

# Network Conference Programme

|             |                                                                                                                                                   |                                                                                                                                                                                                                                                                        |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 08.15-09.00 | Registration and welcome drinks                                                                                                                   | Visit sponsors                                                                                                                                                                                                                                                         |
| 09.00-09.20 | Opening remarks                                                                                                                                   | Dr Steve Wimbush, Clinical Lead<br>TVW Adult Critical Care Network                                                                                                                                                                                                     |
| 09.20-09.50 | Adult Critical Care Nurse Retention Survey                                                                                                        | Roxy Burns, Data Analyst<br>TVW Adult Critical Care Network                                                                                                                                                                                                            |
| 09.50-10.30 | Stress Ulcer Prophylaxis - Why bother?                                                                                                            | Dr Cathrine McKenzie, Associate Professor in Critical Care<br>Pharmacology and Honorary Consultant Pharmacist in Critical Care<br>University of Southampton<br>Mark Borthwick, Consultant Pharmacist Critical Care<br>Oxford University Hospitals NHS Foundation Trust |
| 10.30-11.00 | Morning break                                                                                                                                     | Visit sponsors                                                                                                                                                                                                                                                         |
| 11.00-11.30 | 'Recovery Beyond Survival' - a review of the quality of rehabilitation care provided to patients following an admission to an intensive care unit | Professor David McWilliams, Professor of Critical Care and Rehabilitation / Clinical Academic Physiotherapist<br>University Hospitals Coventry & Warwickshire                                                                                                          |
| 11.30-12.00 | ICUsteps Active - national, online post-ICU rehabilitation classes                                                                                | Rachel Devlin, Therapy Manager<br>Zoe van Willigen, Clinical Specialist/Lead Physiotherapist Critical Care<br>University Hospital Southampton NHS Foundation Trust                                                                                                     |
| 12.00-12.30 | Critical Care - The patient perspective                                                                                                           | Karen Elcock, Former Patient<br>Frances Clark, Critical Care Rehabilitation and Follow-up Service Lead<br>Frimley Health NHS Foundation Trust                                                                                                                          |
| 12.30-13.00 | Critical Care - The relative's perspective                                                                                                        | Patti, Relative of Former Patient<br>Dr Imogen Cotter, Clinical Psychologist and Critical Care Psychology Service Lead<br>Buckinghamshire Healthcare NHS Trust                                                                                                         |
| 13.00-14.10 | Lunch                                                                                                                                             | Visit sponsors                                                                                                                                                                                                                                                         |
| 14.10-14.15 | Welcome back                                                                                                                                      | Dr Steve Wimbush, Clinical Lead<br>TVW Adult Critical Care Network                                                                                                                                                                                                     |
| 14.15-15.15 | Understanding human factors to improve patient safety and team performance                                                                        | Professor Peter Brennan OBE, Consultant Maxillofacial Surgeon and Honorary Professor of Surgery<br>Portsmouth Hospitals University Trust                                                                                                                               |
| 15.15-15.45 | Safety huddles in a General Intensive Care Unit - a quality improvement project                                                                   | Kate Howe, Senior Sister<br>Sarah Tuck, Sister<br>University Hospital Southampton NHS Foundation Trust                                                                                                                                                                 |
| 15.45-16.15 | Care for the pregnant or newly delivered patient in the ICU setting                                                                               | Lisa Relton, Consultant Midwife<br>Wessex Maternal Medicine Network                                                                                                                                                                                                    |
| 16.15-16.30 | Closing remarks                                                                                                                                   |                                                                                                                                                                                                                                                                        |

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# About our speakers



Roxy Burns, Data Analyst  
TVW Adult Critical Care Network

Roxy is a data analyst with over 12 years working in the NHS. With a background in NHS Trust Finance and having worked within Thames Valley and Wessex Neonatal Network, Roxy joined the Adult Critical Care Network with the aim of utilising data across Thames Valley, Wessex, Kent, Surrey and Sussex.

Roxy uses data to benefit services and drive improvements. Her role is shared with the Kent, Surrey and Sussex Adult Critical Care Network.



Dr Cathrine McKenzie, Associate Professor in Critical Care Pharmacology and Honorary Consultant Pharmacist in Critical Care  
University of Southampton  
[@cathymac40.bsky.social](https://bsky.app/profile/cathymac40.bsky.social)  
[Dr Cathrine McKenzie](https://www.linkedin.com/in/dr-cathrine-mckenzie)

Cathy McKenzie is Associate Professor in the Faculty of Medicine, University of Southampton, and an Honorary Consultant Pharmacist in Critical Care. She has extensive knowledge and clinical experience of medication use in critical illness. Her research interests are PKPD and medicines optimisation in critical illness. She is currently funded via the NIHR (National Institute for Health Research) Senior Clinical Practitioner Research Award. Cathy has a special interest in pain, sedation and delirium in the ICU.

