SUMMARY OF ANNUAL CONGRESS

23rd Annual Congress of the Spanish Society of Neurology Nursing

XXIII Congreso Anual de la Sociedad Española de Enfermería Neurológica

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After another working year the neurology nursing professionals have met up again in a common forum, the 23rd Annual Congress of the Spanish Society of Neurology Nursing. It took place in Valencia, the city scented with orange blossom and sea salt, at the Conference Centre. Other neuroscience specialists were also celebrating their annual meetings there at the time.

The chosen theme was “Companionship in the different life stages with evidence and H-soul”. On 16th, 17th and 18th November we had time to experience empathy and humanisation in daily practice, without neglecting the importance of research in our nursing profession.

We began the programme on 16th November with a study group meeting. This year saw the initiation of a new group, the Neurorehabilitation (NRHBSEDENE), together with the previously established groups, the Neurovascular Study Group (GENSEDENE), the Multiple Sclerosis Study Group (EMSEDENE) and the Movement Disorder Study Group (GTMESSAGEDENE).

After this 3 simultaneous workshops took place:

1. The multiple sclerosis workshop, which dealt with long term personalisation in multiple sclerosis (MS) patient management and the evolution of nursing in MS, with consideration of the treatments and involvement of the nurse in day hospitals. This was coordinated by Ms. Rosalía Horno and involved the participation of a group of nurses who were experts in MS.
2. The movement disorder workshop: introduction of advanced Parkinson’s disease (PD). Following a brief introduction and some practical tips, the side effects of PD were discussed and the treatments for advanced PD. These included the apomorphine pump (APO-Go); the Duodopa® pump and deep brain stimulation (DBS). The group was moderated and led by Ms. Antonia Campolongo and Ms. Beatriz González. Ms. Natividad Mariscal and Ms. Teresa de Deus collaborated.

3. The EEG video, advanced level for nursing, workshop. This was a continuation of the workshop given last year, with a more in-depth understanding of the aspects related to nursing during the EEG video study. It also dealt with exploration techniques during epileptic episodes or nursing care in prolonged recording with intracranial electrodes. The workshop was coordinated and given by Dr. Jaime Parra and Mr. Juan Antonio Linares. Ms. Marta Fernández, Ms. M.ª Isabel Flores and Ms. Rocio Vallejo also participated.

On the morning of 17th November we began the first round of oral communications. The sun had barely risen, forecasting a mild Mediterranean winter’s day when a group of colleagues shared their work—some self confidently and others shyly or under the effects of a calming infusion. But one and all were excited by the prospect of sharing a part of the everyday efforts they make to offer quality care. Ms. Rosa Guell and Ms. María Palanca were the moderators of this session.

The Opening ceremony then took place, presided over by the Chairwoman of the Society, Ms. Merce Salvat. This year we had the pleasure of having Mr. Oscar Fernández, Chairman of the Spanish Society of Neurology and Ms. M.ª Isabel Castelló. Warm, friendly words welcomed the speakers and attendees, together with the desire to increase common areas between SEDENE and SEN.

Gabriel Heras seduced us all in his Inaugural lecture, entitled “Humanising health involves everyone”. He encouraged us to “care for the invisible”, combining technology and humanising, to open our hearts to this divine madness, and he easily achieved his goal. This was moderated by Mr. David Iglesias.

The second round of Oral communications then took place, moderated by Ms. Merce Salvat and Mr. David Iglesias. Now wide awake and fired up by the great experience of the inaugural lecture, we continued to learn to share knowledge and experiences.

The coffee break was a welcome reprieve with the pleasure of coffee and meeting up with colleagues we had not seen for some time, egging us on for further attendance.

The sessions resumed with the Round table entitled "comprehensive approach to dementias". This was moderated by Mr. Jesús A. León, with participation from Dr. Eva Cuartero, Ms. Macarena González and Ms. Miriam Durán. It was enriching to share experiences with other professionals about a disease affecting one of life’s most fragile stages in need of specific care: old age.

Following this session we gathered around the Posters area where a group of colleagues defended their projects to the scientific committee.

After a break for a frugal lunch we went back to work, to the Assembly of members. The members of the Management Board told the members in the room about the new memberships and membership withdrawals during the last year (the number of members had increased). They also gave us a financial report from the last 2 years (both with a positive balance). The Management Board also informed us of its approval of the creation of the new Neurorehabilitation Study Group and explained the different activities it had been involved in as well as the endorsements granted.

