The RCN Congress 2010 Fringe Guide

Your guide to professional, social and educational events

25-29 April 2010
Bournemouth International Centre
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Welcome to Congress 2010 – this year promises to be bigger and better than ever before and we want you to make the most of your time and get the most out of your experience.

Congress is the most important event in the RCN calendar, when more than 4,000 members of the nursing community get together to meet, learn, listen, debate and have fun.

Nursing is high on the political agenda, especially with the upcoming general election and we will be debating the real issues that affect us in the public, political and health care arenas – you can help us make a difference and shape the future of nursing care and the RCN by joining in.

The fringes and educational seminars are a great opportunity for personal and professional development – take a look through this guide for what we have to offer to help you in developing your clinical and practice skills, your career, and your understanding of key nursing and health issues.

Don’t miss out on these Congress highlights

Welcoming speeches and awards ceremony
Don’t miss out on RCN President Maura Buchanan’s Congress opening speech from 6.30pm on Sunday, followed by the prestigious RCN Awards ceremony honouring and congratulating those who have made outstanding achievements.

Keynote speeches
Each year at Congress we hear from some of the most inspirational and insightful speakers the UK has to offer. Last year saw the Prime Minister, Leader of the Opposition and Sir Michael Parkinson take to the stage and this year promises more top-quality speakers including television presenter Angela Rippon who will be sharing her passion for improving health care for those with dementia. See the Agenda guide for keynote speech timings.

Ask Peter
The RCN’s Chief Executive & General Secretary Peter Carter will be a familiar face to many members. At Congress, you’ll not only get the chance to hear him address delegates in his key note speech but there’s also the opportunity to put your questions to him at a Q&A fringe event, see page 38.

HCAs’ Day: who cares wins
The second HCAs’ day on Monday in the Pavilion Theatre and Ballroom has been designed specifically for health care assistants/support workers and assistant practitioners and is reflective of the issues and developments in health care within the UK today.

Come along to hear from our inspirational speakers who will show you how to be more confident at work. Our round table workshops will cover a range of clinical and practical subjects that are relevant to you, your role and your workplace. There will be an HCA enquiry point near the main reception in the BIC.

Students’ Day: reach your destination
Join us on Tuesday for the ever popular Students’ Day which has been specifically designed to ensure you have the most relevant, up-to-date information to make your studies and future career a success.

There are many things to keep you busy, lively debates in the main hall, fringe events, the chance to jump on board the student bus and network with fellow students and like minded people who feel as passionate about nursing as you do. There will be a student enquiry point near the main reception in the BIC.

Key fringe events

Look out for the L&G stamp in this guide which will help you identify some key RCN fringes as well as those specifically related to our legal and governance review:

- on Monday learn how to get elected to an RCN role. You could be the next RCN President, Deputy President, Student Member of Council, Chair or Vice Chair of Congress, Board or UK representative committee members – the RCN needs people like you
- get a better understanding of the RCN’s current membership categories on Tuesday and discuss whether they reflect the changing nature of nursing
- on Wednesday find out how to submit an agenda item and get fired up with ideas for Congress 2011
- get the latest updates on the RCN Legal and Governance Review on Wednesday and Thursday, and ask the RCN Chair of Council, Sandra James, and fellow Council members questions
- if you enjoy the Legal and Governance fringes why not come along and join us in a blue sky discussion about how Congress should look in the future as part of the main agenda session, on Wednesday.

Special Legal and Governance surgeries
In addition to the two legal and governance fringe events on Wednesday and Thursday, members are also very welcome to meet members of the Council on an individual basis to ask questions and share views in relation to legal and governance review issues.

If you would like to do this please complete one of the postcards available at various points at Congress, or simply write us a note, and post it in the dedicated mailbox in the RCN Lounge.
in the conference centre. Remember to include a mobile phone number or email address on which we can contact you during Congress.

**Launces**
Come along to the launch of the RCN’s infection prevention web resources and meet and join the newly formed infection prevention network on Monday and Wednesday.

**Parties**
- **Nursing Standard disco**
  Start the week off in style at the free Nursing Standard disco from 3pm on Sunday at the Royal Bath Hotel, this year the party is held in honour of Florence Nightingale. This party is kindly sponsored by Nursing Standard.

- **Congress welcome party**
  Kick off your week in style at the official Congress welcoming party on Monday from 8pm at the Royal Bath Hotel. Catch up with Congress colleagues over a buffet supper, disco and live music. Entrance is by ticket only. This party is kindly sponsored by Liverpool Victoria.

- **Student party**
  All students are welcome to come along to the Student BBQ from 6-8pm on Students’ Day – come and grab yourself something to eat and then dance the night away from 8pm-1am at the fabulous Pink Party! This party is kindly sponsored by Liverpool Victoria.

- **Celtic Night party**
  Come and celebrate all things Celtic at this year’s Celtic Night hosted by RCN Northern Ireland from 8pm on Wednesday in the Royal Bath Hotel. Put on your traditional dress and dance to the beat of Different Drums.

- **End of Congress party**
  The icing on the cake to the week is of course the end of Congress Thursday night party from 8pm in the Royal Bath Hotel. Get your glad rags on, have fun and dance to the disco and live music with colleagues before heading home. Entrance includes a buffet supper and is by ticket only. This party is kindly sponsored by Liverpool Victoria.

If you register in advance your Congress party tickets will be sent out with your packs, if you register on arrival you will receive your tickets in your welcome pack.

**Congress fundraising**
This year RCN President Maura Buchanan has chosen the charity For Dementia to raise funds for during Congress, it’s a national charity, committed to improving the quality of life for all people affected by dementia, visit the website to find out more www.fordementia.org.uk
All main sessions of RCN Congress will be held at the Bournemouth International Centre, Exeter Road, Bournemouth, BH2 5BH
Telephone: 01202 456400
Fax: 01202 456500

Local transport
Bournemouth public transport information
Visit www.gettingabout.info or www.travelinesw.com or call Traveline South West on 0871 200 2233.

National Rail Enquiries
Train enquiries telephone 08457 48 49 50 (text phone for people with hearing impairments 0845 6050 600) or visit www.nationalrail.co.uk
RCN lift share scheme

The lift share scheme has been implemented to enable members to save money on travel to and from Congress and is part of the RCN’s commitment to reducing its carbon footprint wherever possible.

The scheme will enable you to register yourself and your journey details onto the system and search for matches. When selecting matches you can choose to find all female, all male, smokers, or non-smoker car sharers. You can search for matches with colleagues or take advantage of the advanced regional search options without displaying your details publicly. You can edit, modify, activate/deactivate and add or remove any journey.

To find out more and to register visit www.rcn.org.uk and search ‘lift share’ under the Congress 2010 section to register.

Car parking

There are multi-storey car parks available at the BIC and the Pavilion which are clearly signposted. The daily charges are as follows:

<table>
<thead>
<tr>
<th>Stay</th>
<th>BIC</th>
<th>Pavilion</th>
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<tbody>
<tr>
<td>Up to 1 hour</td>
<td>£1.00</td>
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<td>Up to 2 hours</td>
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<td>Up to 4 hours</td>
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<tr>
<td>24 hours</td>
<td>£12.00</td>
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<tr>
<td>10pm-8am</td>
<td>FREE</td>
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Many hotels in Bournemouth are within walking distance of the conference centre and have their own parking facilities.

RCN key locations

Main venue for Congress

All main sessions of RCN Congress are at the Bournemouth International Centre, Exeter Road, Bournemouth, BH2 5BH.

The RCN Lounge

The lounge is in the Tregonwell Hall at the conference centre – located on the first floor of the building. It provides a meeting area for members and staff and also includes the internet café, the RCN publications stand, Fit for Congress, the poster display area, sponsored seminar and refreshment facilities. Debates and other sessions in the main auditorium will be broadcast live on screens in the lounge.

The RCN’s internet café

The café is located in the RCN Lounge (Tregonwell Hall) and RCN library information staff will be on hand to deal with your queries. Opening hours are 8.15am-5.30pm from Monday to Wednesday and 8.15am-9pm on Thursday.

