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Introduction:

In 2018 a teaching programme for doctors starting their first rotation in critical care was created at Whipps Cross Hospital; Intensive Care Essentials (ICE), covering basic knowledge and practical skills[1]. Here, we reflect on its evolution, evaluate feedback and assess whether it is still fit for purpose.

Methods:

The programme is delivered as a mixture of lectures and practical workshops. It aims to introduce core critical care topics, helping to alleviate anxiety felt by new starters. Initially the attendees were new doctors, but has since been expanded to include new nursing staff. The themes covered remain unchanged: mechanical ventilation, non-invasive ventilation, cardiac output monitoring, inotropes and vasopressors, sedation and delirium, renal replacement therapy, and airway management, but the content within each theme has been modified according to feedback from previous courses. This year, we have also had to make adjustments to enable smaller groups in line with covid social distancing advice.

Attendees were sent a pre- and post-course questionnaire, asking them how strongly they agreed with certain statements using a Likert scale (1-strongly disagree, 5-strongly agree). Unpaired t-tests were used to compare pre and post course results, and these were in turn compared to data from previous courses.

Results:

Feedback from 2021 (Table 1) demonstrated that after the course, attendees felt significantly more prepared for ICU clinical work (mean pre-course score 2.47 (SD=0.94), mean post-course score 3.03 (SD=1.26), $p<0.01$) and more knowledgeable (mean pre-course score 2.88 (SD=0.96), mean post-course score 4.04 (SD=0.56), $p<0.01$). These findings were similar to previous courses.

Conclusion:

Feedback was consistently positive in all domains over all courses run since 2018. The programme has improved novice knowledge and confidence in the basics of critical care, and the course is now multidisciplinary.

References:

1. Baker C et al. Intensive Care Medicine Experimental 7(Supp 3):55, 2019

Table:

Confidence with:	Pre-course (mean (SD))	Post-course (mean (SD))
Non-invasive Ventilation	2.94 (0.83)	3.70 (0.97)
Mechanical Ventilation	2.65 (1.17)	3.48 (0.95)
Cardiac Output Monitoring	2.82 (0.95)	3.78 (1.00)
Inotropes	2.76 (1.15)	3.74 (0.96)
Renal Replacement Therapy	2.59 (1.28)	3.52 (1.16)
Sedation and Delirium	2.82 (1.07)	3.91 (0.95)

Airway Management

2.82 (1.07)

3.96 (0.98)

Results from 2020/2021 feedback: mean pre and post course responses, all $p < 0.02$