Cathy is one of three editors in chief for Critical Illness, an internationally acclaimed e-book, ([www.medicinescomplete.com](http://www.medicinescomplete.com)), published by Pharmaceutical Press.



Mark Borthwick, Consultant Pharmacist Critical Care  
Oxford University Hospitals NHS Foundation Trust

Mark is a Consultant Pharmacist in critical care, working in the area for over twenty years. He has varied interests that include practice aspects such as standardisation of medicines concentrations, administration compatibility charts, and pharmacy workforce deployment. Interests in therapeutic areas include stress ulcer prophylaxis, mucoactive agents, renal replacement therapy, and use of steroids. However, his first concern was in the management of delirium. Early in his career he witnessed first-hand a mosaic of different approaches applied to delirious patients with little commonality in approach, and so drew together a group of pharmacists to produce an evidential summary and guideline for the critical care community.



Professor David McWilliams, Professor of Critical Care and Rehabilitation / Clinical Academic Physiotherapist  
University Hospitals Coventry & Warwickshire  
[@david-mcwilliams.bsky.social](https://bsky.app/profile/david-mcwilliams.bsky.social)  
[@David744](https://www.linkedin.com/in/david744)

David McWilliams is a Professor of Critical Care and Rehabilitation and Clinical Academic Physiotherapist at University Hospitals Coventry and Warwickshire and Coventry University's Centre for Care Excellence. He is the chair of the physiotherapy working group for the European Society of Intensive Care Medicine, and Chair for the Intensive Care Society National Rehabilitation Collaborative. David was a member of the guideline development group for the NICE guideline 'Critical Illness rehabilitation' and recently led an NCEPOD study of rehabilitation and recovery after critical illness. David is recognised as an international expert on critical care physiotherapy and rehabilitation, regularly presenting both nationally and internationally on the subject.

# About our speakers



Rachel Devlin, Therapy Manager  
University Hospital Southampton NHS Foundation Trust

Rachel qualified in 1992 from Middlesex Hospital School of Physiotherapy and during training enjoyed placements in respiratory care. Rachel started working in critical care in Southampton in 1999 and has always had a particular interest in critical care rehabilitation and what happens to patients after discharge. Rachel is currently working as a therapy manager and as a consultant for ICU Steps charity undertaking the ICU Steps Active programme.



Zoe van Willigen, Clinical Specialist/Lead Physiotherapist Critical Care  
University Hospital Southampton NHS Foundation Trust

[@zoevanwilligen.bsky.social](https://www.bsky.social/@zoevanwilligen)  
[@ZoeWilligen](https://www.bsky.social/@ZoeWilligen)

Zoe van Willigen is a Critical Care Physiotherapist with over twenty years' experience in the speciality. She has led the early mobilisation project on ICU in Southampton since 2012, which is estimated to have saved her NHS trust over £2.5million. Zoe has conducted and published research into the family and patient experience of rehabilitation on ICU, leading to several pilot projects to address the provision of services throughout the ICU recovery pathway. Zoe is chair of the Thames Valley and Wessex Critical Care Network's rehabilitation group and is also employed by ICUSTeps as a Rehabilitation Consultant to lead national online rehabilitation classes for former ICU patients. Zoe holds one of only 10 physiotherapy professional advisory group seats for the Intensive Care Society and is also on the specialist advisory group for the current NCEPOD trial into rehabilitation after critical illness.



Karen Elcock, Former Patient  
Frances Clark, Critical Care Rehabilitation and Follow-up Service Lead  
Frimley Health NHS Foundation Trust

Karen Elcock is a retired nurse and nurse educator. She worked in Intensive Care for 9 years and then in pre-registration nursing for 33 years; her final role was Deputy Head of School at Kingston University. She retired in 2022.

In 2024 she was admitted to hospital with bowel obstruction. Unfortunately her condition deteriorated post operatively and she was moved to ITU where she required further surgery, suffered multi system failure and was not expected to survive. Great care by the ITU team meant she confounded expectations and survived! However, the surgery left her with Short Bowel Syndrome which means she is reliant on Total Parenteral Nutrition (TPN) for the rest of her life. Karen spent a total of 4 months in hospital, of which 47 days were in ITU.

Karen is a committee member on the Frimley Hospital Patient and Relative Peer Support Group which is for former ITU patients and their relatives. Both she and her husband attend the quarterly meetings. She has also recorded a video of her experience in ITU for the staff at Frimley and is exploring other activities to improve the patient experience with the Frimley Critical Care Rehabilitation and Follow-up service team.