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RCN membership records

Do you need to update your RCN membership details? Staff will be located on the registration desk in the main foyer to help you do this. Remember that you can also check your membership details online at www.rcn.org.uk/myrcn

RCN publications stand

The publications stand is located in the RCN Lounge in the Tregonwell Hall. Here you can pick up free copies of posters, leaflets and other materials. Don’t forget you can download copies of RCN publications and leaflets from www.rcn.org.uk/publications

The main RCN exhibition stand

Come along to the Royal College of Nursing stand in the Purbeck Hall to speak to staff from our Learning and Development Institute, Online Advice Service and RCNDirect. You can also purchase RCN branded leisure wear such as t-shirts, caps and bags as well as the ever popular badges and keyrings. Prices start from just £3.95.

If you are not yet a member of the RCN and wish to join on our stand (in the Purbeck Hall only) your name will be entered into a prize draw to win £25 of Marks and Spencer vouchers!

3 Food and facilities at Bournemouth International Centre

Refreshments

Vouchers for free tea and coffee are provided for delegates in their registration packs. Vouchers can be redeemed at the catering points in the Solent and Purbeck halls within the exhibition on Monday to Wednesday and in the Solent Hall on Thursday. All tea and coffee will be Fairtrade and wherever practical, all food offerings will be sourced locally.

Lunch will be available from the catering areas in the exhibition halls and in the RCN Lounge in the Tregonwell Hall from Monday to Wednesday. Catering facilities will be available in the Solent Hall on Thursday. Wherever possible, produce will be locally-sourced.

Water points

There will be various water points located throughout the centre and at the Fit for Congress areas.

Smoke free Congress

Those members who do wish to smoke will be able to visit a designated smoking area away from the main venue.

Cloakroom facilities

Cloakroom facilities are available in the foyer of the BIC and will be fully signposted.

There are limited facilities for left luggage and, for security reasons, members are advised not to bring suitcases to the centre. There will be a luggage facility for delegates to use on Thursday, which will be situated in the Solent Hall. Please note that delegates should only use this on Thursday as it will be used for the Congress Exhibition from Monday to Wednesday. Most Bournemouth hotels allow guests to store luggage.

Telephones

Pay phones are situated in the public areas throughout the conference centre.

Security

Security stewards are stationed at all the entrances to the conference centre and in the main auditorium to ensure the health and safety of all delegates.

Disabled persons’ access

The whole of Congress in the BIC is accessible to wheelchair users.

There is an area for wheelchair users in the main auditorium in front of the stage on the flat floor of the arena.

The stage is fully accessible by a ramp, which is located next to the technical area at the right hand side of the stage. The height of the lectern on the stage is adjustable to meet the needs of those in wheelchairs.

In the event of an emergency evacuation, staff will be on hand to help those in wheelchairs, or those with other disabilities, to evacuate the building. The exhibition halls are on two levels and the access between the upper and lower floors for those in wheelchairs is by the lifts located in the Windsor Hall foyer or the Purbeck Hall foyer.

The internet café in the RCN Lounge (Tregonwell Hall) is fully accessible to wheelchair users.

Hearing impaired

The sound system in the conference auditorium is fitted with an induction loop to assist delegates with hearing aids.

Headsets are available from the security office at the BIC. This is located at the left hand side of the Bourne Lounge, at the top of the escalators from the main entrance foyer.

Other specific needs

Anyone attending Congress who has specific needs should go to the registration point in the
main foyer where staff will endeavour to provide suitable arrangements.

Being green at Congress
Every year, the RCN strives to reduce the impact Congress has on the environment.

Congress guides are printed on 100 per cent recycled paper. We have also made much of the Congress information available online to reduce the amount of printing.

Throughout the centre, you will see numerous recycling points for paper, bottles and cans and in particular for recycling your Congress Daily Bulletin.

Congress t-shirts and delegate bags are made from 100% recyclable bio-degradable cotton and have been sourced from an ethical supplier.

Local catering suppliers have been used wherever possible to ensure that your refreshments haven’t travelled far to get to you. Using the RCN lift share scheme to get to Congress also helps to reduce our carbon footprint.

We are keen to hear your ideas on how we can continue to make Congress as green as possible, so please email your thoughts to greencongress@rcn.org.uk

5 In the spotlight

Congress is a UK news event and attracts journalists from major print and broadcast media. It is nursing’s opportunity to make headline news.

The main RCN media office is situated in the Purbeck Lounge at the conference centre. All enquiries regarding the media and public relations should be directed to this office.

Journalists will be admitted to all meetings including fringes and the Congress exhibition by showing their press passes. External press facilities are also available and press seating will be provided in the main auditorium. If you’re asked to give media interviews, please contact the RCN media team immediately in the Purbeck Lounge who will give you advice and help beforehand. If you cannot find a member of the RCN media team then you can call 07778 475 542.

Congress RCN Daily Bulletin
Daily Bulletin features all the news and updates from Congress week. With a new issue available each morning you can also read about that day’s highlights and not-to-be missed debates and fringe events. Pick up your copy on arrival from special distribution points around the venue.

First aid
A first aid room is situated in the Windsor hall foyer behind the escalators. This will be staffed by trained personnel at all times during opening hours.

Doctors and dentists
If you are in need of a doctor, dentist or hospital, RCN staff at the enquiries desk in the Windsor Hall foyer have a full and comprehensive list.

The Daily Bulletin office is located in the Purbeck Bar. If you wish to send a letter to the editor or make a contribution, please drop a note in the Congress Daily Bulletin boxes located in the Windsor Hall Foyer and the RCN lounge in the Tregonwell Hall or ring the Daily Bulletin office on 07766 736 245 or email congressbulletin@rcn.org.uk

Congress online
If you miss a debate or want to find out more information about Congress, the RCN website (www.rcn.org.uk) has a whole section dedicated to the event. You can watch live or archived footage of debates, read up-to-the-minute news and features, join in social networking activity and view photos and films from the previous days. You can also sign up to the Congress eBulletin which delivers the Congress latest direct to your inbox.

You can keep track of all Congress activity on the RCN’s social media channels. Follow us on Twitter at www.twitter.com/thercn, become a fan on Facebook (just search for ‘Royal College of Nursing’) and view the latest daily films on our YouTube channel at www.youtube.com/rcnonline. There will also be regular blogs from key RCN members and staff on the RCN website.
Filming and photography
At Congress, an official RCN photographer will be there to take pictures of people and events throughout the week.

The Congress debates will also be webcast through the RCN website. These photographs and film footage may be used in the Daily Bulletin, Congress eBulletin, on the RCN website and in other RCN communications. If you do not wish to have you photograph taken or be filmed, please make this clear to the photographer or contact the Daily Bulletin office on 07766 736 245 and we will do our best to ensure that your image is not used.

However, please note that Congress is filmed and photographed by the external media and the RCN is not responsible for the content of their outputs.

Congress exhibition: don’t miss out
From Monday to Wednesday, RCN members and non-members alike will get the opportunity to visit the Congress Exhibition; the largest annual nursing exhibition in the UK. Showcasing the very latest products and services from a diverse range of companies from pharmaceutical, medical devices, recruitment agencies and publishers – make sure you don’t miss out!

The Congress Exhibition will once again be offering everything to keep you up to date in your particular area of practice with a variety of exhibitors and free professional accredited seminars (please see daily fringe listings for full details).

Full details of all of those exhibiting and a floor plan can be found in the RCN Congress 2010 Exhibition Guide which you can collect from the bag collection point in the Bourne Lounge.

Congress 2010 Exhibition opening hours:
Monday 26 April 9am-5.30pm
Tuesday 27 April 9am-6pm
Wednesday 28 April 9am-4.30pm

Disclaimer: accreditation applies to the learning content of the fringe programme and sponsored educational seminars and not to any product.
Sunday 8-8.30pm
Yorkshire & The Humber welcome reception
Basilica restaurant

All members from Yorkshire & The Humber are invited to attend the region’s free Congress reception. Refreshments will be served and whether this is your first time at Congress or you are a regular attendee, why not come along to meet friends, colleagues and RCN staff, followed by a pre-booked dinner.

Sunday 8-10pm
Northern Ireland welcome reception
Marriott Highcliff Hotel, Shaftesbury Room

All Congress delegates and guests from Northern Ireland are invited to an informal reception to welcome you to Congress, to meet colleagues from Northern Ireland and to raise any questions about Congress week. The event is free and refreshments will be provided.

