

Tackling a PechaKucha at the ICSSOA – 500 words

Being given the opportunity to attend and present at the Intensive Care Society meeting last year was one that I will never forget and will always be grateful to the BACCN for their support. It was the first time that I had attended the State of the Art Meeting and I was thrilled to have been awarded a place to present our work from University Hospitals Plymouth NHS Trust. We were presenting a poster on Animal assisted therapy in ICU and we were sharing our patient experience work via a PechaKucha.

Prior to the conference I had never seen or presented a PechaKucha. It is a Japanese presentation style, first used in Tokyo in 2003 and translates to 'Chit Chat'. The format dictates only 20 slides and each of the 20 slides has to be played in 20 seconds. This ensures that the speaker is concise, fast and allows multiple presentations in an evening. It was a daunting challenge but had made a huge impact to the way that I now present.

The format lends itself to minimal text, powerful images and concise presentation. I would define myself as a chatty presenter, so keeping each slide to one sentence was a formidable challenge. At first it felt impossible. I spent hours practising, editing and then re-editing. However practice really does make perfect in the case of a PechaKucha. It turns out that the format was great for sharing patient stories and exploring the impact of these stories.

Attending conferences can feel daunting, presenting can feel like a world away from normal work and as such often I think as a profession we shy away from showcasing our work. My experiences of attending conferences has always been positive and despite some trepidation on my part I have always had an amazing time. Networking, learning, listening and sharing ideas across units – in order to make patient care better.

I have heard presentations from icons from the world of ICU and have managed to meet them in person to share their ideas and passion for their topic. It is always quite remarkable when you meet a legend in person and you end up having a beer with them at the conference social event.

If you are reading this and thinking about going to a conference, or submitting an abstract, my advice would be to go, submit and try. The BACCN offers grants and awards to support clinical teams and nurses to showcase their work and the impact of their work on patients, staff and loved ones.

Your work can and does make a difference to patient care – go and share it with everyone.