Patti, Relative of Former Patient  
Dr Imogen Cotter, Clinical Psychologist and Critical Care Psychology Service Lead  
Buckinghamshire Healthcare NHS Trust

[www.patti-taylor.co.uk/brain-injury/](http://www.patti-taylor.co.uk/brain-injury/)

In 2024 Patti's daughter, Talitha, contracted meningitis and was admitted to ICU at Stoke Mandeville. Talitha spent ten weeks in ICU and was left totally and permanently blind. The stroke she suffered as a result of the brain infection caused her to lose her short time memory. Patti is an artist and her creative work over the following year centred around Talitha. Art has truly been her therapy.



# About our speakers



Professor Peter Brennan OBE, Consultant Maxillofacial Surgeon and  
Honorary Professor of Surgery  
Portsmouth Hospitals University Trust  
[@BrennanSurgeon](#)

Professor Peter Brennan is a Consultant Oral and Maxillofacial Surgeon in Portsmouth, specialising in head and neck oncology with a personal chair for his research and education achievements. He has over 860 publications, with over 90 on patient safety, team working and human factors. He is a committed trainer and educator. Peter won the coveted Silver Scalpel Award in 2022- the most prestigious accolade for training excellence across all 10 UK surgical specialties.

He has edited 8 specialty surgery textbooks and is Lead Editor of Gray's Surgical Anatomy which receives worldwide acclaim.

Peter is interested in human factors (HF) and patient safety, and has established unique collaborations with airline pilots, National Air Traffic Services (NATS) and the Royal Air Force Aerobatic Team (Red Arrows). His work improves practice across surgical, medical and dental specialties and includes reducing hierarchy, enhancing team working and raising awareness of many personal factors to reduce error. For all this work, he has been awarded several national prizes and Honorary Fellowships (the highest College accolade) from the Royal Colleges of Surgeons of Edinburgh and Glasgow.

In 2019, Peter successfully completed a PhD entitled 'Applying HF to Improve Patient Safety.' He works with the Royal Colleges, GMC, medical and surgical specialty associations, NHS Trusts and many other organisations to help improve patient safety and better teamworking. He promotes equality, diversity and training at every opportunity.

Earlier this year, Peter was awarded an OBE in the King's Birthday Honours for his outstanding contribution to Surgery and improving patient safety.



Kate Howe, Senior Sister  
University Hospital Southampton NHS Foundation Trust

Kate Howe is a Senior Sister working on the General Intensive Care unit at Southampton General Hospital (UHS).

Kate qualified as a nurse in 1996 and has worked in various Intensive Care Units in the UK, before emigrating to Melbourne, Australia. Since returning to the UK in 2017, Kate has worked on the General Intensive Care unit at Southampton. Kate's role is Practice Development, along with managing and supporting a team of registered nurses and healthcare assistants working within the unit.



Sarah Tuck, Sister  
University Hospital Southampton NHS Foundation Trust

Sarah Tuck is a Sister working on the General Intensive Care unit at Southampton General Hospital (UHS).

Sarah qualified as a registered nurse in 2008. After working in various Trusts within London, predominantly in critical care, Sarah joined the General Intensive Care unit at UHS in 2017 as a Band 6 Sister.

Both Kate and Sarah wanted to improve how safety huddles were delivered by the nursing team within the General Intensive Care unit, so set about doing this with a quality improvement project starting in Autumn 2024.

# About our speakers



Lisa Relton, Consultant Midwife  
Wessex Maternal Medicine Network

Lisa qualified as a nurse in 1997 and worked on a vascular ward prior to doing midwifery training in 2001. Following the 18-month conversion course, Lisa has worked as a caseloading midwife, a labour ward coordinator and lead for the maternity HDU. Alongside this she has taught midwives, doctors and nurses on deterioration of the pregnant patient as well as being an ALS instructor and completing my MSc in Advanced Clinical Practice.

Lisa started as a Consultant Midwife in UHD in 2018- this meant continuing training to multiple staff groups as well as supporting women and birthing people requesting care out of guidance alongside leading regional work on development of pathways of care. She was involved in the development of the latest care in labour NICE guidance and continues to review cases for the triennial MBRRACE reports.

In 2023 she changed role to the Maternal Medicine network working with clinicians across Wessex to care for women with complex disease. Lisa is passionate about ensuring high quality care to women with multiple pathologies and considering how this will affect their choices from conception to the postnatal period.

## Our chair



Dr Steve Wimbush - Clinical Lead, Thames Valley & Wessex Adult Critical Care Operational Delivery Network  
and Consultant in Anaesthetics and Intensive Care, Hampshire Hospitals NHS Foundation Trust  
[@WimbushSteve](#)

Steve has been a Consultant in Anaesthetics and Intensive Care in Winchester since 2007 and was Clinical Lead for Critical Care there for nine and a half years. He is also the Clinical Lead for the BM4 graduate-entry medical school programme at the University of Southampton.

Steve joined the ODN as Medical Lead in September 2021 and now sits as a member of the NHS Clinical Reference Group for Adult Critical Care. His interests are in transfer medicine, medical education and learning from incidents through collaborative, multidisciplinary working.