Sunday 8-10pm
North West welcome reception
Norfolk Royale Hotel, Dorset Suite

Come along to the reception for North West Region members, a free light buffet will be served and this is a great opportunity for delegates to meet on a social basis prior to Congress.

Sunday 8-10pm
Eastern welcome reception
Marsham Court Hotel, Terrace Ballroom

Come along to the reception for Eastern Region members, a free light buffet will be served and this is a great opportunity for delegates to meet on a social basis prior to Congress.

Sunday 8-10pm
London welcome reception
Premier Inn, Gallery/Bar

The London Region is delighted to invite all London members to join the Board and staff at our Congress welcome reception. Come along and meet your Board members and take the opportunity to meet up with old colleagues and meet new friends. The event is free and a hot supper will be served.

Sunday 8-10pm
Scotland welcome reception
Hermitage Hotel, Hardy Suite

RCN Scotland will be celebrating the start of Congress with a reception for all Scottish members. Staff and Board members will be there to answer any questions you may have about Congress and welcome first time attendees to the event.

Sunday 8-10pm
South East welcome reception
Connaught Hotel, Connaught Suite

A reception to welcome all members and activists from the Northern Region to Congress 2010. This reception is free.

Sunday 8-10pm
South East welcome reception
Connaught Hotel, Connaught Suite

The South East Region would like to welcome its members to a traditional regional welcome reception. If you would like to know how you may be able to get a ticket please visit the enquiry desk in the Windsor Hall foyer (main entrance to BIC).

Sunday 8-10pm
South West welcome reception
Royal Bath Hotel, Garden Room

The South West Regional Board and staff would like to welcome members from the South West region to Congress, especially those attending for the first time. The reception is informal and gives members an opportunity to meet old and new friends and get to know the South West regional team, including your South West Board members. The event is free to attend.

Sunday 8-10pm
Wales welcome reception
Connaught Hotel, Franklyn Suite

This event is a welcome to all Welsh members and a chance to catch up with and meet friends, old and new. It’s also an opportunity to talk to members of staff, and find out more about what the RCN can offer – including becoming an activist. The event is free to attend.

Sunday 8-10pm
Northern welcome reception
Queens Hotel, Palace Suite

Sunday 8-8.30pm
Northern Ireland welcome reception
Marriott Highcliff Hotel, Shaftesbury Room

Sunday 9pm-1am
Nursing Standard disco
Royal Bath Hotel, De Vere Suite

Supported by Nursing Standard

Start the week off in style at the free disco kindly sponsored by Nursing Standard, this year the party is held in honour of Florence Nightingale.
Monday 26 April

Monday 8.15-8.45am
Fit for Congress: Reveille beach walk
Meet at the front of the BIC
Supported by
REPs

Join Dottie to walk along the golden sands of the South Coast’s Riviera and awaken your senses with the fresh sea air before the start of the day.

Walking is such an inexpensive way to keep fit. Learn how to use the environment to increase the effectiveness of your activity. The walk is on level terrain and will take approximately 30 minutes.

Monday 12.45-1.45pm
Current issues in nursing in Northern Ireland
RCN Northern Ireland Board
BIC, Branksome Suite

Join Chief Nursing Officer Martin Bradley and RCN colleagues to discuss current issues affecting nursing and the health and social care service in Northern Ireland.

A free sandwich lunch will be provided.

Monday 12.45-2pm
Drug calculations: how RCN Learning Representatives can help members to build confidence and access support
RCN Learning and Development Institute
Premier Inn, Connect 2

In September 2009 NPSA Chief Executive Martin Fletcher said: “Millions of medicines are prescribed. There are many ways to access support with maths and drug calculations, however, there is evidence that nurses are unwilling to disclose problems due to the perceived consequences of disclosing a lack of confidence or competence”.

This train the trainer workshop will teach RCN learning representatives how to deliver a workshop that raises awareness of the support available to nursing staff in a confidential and sensitive way.

The workshop will explore the importance of accurate drug calculations for patient care; the support available both in the workplace and externally; and the sensitivities and perceptions surrounding disclosure of problems with drug calculations and how to support staff to take action.

Monday 12.45-2pm
Does nursing care have a future?
Come and debate the Prime Minister’s Commission on the Future of Nursing and Midwifery
RCN Fellows’ Coordinating Committee
Marriott Highcliff Hotel, Dorchester Suite

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Do you worry about the future of nursing care? Do you find it hard to provide the care that you know your patients need? Do you feel supported in your working environment? Whether you are a student, HCA, registered nurse, clinical practitioner, educator or researcher, is care still at the top of your agenda? If so, come and join the RCN Fellows’ fringe event.

A panel of experts will review and discuss the Prime Minister’s Commission on the Future of Nursing and Midwifery. You will have a chance to participate and consider the report’s influence, including its implications for the whole UK.

Enjoy a free light lunch whilst you join in the discussion.

Monday 12.45-2pm
Equipping nurses with skills to meet the mental health needs of children and young people in a range of settings
RCN Children and Young People: Staying Healthy Forum
Marriott Highcliff Hotel, Shaftesbury suite

It is well documented that there are many nursing settings where the mental health of children and young people is an important consideration. These include schools, children’s and young people’s physical care, emergency care departments, outpatient departments and a range of community settings, as well as traditional mental health settings.

Come along to this event and gain valuable insights into caring for the mental health needs of this patient/client group. This interactive event will feature a drama company who will demonstrate the skills which help to deliver this specialist care as well as offer time for discussion and reflection.

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Monday 12.45-2pm
Get elected to an RCN role
RCN Governance Support Team
Royal Bath Hotel, Gladstone Suite

There are many RCN elections running this year including RCN President, Deputy President, Student Member of Council, Chair and Vice Chair of Congress, as well as Board and UK representative committees.

If you’re interested in taking a more active role within the RCN why not come along and find out what is involved and how to get yourself elected.

Monday 12.45-2pm
Improve cultural competence and equity in the provision of health care to the gypsy/traveller community
RCN Research Society
Premier Inn, Connect 1

Would you like to make a difference to your care, career and workplace? Ever wanted to know what the RCN can offer you to help with your professional development?

Find out how the RCN can support you. There will be information on courses and programmes, research, the new eHealth programme and demonstrations of our online resources including the eLibrary and award winning Learning Zone.

Come along and join in this fun and interactive event and take part in our prize winning draw to win £50 in M&S vouchers! Light refreshments will be available.

Monday 12.45-1.45pm
Launch of RCN infection prevention resource
RCN Nursing Department
Hermitage Hotel, Hardy Suite

Come to the launch of the new infection prevention web resource for members and discover the newly formed RCN infection prevention network.

Infection prevention and control is a core element of quality, patient safety and governance systems and the RCN can offer members crucial support. This event will address the current challenges for infection prevention from a four country perspective and update members on current RCN activity in this important practice area.

Monday 12.45-1.45pm
Pain and the 21st century – educating for the future
RCN Palliative Care, Pain and Complementary Therapy Forum
BIC, Durley Suite

Come along to this event to hear about pain and palliative care education, and what the future of this field could look like. Delegates will get the opportunity to share their views and experiences of caring for patients in pain. The importance of education for the provision of high quality care will be explored.

There will also be updates about what is happening for patients throughout the regions of England, Northern Ireland, Scotland and Wales, and an overview of what is happening within this newly merged forum.

Monday 12.45-2pm
Supporting veterans – mental health issues associated with serving in the British Armed Forces
RCN Defence Nursing Forum
Connaught Hotel, Connaught Suite

The care of armed forces veterans is a highly topical issue and has been a focus of RCN attention for some time. The College recently attended the Leader of the Opposition’s Combat Stress Summit held at the House of Commons, reflecting our aspiration to improve mental health support to veterans.

The session will look at how to identify the specific mental health and occupational implications of serving within the armed forces and operational tours, and describe the current structures and assessment opportunities offered by the Medical Assessment Programme to support veterans. It will also consider the rationale behind the Institution of Specific Reservists Mental Health Programme that facilitates access, assessment and treatment for Territorial Army and reservist personnel who have been deployed since 2001.

