**Virtual Journal Club, May Report**

In recognition of how busy we all are at present alongside our desire to not stop engaging and or learning,  we've decided to combine our BACCN Virtual Journal Club and monthly Twitter chat sessions for May.  We joined forces with the team from the Laura Hyde Foundation in discussing the rapidly changing landscape of mental health for all emergency and healthcare professionals by discussing: "Stress management interventions for intensive and critical care nurses: a systematic review"  [https://onlinelibrary.wiley.com/doi/epdf/10.1111/nicc.12489](https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fonlinelibrary.wiley.com%2Fdoi%2Fepdf%2F10.1111%2Fnicc.12489&data=02%7C01%7C%7C7af6be2aa4b2436fc53208d7f7e9e05e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637250456164867847&sdata=NBZV1VrSGLVB%2BwUF3rOlfsN5thwv2UDIdczNVc6y5j0%3D&reserved=0)

Please find the link to the critique of the session delivered by Karin Gerber, BACCN Conference Director  ([Journal\_Club\_May\_2020.pptx](https://1drv.ms/p/s%21AoARl1OiMM7Rl2B_trP5g3xTrD5k?e=0IJoU7) )  and in the notes section of the presentation, you'll find some excellent resources shared by the group during our discussion.

The subsequent discussion was around two main areas:

* with so many research projects being explored around wellbeing post-COVID-19 it would be sensible to take in account the recommendations made by this group to further add to the body of evidence
* what kind of stress management interventions are currently being deployed? How are staff accessing this? and most of all how sustainable is this in the current financial climate? Follow the @BACCNUK & @LHFoundation twitter discussion with the #baccnmind to see some of the comments on this.

Thank you to all those that took part, your CPD certificate is on the way.  Let's keep the conversation going and carry on learning and exploring!

Our next journal club session will take place on the 28th of July and we'll update this website as soon as we've selected the article. If you have a specific article you wanted to highlight and be discussed during the next journal club and or want to help us critique the future articles please get in touch with me on karingerbersa@hotmail.com.

Karin (on behalf of the Virtual Journal Club team)