

INCA NEWSLETTER

www.incanursing.ie

Autumn/Winter
2018



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A Word from the President

I am delighted to see the return of our newsletter which will provide members an update of this past year's events. It was a busy year for INCA with EuroHeartCare 2018, Trinity College, Dublin the highlight of our summer.

The Irish Nurses Cardiovascular Association aims to provide a forum for education, communication and research development among nurses and healthcare professionals working within the field of cardiovascular disease.

In our commitment to this we provide an Annual Nurses Scientific meeting each spring, also participate in the annual Irish Cardiac Society Meeting each Oct with a full day organised by INCA for our members and colleagues. Both these events have proved very popular over the past few years with interesting programmes and excellent presentations. Our 21st Annual Scientific Meeting will be held next February 2019, details to follow.

Within our INCA committee we have made some changes this summer. I would like to thank Emer Lodge, Gabrielle McKee and Nessa Gillen as they take leave from the INCA committee, for their hard and dedication to this committee, especially Emer and Gabrielle who have been on the committee for many many years. Your wisdom and knowledge will be missed. Also, to our Avril Lowry who recently stepped down as President but thankfully still on the committee as ex officiate. Thank you, Avril, for guiding us through this busy year especially your skill in dealing with the many facets of INCA's involvement in the organisation of such an important event as EuroHeartCare this past summer.

Our members are key to this association's success and we thank you for your unfailing support and dedication to INCA. Also, members please encourage your colleagues to join and follow us through our various social media outlets – Facebook, twitter and of course our website.

I encourage you also to join ACNAP (Association of Cardiovascular nurses and allied professionals) formally CCNAP. This association is part of the European Society of Cardiology (nurses and allied professional section), it is free to join and offers bursaries to attend international meetings also provides webinars and other educational material free to members. We have a link on our website to ESC.

Finally, I would like to commend our hardworking enthusiastic committee members who give up their free time to make INCA what is today. The expertise and commitment to excellence in all they undertake is second to none. Your support and generosity, not to mention the many laughs we have had along the way is invaluable.

Kind regards

Bernie Hannon



INCA membership

Membership is open to all Registered General Nurses currently specialising, researching or working in an area connected with cardiovascular disease or who have an interest in the area. As you know INCA membership has been **'free'** for 2017/2018.

The membership form 2019 is now €30: and is from 1st January 2019 to 1st January 2020.

You can renew your membership or new members can join by logging on to www.incanursing.ie. INCA uses PayPal for transactions. This is a secure and safe method of payment. We look forward to your continued support.

Benefits of membership include:

- **Being part of a national body of cardiac nurses, networking and CPD**
- **Educational Meetings containing highlights from European and National cardiovascular conferences and overview of upcoming events.**
- **Reduced delegate fees to conferences and educational meetings organised by INCA**
- **Access to conference presentations on the INCA website**
- **Information on upcoming conferences and educational events**
- **Receive notifications regarding all forthcoming conferences and events of the Association**

Join the Conversation!

Irish Nurses Cardiovascular Association Facebook & Twitter



Find us on Facebook search 'Irish Nurses Cardiovascular Association' and keep up to date on events and education. We have over 1,000 followers to date!!



We are new to Twitter with over 300 followers! Find us on Twitter search @INCAnursing and keep up to date on upcoming events both nationally and internationally and get live feeds from various conferences. Interesting information will be tweeted or retweeted for you knowledge! You might recognise a few familiar faces on photographs from Twitter, if so get retweeting!

Meet The Committee

	President: Berni Hannon: Vascular CNM2, St. James Hospital, Dublin
	Vice President:: Norma Caples Clinical Nurse Specialist/RNP Heart Failure, University Hospital, Waterford (Facebook Manager)
	Treasurer: Sinead Teehan, Cardiology Clinical Nurse Specialist, St.James's Hospital, Dublin.
	Treasurer; Edel Cronin,CNM 2 Cath Lab, University Hospital, Waterford. (Twitter Manager)
	Secretary: secretary@incanursing.ie Mags Tuhoy, CNM Nurse Practice development, EWS Co-Ordinator Naas General Hospital
	Scientific Secretary: Maria Hayes, Cardiothoracic Clinical Nurse Specialist, Blackrock Clinic, Dublin
	Membership: ; Ciara Rice CNM 3 Falls and Syncope Unit, St James Hospital, Dublin 8
	ACNAP Representative: Dr. Loreena Hill, Lecturer, School of Nursing & Midwifery, Queens University, Belfast
	Website: Mary Shine, CNM2 Keith Shaw Cardiac Surgery ICU, St. James Hospital, Dublin
	Newsletter Editor: Shirley Ingram, Advanced Nurse Practitioner, Cardiology, Tallaght University Hospital, Dublin
	Mairead Lehane Advanced Nurse Practitioner (candidate),Cardiology, Mallow Geneeral Hospital, Cork
	Dr. Mary Mooney, Assistant Professor, School of Nursing and Midwifery, Trinity College Dublin
	Ex Officiate :Avril Lowry, President INCA 2015-2018 Head of Learning & Development, St. James Hospital, Dublin 8
	Ex Officiate: Dr.Gabrielle McKee, Associate Professor Biological Sciences (School of Nursing & Midwifery), Trinity College, Dublin. Instrumental in CCNAP/Euro Heart Care Dublin organising committee