In addition it will highlight new initiatives that are being provided for reservists and reflect on six NHS pilots.
Monday 12.45-1.45pm
The review of the health and wellbeing of NHS staff
RCN Nursing Department
BIC, Westbourne Suite

We are delighted to announce that Dr Steve Boorman will be attending this fringe event to give an update on the NHS Health and Wellbeing Review (the Boorman review) and answer questions from delegates.

The NHS Health and Wellbeing Review followed Dame Carol Black’s report, Working for a Healthier Tomorrow, on the health and wellbeing of the working age population. It starts from the premise that “all NHS bodies should provide exemplary support for their employees’ health and wellbeing, both because it supports the goal of delivering high-quality care for all, because the NHS should be seen as a leader in this area and importantly because it makes sense in financial terms” (Boorman, 2009).

This event will present the background and findings of the review and explore the implications for practice. Delegates will also be invited to debate the recommendations in the review and consider how they could be implemented.

Monday 1-1.30pm
Fit for Congress: get good vibrations with flexi-bar
BIC, Tregonwell Hall

Supported by

The very latest piece of equipment favoured by the celebs to trim, tighten, tone and improve your general fitness.

Monday 1.30-2.05pm
SPONSORED EDUCATIONAL SEMINAR
The National e-Learning project for medical device training
Hosted by: NHS training for innovation
BIC, Tregonwell Hall, Seminar Room One

Come along to this event to learn about e4Equipment, an e-learning resource for clinical staff to help with updating their understanding of a variety of new medical devices.

This new service is being developed for both trainers and users in health care by NHS Training for Innovation (TFI) and e-Learning for Healthcare (e-LH). E-LH is a Department of Health Programme in partnership with the NHS and other professional bodies.

Aimed at all health care professionals within NHS Trusts and integrated into the Electronic Staff Records, e4Equipment will provide high quality training in the safe and effective use of medical equipment technology. Enjoy free refreshments whilst you attend this seminar.

Monday 3.50-4.25pm
SPONSORED EDUCATIONAL SEMINAR
IBS and digestive discomfort, an holistic approach
Hosted by: Danone
BIC, Tregonwell Hall Seminar Room One

Join gastroenterologist Dr Nick Read for an exploration of irritable bowel syndrome (IBS) and digestive discomfort. Participate in an interactive session brought to life by case studies, where Dr Read will highlight the role of holistic approaches to treatment, and share best practice in gaining patient concordance.

Learn about the latest NICE guidance for adults in IBS – which now include probiotics for monitoring – and how they will help to improve your understanding of not only these conditions but your patients too.

We look forward to seeing you at what promises to be an informative and enjoyable session. Enjoy free refreshments whilst you attend this seminar.

Monday 5.45-6.45pm
Best research for best practice: policy and practice in clinical research nursing
RCN Research Society
BIC, Meyrick Suite

Supported by

NURSE RESEARCHER

The commitment to innovation and the promotion and conduct of research appears on the first page of the NHS Constitution. Research is now an NHS priority. For nurses, there are two key roles; clinical research nurse and nurse researcher.

This event gives you the opportunity to debate and discuss research nurse roles and current issues, and to learn about the new research network structure and latest developments, including the national co-ordinated framework which aims to ensure an appropriate trained and managed workforce. The fringe will also discuss opportunities for clinical nurses in research within the NHS.

Monday 3.45-4.15pm
Fit for Congress: superior posterior
BIC, Tregonwell Hall

Supported by

The event will show how rheumatology nurses demonstrate the value of their specialism through survey and research techniques.

This session should inspire nurses in other specialist fields to strive to capture similar data or consider greater cooperation in demonstrating value of specialist nursing.

Attendees will understand more about the components of the nurse specialist role and show how such activity can demonstrate cost effectiveness and benefits to patient care. Participants will also see how surveys can be used effectively to demonstrate the competencies and activity of current specialist nurses in rheumatology, and will learn how important it is for all nurses to be able to capture the essence of their roles and ultimately their value to patients.
**Monday 5.45-6.45pm**

**Learning disability offenders: what’s it to do with you?**

**RCN Nursing Department**
Premier Inn, Connect 2

This is an event must for all Congress attendees who have an interest in (or who work with) offenders and/or people who have a learning disability.

The session will aim to raise awareness of offenders with learning disabilities as a vulnerable population and to offer an update on how services are configured around the UK.

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**Monday 5.45-7.15pm**

**Moving forward: challenging dyslexia, dyspraxia and dyscalculia in the workplace**

**RCN Nursing Department**
Marriott Highcliff Hotel, Dorchester Suite

For some years now the RCN Nursing Department has been co-ordinating and taking forward the RCN work around these three disabilities. Following several successive events, including Congress fringes and last year’s Congress debate, work has been taking place to explore how these conditions are managed in the workplace and how staff can be supported in their professional practice.

A final report will be presented at this fringe highlighting areas of good practice. In addition a draft toolkit, prepared for both nurses and their managers, will be reviewed prior to final rewrite and publication.

Please come along and add your thoughts to help us make the toolkit as effective as possible.

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**Monday 5.45-6.45pm**

**Showcasing nurses and midwives implementing High Impact Actions**

**RCN Nursing Department**
Supported by the Department of Health
Connaught Hotel, Connaught Suite

The Chief Nursing Officer for England launched eight High Impact Actions (HIA) for nursing and midwifery in November 2009. The Nursing Department are pleased to join with the Department of Health to showcase the HIAs and highlight how nursing staff across England are already using these to improve patient care and drive down costs.

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**Monday 5.45-7.45pm**

**Witness skills: provide advice and support to nurses who may find themselves giving evidence to legal bodies**

**RCN Ophthalmic Nursing Forum**
Marriott Highcliff Hotel, Shaftesbury Suite

This session will provide advice and support to nurses who may find themselves giving evidence to legal bodies such as NMC, HPC, coroners, and civil or criminal courts.

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**Monday 7-8.15pm**

**NPPC and RCN Forums meet and greet**

**RCN Nursing and Governance Departments**
RCN Forum Chairs
RCN Forum Chairs
RCN Forum Chairs
Supported by the Department of Health
RCN Nursing and Governance Departments
Hermitage Hotel, Hardy Suite

Congress 2010 marks one year since the launch of the 41 new RCN Forums. Join the RCN Nursing and Governance Departments for an event for forum members and those interested in joining.

This is an invaluable opportunity for NPPC members to meet forum committees and activists, to celebrate the work of the RCN forums and to discuss how the forums and NPPC can work better together in the future to shape and influence health policy and practice. Join your colleagues for this event, and find out how to make a difference in your specialty.

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**Monday 8pm-1am**

**Congress welcome party**
Royal Bath Hotel

Kick off your week in style at the official Congress welcoming party. Catch up with Congress colleagues over a buffet supper, disco and live music. Entrance is by ticket only.

If you registered in advance your Congress party tickets were sent out with your packs, if you register on arrival you will receive your tickets in your welcome pack.
Tuesday 27 April

Tuesday 10.35-11.10am  
SPONSORED EDUCATIONAL SEMINAR  
Cancer survivorship: workforce challenge or opportunity?  
Hosted by: Macmillan Cancer Support  
BIC, Tregonwell Hall, Seminar Room One (RCN Lounge)

Historically, cancer has been seen as a fatal disease. However, as medical treatments have improved, so have the treatment outcomes. Many more people will survive cancer, which offers a clear challenge to us all to understand and support the multiple needs of those living beyond a cancer diagnosis.

Macmillan Cancer Support is co-chairing a National Cancer Survivorship Initiative (NCSI) with the Department of Health. A think tank in March 2008 brought together key individuals and organisations to consider the needs of people living with or beyond cancer. Working with NHS Improvement, Macmillan and the NCSI are piloting new models of follow-up to provide better post-treatment support.

Hear about these new initiatives and how they could impact on the delivery of care within your workplace. Enjoy free refreshments whilst you attend this seminar.

Tuesday 10.35-11.10am  
SPONSORED EDUCATIONAL SEMINAR  
A different way of nursing  
Hosted by: NHS Direct  
BIC, Tregonwell Hall, Seminar Room Two (RCN Lounge)

Come along to the NHS Direct educational seminar to find out more about how we provide professional health care on the phone and online.

