

BACCN Annual Conference, Edinburgh 16-17th September 2019

As a clinical and research nurse in critical care, I was honoured to receive a BACCN grant to present a paper from my master's degree at the 34th Annual British Association of Critical Care Nurses conference 'Moral Courage: Meeting the Challenges of a Contemporary Healthcare System' that took place at Edinburgh International Conference Centre (EICC).

Heralded by the sound of Scottish bagpipes at the doors of the majestic EICC, the conference

2015). This theme was continued by Dr Theresa Shaw, outgoing CEO of the Foundation of Nursing Studies, in her presentation on creating caring cultures through facilitative leadership. Theresa urged us to realise that our imperfections are important because they are what makes us human, and whether healthcare professionals, critically ill patients, or relatives, we are all humans in this together.

Other presenters focused on the humanisation of critical care for patients and families (Wilson *et al.*, 2019). Spanning elements of research and practice, subjects ranged from non-pharmacological interventions such as the increasingly popular music therapy and animal assisted therapy, to more challenging aspects of practice such as family-centred rounds and relatives' involvement care. For me, these presentations held special interest because they linked with the topic of my own