EuroHeartCare, 2018 Dublin, Ireland 'Tackling the Complexities of Cardiac Care'

After trojan work by your committee in 2017, INCA successfully won the bid to host EuroHeartCare 2018 in Trinity College Dublin. The venue and the weather helped to welcome 120 delegates from the 4 corners of Ireland and 477 overseas delegates from as far as New Zealand. INCA would like to thank all Irish delegates who entered and won bursaries and others who funded themselves to attend. This enabled the Irish EuroHeartCare to be **the most successful** to-date.



We could not have done this without our twelve industry supporters (Listed on the back page). As always, our industry colleagues remain very supportive to Irish Cardiovascular Nurses.

The theme of this conference was '**Tackling the Complexities of Cardiac Care**' and focused on the various aspects of the physical and psychological aspects of heart disease. There were many studies presented on how best to manage heart disease and how to prevent this complex disease. Day 1 included; optimising the role of the patients, their carers' and family; Risk management; Wellbeing after a cardiac event; and physical activity for primary and secondary prevention. Two sessions explored innovative management in the acute and chronic treatment of heart failure. Day 2 included; Improving initial assessment in the cardiac patient; The special needs of the older adult with cardiovascular disease; Care of the patient with arrhythmia and a session on Trends in cardiac surgery.

The entire INCA committee worked tirelessly at this congress, in organising pre-conference workshops, 2 days of presentations, posters and fun CPR competitions, charring and presenting both oral and posters.

All presentations are available on the ESC website www.escardio.org once you register 'My ESC'.

As always, the case study competition was well represented by Irish Nurses and won by Marie Ryan, CNS, Cardiac Rehabilitation, with her case study. This makes it three successive wins for Irish case studies at EuroHeartCare!!!!



There were also the most number of abstracts submitted ever for this conference with over 370 poster presentations over the 2 days.

INCA supported over 20 Irish Nurses to attend for free!

INCA Annual Scientific Conference in association with the Irish Cardiac Society

INCA continues to value the annual educational link with the Irish Cardiac Society and Galway proved to be a successful meeting with 121 attendees. The theme 'From Novice to Expert' offered something for everyone with presentations on the career pathway, Advanced Nurse practice, ESC guidelines and two interactive and educational workshops on heart failure and ECGs.

Posters showcased the excellent work being carried out by cardiovascular nurses and '*Alarm Fatigue; A multicentre study of a phenomenon threatening patient safety*' was awarded first prize.

Congratulations to Siobhán Casey,
Staff Nurse ICU,
Galway University Hospital,
Newcastle Rd,
Galway

ECS Congress, Munich 2018 New Guidelines & ACNAP

At the ESC congress in Munich 2018 a total of over 32,800 healthcare professionals gathered in Munich to hear the breaking news on cardiovascular medicine presented at ESC Congress 2018 156 countries this year. The ESC launched five updated ESC Guidelines' which aim to be more concise, more visual with illustrations and extensive use of graphics and figures.

New Guidelines for 2018 include (<https://www.escardio.org/Guidelines/Clinical-Practice-Guidelines>)

[ESC/ESH Arterial Hypertension \(Management of\)](#)

[ESC/EACTS Guidelines on Myocardial Revascularization](#)

[Fourth Universal Definition of Myocardial Infarction](#)

[Cardiovascular Diseases during Pregnancy \(Management of\)](#)

[Syncope \(Guidelines on Diagnosis and Management of\)](#)

Bernie Hannon represented INCA as incoming President at the ESC in Munich this year. She attended the Council on Cardiovascular Nursing and Allied Professions (CCNAP) national societies meeting to represent INCA on Monday, 27th August 2018.

CCNAP is now an association; 'Association of Cardiovascular Nursing & Allied Professions' (ACNAP).

This raises the profile of nurses and allied health professionals within the ESC as ACNAP will have a seat and a vote on the ESC board.