This event will show you the career opportunities we have available, including new roles we’re opening up for student and qualified nurses. The seminar will also describe our exciting proposals for new ways of rostering which will help our front line staff have more control over their work/life balance.

Join us for elevenses and find out if we could be part of your future.

Tuesday 12.45-2pm  
Advanced nursing practice: raising standards or status?  
Nursing Standard, RCN and NMC  
Connaught Hotel, Connaught Suite

Nursing Standard, the NMC and the RCN will host a debate on the regulation of advanced nursing practice (ANP), providing the opportunity to challenge the experts and to take part in a workshop-style discussion on the issues raised by the RCN Emergency Care Association’s Congress resolution.

Is ANP regulation necessary to safeguard the public? How would regulation impact across the four UK countries, the independent sector and with the military? Which nurses should be allowed to call themselves advanced practitioners? Do we need regulation to end the confusion caused by the huge number of job titles in nursing? These are just some of the questions to be addressed at this event.

Free lunch will be provided.

Tuesday 12.40-1.15pm  
SPONSORED EDUCATIONAL SEMINAR  
Chickenpox and Shingles – one virus, two diseases  
Hosted by: Sanofi Pasteur MSD  
BIC, Tregonwell Hall, Seminar Room One (RCN Lounge)

Join in the discussion about the relationship between chickenpox and shingles (herpes zoster). It will address the epidemiology and incidence of shingles and post-herpetic neuralgia (PHN) in the UK and how they may impact patients’ quality of life.

Learn about the prevention of shingles (herpes zoster) and PHN through vaccination, including updates regarding the recent recommendation from the Joint Committee of Vaccination and Immunisation (JCVI) for a vaccination programme against shingles and explore the role of nursing staff in a potential national programme. Enjoy free refreshments whilst you attend this seminar.
Tuesday 12.45-2pm
Casualties of conflict – a patients’ pathway
RCN Defence Nursing Forum
Premier Inn, Connect 1

Follow the journey taken by injured service personnel and gain a valuable insight into the elevated care given to British and allied servicemen and women following injuries sustained as a result of armed conflict.

There’ll be the opportunity to discuss how defence nurses work together to deliver treatment in maritime, land and air operations; the considerations that must be faced to enable a safe return to a UK NHS setting; and the cohesive working relationship with fellow NHS colleagues.

Tuesday 12.45-2pm
International health care partnerships: how to get involved
RCN International Department and South West Region
BIC, Westbourne Suite

If you’ve ever felt inspired to get involved in workplace projects which support health care in developing countries this event will show you how to do it. It will highlight how members in the UK can work with peers in developing countries to improve the health and wellbeing of nursing staff.

Topics covered by speakers will include information on Tropical Health Education Trust (THET) funding, International Health Links Centre (IHLC), the RCN South West Collaboration and the RCN International Humanitarian Community.

Tuesday 12.45-2pm
Getting better in hospitals? The experience of people with learning disabilities and their families
RCN Learning Disability Nursing Forum
Supported by the Department of Health
BIC, Branksome Suite

Come along to this event to learn about and discuss the care and treatment of people with learning disabilities and their families in hospitals. Practical advice on how to overcome poor care and attitudes will be generated from and within the debates.

The event will look at how community and acute colleagues can work effectively together to improve the dignity and care of this client group and their families. It will also show participants how to effect small, practicable and achievable change.

Tuesday 12.45-1.45pm
Preceptorship: the transition to a new way of working learning from the Scottish experience
RCN Education Forum
Connaught Hotel, Franklyn Suite

Come to this event to explore current issues around preceptorship and the development of newly qualified staff in response to significant policy shifts.

With the Nursing and Midwifery Council’s decision to move to an all-graduate profession, preceptorship is likely to become mandatory. With the recent publication of the Preceptorship Framework for Nursing (DH, Nov 2009) lessons need to be learned from the places where preceptorship has been applied in a more sustained way.

This fringe event will discuss preceptorship issues and consider the need for a structured development plan for the whole of the UK.

Tuesday 12.45-2pm
Meeting with the Chief Nursing Officer of Wales
RCN Welsh Board
Hermitage Hotel, Clifton Suite

Are you a Welsh member who would like to put questions to your Chief Nursing Officer? If so, come along to this event and discuss issues relating to the field of nursing in Wales and find out how the Welsh Assembly Government for health and health services works.

Tuesday 12.45-2pm
Quality accounts – nursing quality counts
RCN Learning and Development Institute
Hermitage Hotel, Hardy Suite

Within the nursing profession it is important that high quality care is provided to all patients in all settings such as hospitals, care homes or the community.

From April 2010 the regulation of health and social care will change with legislation bringing in a new registration system. The Care Commission is the independent regulator for health and social care in England. This session will offer the opportunity to learn about the new registration system and explore issues on regulating health and social care.

Lunch will be provided giving the opportunity to network.

Tuesday 12.45-2pm
RCN Membership Review
RCN Governance Support Team
Royal Bath Hotel, Gladstone Suite

RCN Council is reviewing the RCN’s membership framework – asking whether or not RCN membership categories reflect the current nursing workforce, and exploring what those categories might look like in the future, given the changing nature of nursing. Come along to find out more, ask questions and contribute your thoughts and ideas to this exciting piece of work.
Tuesday 12.45-1.45pm
Regulation in the health Service – ISA and CRB checks
RCN Legal Department
Marriott Highcliff Hotel, Dorchester Suite

This seminar will explain the new vetting and barring scheme which will affect all health care workers in the private and public sectors whether they are paid staff or volunteers.

The scheme implements the Safeguarding of Vulnerable Groups Act 2006 introduced following the Soham murders and will be the largest scheme of its kind in the world.

The session will describe the registration process, the way forward for this new regulatory system, the Independent Safeguarding Authority (ISA), the scope and implications of the scheme and its interplay with the Nursing and Midwifery Council (NMC) proceedings.

It will also explain the appeals mechanism, legal redress through the courts and the need to obtain urgent legal advice if referred to the ISA in case of an adverse Criminal Records Bureau (CRB) check. The effects of being barred are draconian resulting in a 10 year bar from working with vulnerable groups before a review is permitted.

Tuesday 12.45-2pm
Skills and competencies for all nurses working within emergency care settings
RCN Children and Young People: Acute Care Forum
Premier Inn, Connect 2

Supported by

**EMERGENCY NURSE**

**PAEDIATRIC NURSING**

Children and young people’s care in emergency and unscheduled care settings is increasingly recognised as being of paramount importance. Recent studies by the Confidential Enquiry into Maternal and Child Health (CEMACH) titled *Why Children Die* and the Care Quality Care Commission highlight the paucity of knowledge and skills by frontline practitioners in these key areas.

This event will explain the skills and competencies required of all nurses working with children and young people in emergency care settings and inform delegates of a new publication undertaken between the Royal College of Nursing and Royal College of Paediatrics and Child Health detailing the core competence required of all nurses working within this field, including recognition of a sick child, safeguarding children, pain management and communication.

The primary audiences for this fringe event are:
- all nurses caring for children within emergency and unscheduled care departments
- emergency department managers and lead nurses
- those working in urgent care centres, walk-in centres, minor injury and illness units.

The nursing skills required in caring for children and young people within emergency and unscheduled care are also transferable to other health care environments and this fringe event will also benefit nurses caring for children in other specialist areas of acute care.

Tuesday 12.45-2pm
Skin is everyone’s business... skin cancer awareness
RCN Dermatology Nurses Forum
BIC, Durley Suite

Supported by

**CANCER NURSING PRACTICE**

In 2006 the *Improving Outcomes for People with Skin Tumours Including Melanoma* report was published. This document pointed the way towards important changes in the structure and organisation of care for patients in this category (NICE February 2006). In 2006 Cancer Research UK identified that 81,600 non-melanoma skin cancers were registered in the UK.

Come along to this event to learn about the current prevalence of skin cancers in the UK, how to improve understanding of diagnosis, current treatments and management techniques, and explore the role of the nursing staff in skin surveillance.

