care and Flight Nursing Forum. It brings together the latest key resources, ebooks and journal articles in one convenient place. Our subject guide is a great place to start your journey into acute care and critical care, research new topics and to maintain your current awareness.

Join weekly workshops to develop your study skills including referencing and evaluating health information.

Certificates of attendance are available on request – ideal for revalidation and CPD logs. Book an hour with our expert librarians to talk you through database searching or referencing software.

[Find out about our training and support.](#)

We also offer an evidence search service. Our expert librarians will help find resources to answer your research question. We'll send you a report in 10 working days.

[Request your literature search.](#)

Visit our libraries in Belfast, Cardiff, Edinburgh and London for group study spaces, designated quiet areas and free printing and scanning. We'll even post our paper books to you for free and help you return them too. It's all a part of your RCN membership.

[Visit our home page to get started.](#)

Future RCN Events

Date	Event	Location
15-17 September	RCN International Nursing Research Conference	Glasgow
22 September	RCN Pain and Palliative Care Conference	RCN HQ, London
26 September	RCN and NaTHNaC 9th Joint Travel Health Conference	Online
15 October	RCN Fertility Nursing Conference	RCN HQ, London
17 November	RCN Nurse-Led Innovations and Quality Improvement Conference	RCN HQ, London
27 November	RCN and SOM Occupational Health Nursing Conference	RCN HQ, London
8 December	RCN Women's Health Forum Conference	RCN HQ, London