Membership is still free, but members must renew annually. <https://www.escardio.org/Sub-specialty-communities/Association-of-Cardiovascular-Nursing-&-Allied-Professions>

ACNAP offers educational and travel bursaries each year (see the website and facebook pages for more detail) and are committed to education.



Be Guidelines Smart

INCA committee members Mary Shine and Mags Tuohy attended a two day 'Train the Trainer' workshop in European Heart House in December 2017. The workshop was facilitated by ACNAP (Association for Cardiovascular Nursing and Allied Professionals) who developed the 'Be Guidelines Smart Toolkit' to ensure that all nurses and allied professionals across Europe are trained to use the latest ESC Guidelines.

There were 40 participants from 21 different countries and the discussions focused on nurses knowledge and the use of ESC guidelines in attendees own countries.

The toolkit and workshop arose from the results of a study by ACNAP Barriers to ESC guideline implementation: results of a survey (Eur J Cardiovasc Nurs. 2017 Dec;16(8):678-686) which identified the following barriers:

- ▶ **Further training needed (66%)**
- ▶ **Lack of leadership (58%)**
- ▶ **Guidelines too long (40%), too rigid (40%)**
- ▶ **A perception that they were unable to influence current practice (37%)**
- ▶ **Time (22%)**

In 2017/2018 INCA conducted a study adapted from the CCNAP study of all nurses working with cardiovascular patients in Ireland:

Nurses barriers to the use of Cardiovascular Guidelines in Practice

There were 554 respondents, a response rate of 28% and 57% of were using some form of ESC guideline in practice

- ▶ **Further Education needed (76%)**
- ▶ **No leadership (64%)**
- ▶ **Not in a position to challenge others (59%)**
- ▶ **Not in a position to influence practice (49%)**

Attendees in Galway were asked to consider these findings for their own practice area:

Why do Irish nurses not feel in a position to challenge or influence others about guidelines?

How can we change this perception?

- **Link to Be Guidelines Smart Toolkit and presentation available on INCA website**
- **Lots of information available on ESC website**

Be Guidelines Smart Toolkit

CCNAP Be Guidelines Smart Toolkit was developed to ensure that all nurses and allied professionals are trained to use the latest ESC Guidelines.

www.escardio.org/be-guidelines-smart



What's Next for INCA?

INCA 21st Annual Scientific Meeting
'Cardiac Care in the Digital Era'
Robert Smith Lecture Theatre, Trinity Centre,
St. James's Hospital, Dublin 8.
Saturday 2nd March 2019
08.30 -14.00

FREE FOR MEMBERS TO ATTEND Register with secretary@incanursing.ie

**Special Opportunity for Staff Nurses:
Competition for the Best Presentation**
A chance to showcase your work by presenting at the conference:
See information on Website: www.inanursing.ie

DATES FOR YOUR DIARY

Irish Association of Cardiac Rehabilitation
16th February, 2019, Palmerstown House, Johnstown, Co Kildare

Acute Cardiovascular Care 2019
2 -4 March Malaga – Spain

SCTS Annual Meeting
Society of Cardiothoracic Surgeons in Britain & Ireland
10 -12th March 2019
QE11 Centre, London W2

EuroPrevent 2019
11-13 April, Lisbon, Portugal

[EuroHeartCare 2019](#)
2-4 May, Milan, Italy

Heart Failure 2019
25-28 May, Athens, Greece

For more information on European meetings please log on to www.escardio.org



The poster for EuroHeartCare 2019 features a large red heart shape in the background. Inside the heart, there is a stylized illustration of a cityscape with buildings and a bridge. The text on the poster includes the ACNAP logo and name, the event title 'EuroHeartCare', the subtitle 'Annual Congress of the Association of Cardiovascular Nursing & Allied Professions', the dates '2-4 May 2019' and location 'Milan, Italy'. It also lists key figures and deadlines.

ACNAP
Association of Cardiovascular
Nursing & Allied Professions

EuroHeartCare
Annual Congress of the Association of
Cardiovascular Nursing and Allied Professions

2-4 May 2019
Milan, Italy

KEY FIGURES:
3 Days, 20 Sessions
80+ International faculty members
200 abstracts, 600+ delegates
HCPs from 40+ countries

KEY DEADLINES:
Abstract Submissions: 10 January
Early Registration fee: 27 February
Late Registration fee: 2 April

www.escardio.org/EuroHeartCare
#euroheartcare

ESC
European Society
of Cardiology

Thank you to our Industry Sponsors for EUROHEARTCARE 2018

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We want to hear from you!!!!

Any submissions or suggestions for the newsletter? Please submit to
Shirley Ingram Newsletter Editor C/O secretary@incanursing.ie