Tuesday 12.45-2pm
Support for learning representatives: what can you access in your region or country
RCN Learning and Development Institute
Marriott Highcliff Hotel, Shaftsbury Suite

Are you an RCN Learning Representative?
Do you know the support and learning opportunities that are available to you in your region or country? Come along to this event and find out about the RCN’s Unionlearn project that has created a number of new learning and development opportunities for RCN Learning Representatives.

This event will help you explore what is on offer, explain how to sign up to workshops and help you get the most out of your role at the RCN.

Tuesday 1.30-2.05pm
Fit for Congress: flat tummies – anywhere, anytime
BIC, Tregonwell Hall

Learn tips for getting a flatter tummy no matter where you are. You will leave the session with ideas on how to keep this problem area in trim whether you are on the ward or sitting at a desk.

Tuesday 1.30-2.05pm
SPONSORED EDUCATIONAL SEMINAR
Supporting nurses on the front line
Hosted by: NHS Choices
BIC, Tregonwell Hall, Seminar Room One (RCN Lounge)

NHS.UK is not just the UK’s number one health information website for the public: every month, thousands of health professionals visit the site to access patient resources and to use the content to support their clinical practice. It’s evidence-based, completely free and you do not need to be a member or need a login to use it.

Come to this event to learn how this website could help you in practice. Please visit www.nhs.uk to learn more. Enjoy free refreshments whilst you attend this seminar.
**Tuesday 3.45-4.15pm**  
**Fit for Congress: get good vibrations with flexi-bar**  
BIC, Tregonwell Hall  
**Supported by**  
REPs  

Come along to learn how to use the very latest fitness equipment favoured by the celebs to trim, tighten, tone and improve your general fitness.

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**Tuesday 3.50-4.25pm**  
**SPONSORED EDUCATIONAL SEMINAR**  
Role of plant sterols and stanols in a cholesterol lowering diet  
Hosted by: Flora pro.activ  
BIC, Tregonwell Hall, Seminar Room One (RCN Lounge)  

Discover the benefits of plant sterols/stanols, their cholesterol lowering properties, clinical evidence and their role in dietary guidelines.  

Come along and learn about this important advancement in health care with our interactive case studies which will bring the topic to life. Enjoy free refreshments whilst you attend this seminar.

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**Tuesday 5.45-7.15pm**  
**Engaging HCAs and APs: now and the future**  
RCN Education Forum  
Premier Inn, Connect 2  
**Supported by**  
NURSING STANDARD  

Following the Nursing and Midwifery Council’s decision to move nursing to an all graduate profession, an enhanced focus will occur in ensuring that safe practice is provided. This will acknowledge a need for a structured development plan for team work across and beyond the profession.  

This event will explore the current issues in relation to Health Care Assistants (HCAs) and Associate Practitioners (APs) and their future educational/training needs in response to significant policy shifts such as introducing an all graduate profession.

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**Tuesday 5.45-7.15pm**  
**Making technology work for patients and practice ehealth in action**  
RCN Learning and Development Institute  
BIC, Branksome Suite  
**Supported by**  
Intel Health  

Technology in health care is often referred to as eHealth; so what’s it all about?  

Don’t be put off by the title – eHealth is not just about computers, it’s about finding, using, recording, managing, and transmitting information more effectively to support health care, particularly to help you make more informed decisions about patient care and to constantly improve your practice.  

eHealth can help make your working life easier and improve patient care, so this event will be relevant for all those working in nursing teams, wherever you work and in whatever environment. Come and consider the future for your patients with us!  

The RCN, with sponsorship from Intel Digital Health Group, is running this workshop where you will have the opportunity to see technology in action.

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**Tuesday 5.45-7.15pm**  
**Report writing for mental health nursing staff**  
RCN Forensic Nursing Forum  
BIC, Westbourne Suite  

Report writing is an integral part of the toolkit of a mental health nurse. There is limited guidance available on this topic, with the exception of Nursing and Midwifery Council material.  

Come along to this event for valuable guidance on producing good quality reports. It will help you recognise the importance of using clear, factual, accurate and unambiguous information and understand the key components that make up a good report.

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**Tuesday 5.45-7.15pm**  
**Weight is a women’s health issue**  
RCN Midwifery and Fertility Nursing Forum and RCN Women’s Health Forum  
Hermitage Hotel, Hardy Suite  

How much do you know about how body weight and exercise can be both beneficial and harmful to women’s health?  

Michael Dooley is a Consultant Gynaecologist and co-director of The Pounding Clinic. He is committed to improving women’s health and developing an integrated approach to female health.  

Come along to this fringe event to hear about his experiences of advising world class athletes about their health.
Tuesday 6-8pm
John Goodlad Memorial lecture
RCN Employment Relations Department
BIC, Main auditorium

Lawrence Waterman, Head of Health and Safety at the ODA, is one of the UK’s foremost authorities on accident and ill health prevention and will present the lecture which was established as a tribute to John Goodlad.

With the 2012 Olympic Games and Paralympic Games around the corner this is an exciting opportunity to find out about the UK-wide work of the ODA, specifically efforts to ensure that its workforce of more than 2,000 employees are kept healthy, safe and secure.

John Goodlad worked for the Royal College of Nursing as a Labour Relations Officer from 1977 until his death in November 1991.

Tuesday 6.30-8pm
Equality and diversity representatives: which way now?
RCN Equality and Diversity Unit
Connaught Hotel, Franklyn Suite

The diversity, equality and human rights agenda is changing fast within health care settings. Is there a role for an activist with a special remit around equality and diversity issues and is it really everyone’s business?

Come along to this event and help the RCN discuss this important issue and hear about the progress which has already been made. Light refreshments will be served.

Tuesday 8.30pm-1am
Greater Glasgow Branch comedy karaoke night
Marriott Highcliff Hotel, Dorchester Suite

This event builds upon the success of last year’s event at Harrogate where over 220 delegates enjoyed a night of laughter and song. It brought together members and activists from across the UK and the entire family of nursing.

It is our plan to this year host an event of equal success and in doing so provide delegates with an alternative to discos and students night – come along to laugh, sing and have lots of fun!

Wednesday 8.15-8.45am
Fit for Congress: wake-up, walk and tone
Meet outside BIC main entrance

Supported by

Wednesday 8.15-8.50am
SPONSORED EDUCATIONAL SEMINAR
Nursing in outback Australia
Hosted By: Queensland Health
BIC, Tregonwell Hall Seminar Room One (RCN Lounge)

Australian rural and remote nursing is an experience like no other. This may mean working in a small hospital or community setting outside a major provincial town, a mining site, a tourist resort, a pastoral property, or an isolated area ‘out Bush’. Few other areas of nursing so fully utilise the repertoire of nursing knowledge and skills. Australia’s largest public health service Queensland Health will discuss the uniqueness of outback nursing; draw comparisons with the role of UK nurses; and highlight the opportunities for professional and personal growth this can hold for you.

Wednesday 10.35-11.10am
SPONSORED EDUCATIONAL SEMINAR
Introduction to remote patient monitoring
Hosted by: Intel
BIC, Tregonwell Hall, Seminar Room One (RCN Lounge)

A new model for health care provision is necessary to meet the challenges of greater personalisation of care and our ageing population. As all nursing staff will be aware, these are placing increasing demands on health and social care resources.

Exciting new developments in remote patient monitoring technologies could support the shift to more personalised care, closer to home – which would be incredibly beneficial to an ageing population. Come along to this fringe event to learn more about remote patient monitoring as a way of improving the quality and effectiveness of health care and what advantages it could bring to your patients. Enjoy free refreshments whilst you attend this seminar.
Wednesday 12.40-1.15pm
Sponsored Educational Seminar
Implementation of new NMC Standards for pre-registration nursing education
Hosted by: Nursing & Midwifery Council
BIC, Tregonwell Hall, Seminar Room One (RCN Lounge)

Following a recent consultation, new Nursing and Midwifery Standards for pre-registration nursing education will be launched in the autumn of 2010, with the first new programmes commencing in autumn 2011. Implementation of the new standards will require changes in the way practice learning is organised and undertaken. Students will need good role models in the workplace and mentors who are able to support them appropriately and facilitate a range of practice learning experiences.

This seminar will explore the new approaches to learning and assessment in practice learning that will be needed and give delegates the opportunity to discuss the issues and ask questions. Enjoy free refreshments whilst you attend this seminar.

Wednesday 12.45-2pm
Critical care in recovery/PACU and A&E
RCN Perioperative Forum
RCN Critical Care and In-flight Nursing Forum
Hermitage Hotel, Hardy Suite

The Perioperative and Critical Care and In-flight Nursing Forums invite you to comment on draft advice about caring for critically ill patients in recovery/PACU.

The event will begin with a presentation of the document’s purpose and draft content. You will then be able to comment on the draft in a facilitated focus group. Thoughts will then be shared with the whole group and the forum steering committees who will use the verbal feedback to develop the draft advice for publication.

A light buffet will be provided.

Wednesday 12.45-2pm
Leading the way: mental health nursing in Scotland – what are the lessons for the rest of the UK?
RCN Forensic Nursing Forum
Hermitage Hotel, Clifton Suite

The Scottish Government has developed several key policy initiatives with respect to mental health and considers the mental health of its population to be a core function of its business. The key policy direction for mental health nursing in Scotland is currently being refreshed, alongside possible changes in mental health legislation and a new overarching strategy for mental health in Scotland.

This fringe event will share how mental health nurses in Scotland are supporting policy initiatives in a practical, recovery-focused way across all mental health settings. The event will also describe priority areas for RCN Scotland in influencing developing policy initiatives in mental health over the next 12-18 months.

Wednesday 12.45-2pm
How to get on the Congress Agenda
RCN Governance Support Unit
Premier Inn, Gallery

Ever wondered how Congress agenda items are submitted and chosen? Ever wondered how Congress agenda items are submitted and chosen? The aim of this session is to get you fired up with agenda ideas for Congress 2011. You’ll also learn what topics make a good subject for debate and get the media and members buzzing, and how to draft the wording.

Wednesday 12.45-2pm
Legal and Governance Review
RCN Governance Support Team
Royal Bath Hotel, Gladstone Suite

Last year RCN members voted at the AGM to amend the Royal Charter to set up the RCN Foundation, and the work hasn’t stopped there. The RCN’s legal and governance review project has been continuing to see what else needs to be done to ensure that the organisation has a set of constitutional documents that are truly fit for purpose now, and in the future.

Council members are hosting this session to explain more. They will also be exploring how the RCN’s governance structure should work in the future.

If you have questions about the changes and would find it useful to talk through your questions on a 1-1 basis we are making appointments for members to do so during Congress week. Simply complete a postcard, available at various points, or simply drop a note with your name and phone number into the special post box in the RCN Lounge.

Wednesday 12.45-2pm
Promoting positive care for people with dementia in general hospital settings
RCN Older People’s Forum
Connaught Hotel, Franklyn Suite

Come and share your examples of good practice around the experiences of, and care given to, people with dementia in general hospital settings. There will be the opportunity to discuss ways of identifying and challenging inadequate care and identify how staff can work effectively to address key priorities, for example, involving families in care, environments, eating and drinking.

By the end of the session, delegates will have developed new understandings that they can bring to their own practice and share with colleagues around the UK, including developing improved care pathways; challenging the barriers to good practice; and developing nursing practice and the workforce in order to address the priorities identified by UK governments and service users.

Wednesday 12.45-2pm
Modernising Nursing Careers and the Knowledge and Skills Framework
RCN Publishing
Supported by the Department of Health
Marriott Highcliff Hotel, Shaftesbury Suite

Discuss with others how best to use the UK-wide Modernising Nursing Careers and the Knowledge and Skills Framework (KSF) together to help your own and your employer’s development.

Using the policies together unlocks the potential to develop your career and promote a culture of career development amongst the nursing workforce. The discussion will help you to find new ways to encourage your trust to use KSF to underpin the MNC framework in their organisation and identify skill gaps and shortages in the workforce.

Wednesday 12.45-1.45pm
Race equality: promise or progress?
RCN Equality and Diversity Unit
BIC, Branksome Suite

Come along to this exciting fringe event to learn about and help us review how the RCN performs on race equality issues.

Help us challenge, inquire and influence on achieving its goal to be a world-class champion of diversity, equality and human rights within the health and social care sector.

Join Cecilia Anim, RCN London Region Board Member Dr, Peter Carter, Chief Executive & General Secretary and Tom Sandford, Director of RCN England, and be a part of the solution.
Wednesday 12.45-1.45pm
RCN Nursing Practice Standards
RCN Learning and Development Institute
BIC, Durley Suite

Supported by
NURSING MANAGEMENT
HQIP

Be the first to find out about the RCN’s eight new practice standards for nursing care.

Developed in collaboration with patients, users and other stakeholders and derived from a Department of Health, England, scoping project across UK-wide policy documents, the RCN has built on the project findings to develop eight standards that describe the key elements of nursing care in any setting.

These standards will be highly relevant to all nursing staff; guiding public and professional understanding about what can be expected of nurses and nursing.

Wednesday 12.45-2pm
Sharing best practice – supporting the learning and development of RCN representatives
RCN Learning and Development Institute
Marriott Highcliff, Dorchester Suite

If you’ve ever wondered what it’s like to be an activist, this showcase provides a window to the support and development given to representatives on the Future Activist Pathway Programme.

The RCN’s UK-wide learning and development pathway for accredited RCN stewards, safety representatives, and learning representatives was launched at Congress in 2008. This event will highlight the progress made; explain more about the three RCN trade union representative roles; illustrate the learning and development activities available to support RCN representatives and showcase the resources used to deliver the learning on the programme.

Wednesday 12.45-2pm
Spirituality in nursing
RCN Nursing Department
Connaught Hotel, Connaught Suite

Is spirituality a key component of care giving? The RCN has been consulting with its membership about spirituality and if nursing staff need to consider this when delivering essential care. This fringe event will share the results of the survey and discuss the next steps.

Wednesday 12.45-1.45pm
Saving 1,000 in Wales – the nursing contribution
RCN Welsh Board
BIC, Meyrick Suite

The 1000 Lives Campaign aims to reduce risks to patient safety in Wales by implementing life-saving interventions. Health care agencies across the country are working collaboratively to prevent 1,000 avoidable deaths and up to 50,000 episodes of harm between April 2008 and April 2010.

During the seminar the campaign director Dr Jonathan Grey will join nurses from Wales to share experiences of the campaign and to highlight the contribution nurses make to saving lives in health care on a daily basis. The seminar will highlight the ways in which patients in hospital can be unintentionally harmed; describe the ways in which nurses contribute to saving lives and reducing harm; and recognise and understand the importance of measurement of the outcomes of nursing and other health care interventions.

Wednesday 12.45-2pm
Violence against women and girls
Health Group
Premier Inn, Connect 1

Supported by
South Staffordshire and Shropshire Healthcare
NHS

The nursing team has an important role to play in identifying girls and women at risk of violence and abuse. This event will hear from guest speakers, provide the opportunity to learn about the early sexualisation of women and the UK governments’ violence against women strategies; and offer a chance to share your views in a discussion.

Wednesday 12.45-2pm
Welfare rights and guidance: RCN Work Injured Nurses Group AGM
BIC, Westbourne Suite

At this AGM you will hear reports from the WING Committee and adviser detailing their work over the past 12 months; changes to the WING constitution and discretionary fund in light of recent changes to the governance structure of the RCN; and plans for the year ahead.

Further details are available from the RCN’s Welfare Rights and Guidance office on 0345 408 4391 or email wing@rcn.org.uk (this event is open to all RCN members, but especially those who are members of WING).

A free buffet lunch will be served.

Wednesday 1.30-2.05pm
SPONSORED EDUCATIONAL SEMINAR
Supporting the health care sector
Hosted by: Register of Exercise Professionals
BIC, Tregonwell Hall; Seminar Room One (RCN Lounge)

The Register of Exercise Professionals (REPs) is part of SkillsActive; the Sector Skills Council for Active Leisure and Learning. SkillsActive is an employer led organisation that produces the National Occupational Standards for instructors in the health and fitness industry upon which REPs is based. The government is increasingly looking to the health and fitness industry to help it deliver on public health and activity targets in the fight against obesity and its related diseases. Physical inactivity is a contributing factor to obesity-related diseases which are becoming more and more frequent throughout the UK’s population.

The seminar is to inform health professionals of the existence of the Register of Exercise Professionals and how we can work together towards improving the health of the nation and achieving the government’s health agenda. Enjoy free refreshments whilst you attend this seminar.
Wednesday 5.45-6.45pm
How to be assertive without losing friends
RCN Member Support Services
BIC, Branksome Suite
Building self-confidence and assertiveness is probably a lot easier than people think. Most people don’t want to transform into being excessively dominant and simply want to resist the pressures of others and have a little more control in situations that are important to them. This workshop will specifically look at how you can achieve this in a practical and interactive way, using live examples and sharing skills and tools.

Wednesday 5.45-6.45pm
Launch of RCN infection prevention web resource
RCN Nursing Department
Connaught Hotel, Franklyn Suite
Come along to the launch of the new infection prevention web resource for members and discover the newly formed RCN infection prevention network.
Infection prevention and control is a core element of quality, patient safety and governance systems and the RCN can offer members crucial support. This event will address the current challenges for infection prevention from a four country perspective and update members on current RCN activity in this important practice area.

Wednesday 5.45-7.15pm
Monica Baly Lecture: valuing male nursing
RCN History of Nursing Society
Premier Inn, Connect 1
Professor Duncan Mitchell, chair of the RCN History of Nursing Society will challenge the myths and stereotypes of male nursing in this fascinating look through the ages. Discover the contribution that male nursing models made to health care whether in the monastery or on the battlefield, and what has helped and hindered male nurses throughout the past two centuries.

Wednesday 5.45-7.15pm
Providing more nursing in the community
RCN Nursing Department
Marriott Highcliff, Shaftesbury Suite
While political devolution has resulted in significant differences in the way community health services are organised in the four countries, the aims and ambitions are similar. The drive is to expand community health services throughout the UK, so that we are equipped to improve the prevention of disease, enhance self reliance and reduce health inequalities and the need for hospital admission. This event will explore the workforce issues relevant to these particular reforms.

Wednesday 5.45-7.15pm
Q&A with Peter Carter, RCN Chief Executive & General Secretary
Royal Bath hotel, Gladstone Suite
Dr. Peter Carter, Chief Executive & General Secretary of the RCN, hosts his annual Q&A session at Congress. All members are invited to join him in this informal setting and ask him questions on anything, from politics to policy. Admission for this event is by ticket only. Tickets can be obtained free from the enquiry desk at the BIC main entrance.

Wednesday 5.45-7.15pm
The benefits of international trade union collaboration in a recession
RCN Stewards Committee
RCN Health and Safety Representatives Committee
RCN Learning Representatives Committee
RCN Membership and Representation Committee
Marriott Highcliff, Dorchester Suite
The economic downturn and the consequent pressure on public services and public service workers is a challenge to trade unions and professional organisations internationally. The RCN is the largest nursing organisation in the world and is represented on European and international organisations e.g. International Council of Nurses, European Federation of Nurses Associations and European Federation of Public Service Unions.
This meeting will be co-hosted by the Membership and Representation Committee, which oversees our trade union work, and the joint UK representatives’ committees. It will explore how working with international organisations can be mutually beneficial to organisations and their members in a recession. We will also be talking about how activists can get involved in representing the RCN and influencing activity in EU and internationally that makes a difference to members’ working lives.

Wednesday 5.45-6.45pm
The mind/body split: an unhelpful situation in the acute care setting
RCN Nursing Department
Connaught Hotel, Connaught Suite
How can the mental wellbeing of patients in acute hospital settings be addressed? This event will argue that there are alarming levels of psychiatric morbidity amongst the patient population, and that there are simple strategies that can be used to screen it.
Drawing upon contemporary policy and practice, guest speakers will provide a theoretical background, contemporary evidence and examples of ways of working to address the issue.

Wednesday 6.45-7.45pm
Seventh Annual Mary Seacole Memorial Lecture
RCN Equality and Diversity Unit
Hermitage Hotel, Hardy Suite
We are pleased to announce that Professor Cynthia Pine, Executive Dean of Salford University’s Faculty of Health and Social Care will deliver the 7th Mary Seacole Memorial Lecture. Professor Pine is also a Consultant in Dental Public Health at Salford Primary Care Trust.
As well as charity work raising educational attainment in children, Professor Pine is the Director of a World Health Organization Collaborating Centre with a focus on addressing inequalities in children’s oral health. Her research is focussed on child and family health with over 80 peer-reviewed publications and she acts as editor of the international textbook Community Oral Health.
Professor Pine was the first woman to be appointed dean of a UK dental school since the first one opened in 1859. In 2006 she was appointed CBE in the Queen’s Birthday Honours for her services to dentistry.
All members are invited to attend the event to hear from this inspirational speaker, make contact with their peers and exchange knowledge and ideas.

Wednesday 8pm-1am
Celtic Night
RCN Northern Ireland
Royal Bath Hotel
Come and celebrate all things Celtic at this year’s Celtic Night hosted by RCN Northern Ireland. Put on your traditional dress and dance to the beat of Different Drums.
Thursday 29 April

Thursday 12.45-1.45pm
Learning sets – an expensive luxury?
RCN South East Region
BIC, Westbourne Suite

Do you have a view on action learning sets? Maybe you haven’t yet participated, but would like to know more? This fringe event will introduce action learning sets and examine different models while considering if they are useful or if they are indeed an expensive luxury.

Thursday 12.45-2pm
Legal and Governance Review
RCN Governance Support Team
Premier Inn, Connect 2

Last year RCN members voted at the AGM to amend the Royal Charter to set up the RCN Foundation, and the work hasn’t stopped there. The RCN’s legal and governance review project has been continuing to see what else needs to be done to ensure that the organisation has a set of constitutional documents that are truly fit for purpose now, and in the future.

Council members are hosting this session to explain more. They will also be exploring how the RCN’s governance structure should work in the future.

If you have questions about the changes and would find it useful to talk through your questions on a 1-1 basis we are making them available at various points, or simply drop a note with your name and phone number into the special post box in the RCN Lounge.

Thursday 12.45-1.45pm
Handling stress in the workplace
RCN Member Support Services
Hermitage Hotel, Clifton Suite

Do you manage your stress or does it manage you? Stress is a factor in our everyday life, come and discover techniques that will allow you to better manage your stress.

Thursday 12.45-215pm
Pay and pensions under a new government
RCN Employment Relations Department
Marriott Highcliff Hotel, Dorchester Suite

With the probability of a General Election on 6 May, do you know what your vote will mean for your pay and pension? This seminar will provide an opportunity to compare and contrast the policies of the key contenders, think about any industrial relations consequences and consider challenges and opportunities for the RCN, nurses and health care assistants. There will be an opening presentation on the hot pay and pension issues followed by opportunities for questions and discussion.

Thursday 12.45-2pm
What can we do for you?
The RCN Learning and Development Consultancy Service
BIC, Branksome Suite

This exciting fringe event will showcase the work of the RCN Learning and Development Consultancy Service. You’ll hear about the work they’ve been involved in and learn more about their brilliant and diverse range of associates. Most importantly it’s a chance to get a head full of ideas about how the RCN Learning and Development Consultancy Service can help you to focus on your care, career and workplace in support of the delivery of quality care.

Thursday 12.45-2pm
Using the Five Moments for Hand Hygiene in everyday practice
RCN Nursing Department
Connaught Hotel, Connaught Suite

How clean are your hands? Adherence to hand hygiene remains a key priority within health care and a significant political issue as the core practice element underpinning quality health care provision. The National Patient Safety Agency is focusing work on promoting and integrating WHO’s Five Moments for Hand Hygiene into clinical practice to support appropriate hand hygiene in all nursing practice and health care areas.

This event will explain the Five Moments for Hand Hygiene and assist participants to apply these in their daily practice.

Thursday 8pm-1am
End of Congress party
Royal Bath Hotel

Supported by

The icing on the cake to the week is of course the end of Congress party. Get your glad rags on, have fun and dance to the disco and live music with colleagues before heading home. Entrance includes a buffet supper and is by ticket only.

If you registered in advance your Congress party tickets were sent out with your packs, if you register on arrival you will receive your tickets in your welcome pack.
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