After this, the Round table "neuro-paediatric nursing care" moderated by Ms. Carmen Funes took place. Here Ms. M. del Mar Rodrigo, Ms. Erika Rodriguez and Ms. Estefía Sánchez presented us with a picture of the reality of neurological disease in infants. This is a different and tough reality, but highly gratifying if lived with passion from the viewpoint of combined child and family care.

For the next hour and a half the “Nursing and Parkinson’s disease” symposium took place with the participation of 2 of the coordinators from the Movement Disorder Study Group, Ms. Antonia Campolongo and Ms. Beatriz González. The role of the nurse in Parkinson’s disease was reviewed, together with the main drugs used and the importance of adherence to therapy.

There was a presentation of two books moderated by Ms. Ana Sofia Fernandes. Both books had different characteristics but a common denominator of neurology. Ms. Beatriz González presented the Movement disorder manuals edited by professionals of the Hospital of Princesa in Madrid. This free manual was in 2 versions, one for professionals and the other for patients and family members.

Ms. Marina Cañizares gave an emotional and enlightening presentation of the book “Recetas multiples” (multiple recipes), a novel which arose as a result of a project with patients affected by multiple sclerosis from the General University Hospital of Gregorio Marañón, Madrid (http://www.femmadrid.org/productos-solidarios).

To conclude the intense day two new resources were presented for Continuous Professional Development, endorsed by SEDENE. Ms. Antonia Campolongo, presented the movement disorder course, imparted by the UOC (further information in: http://bit.ly/2glmL5V). Mr. Alejandro Lendinez presented the Expert in neurorehabilitation in nursing and physiotherapy course, imparted by the Universidad Pontificia de Comillas and the Fundación Instituto San José (further information in: http://bit.ly/2flG7Ld).

Tired after an intense session the previous day which in many cases finished late into the night or the early morning, the 18th November began early. However, there was no non-attendance and we started with the second round of oral communications. Masterfully moderated by Ms. Beatriz González and Ms. Rosalía Horno we were given the opportunity to listen to the projects of our colleagues.

This was followed by “Comprehensive approach to neurorehabilitation” symposium, moderated by Mr. Alejandro Lendinez. He was accompanied by Ms. Paloma Muñoz, Mr. Pere Corpa and Ms. Mónica Casero. This symposium gave us a closer picture of how to achieve recovery on receiving comprehensive treatment after any type of neurological injury (ictus, encephalopathies, craniocephalic traumas, spinal cord injuries, etc.).

Once again the coffee break served to recharge our batteries.
With the use of an unusual screen-showing in the Symposium-workshop "Dysphagia, a step further in safety and compliance", Mr. Manuel Pérez (Chief Executive) and Ms. Isabel Ferrero (Supervisor of the Dietetics and Nutrition Unit at the Hospital Pare Jofré, Valencia) showed us a novel way to approach diet for dysphagia. Using imagination, tricks of the eye and unusual raw materials they offered us an appealing culinary spectacle for improving the diet in patients with dysphagia.

As a final touch from the Azucena Santillán congress came the Closing lecture "Nursing based on evidence: walking on the shoulders of giants" moderated by Mr. Fidel López. This lecture encouraged us to don our "superhero care cloak" and use all available evidence to improve and induce quality into the care we apply as nurses. As nurses we know all about care, but to advance we need to research, share research studies and make use of results obtained from them. In this way we can walk on the shoulders of giants. The conference came to an end with a "selfie" of the speaker and all the conference attendees.

To conclude, awards were granted by the Scientific Committee and published in this 23rd Annual SEDENE Congress. The projects which won awards from the Scientific Committee were:

- **Prize for the best oral communication, €600**
  José Luis González and co-authors: randomised clinical trial on effectiveness of the application of lidocaine and prilocaine cream (EMLA) prior to lumbar puncture, compared with placebo, to reduce pain in adults.
- **Second best oral communication, with a prize of €450**
  Miguel Merchán and co-authors: Fingolimod: reintroduction to the post-pregnancy treatment of two clinical case studies.
- **First poster prize, €400**
  Irene Andrade and co-authors: assessment of the response to long-term treatment with prolonged release fampridine
- **Second poster prize, €300**
  This prize was not awarded.
- **Special prize to the best research project in neurological nursing, €2500**
  Javier Amarilla and co-authors: the impact of cognitive impairment in the recovery of functional capacity, institutionalisation and mortality of elderly people who underwent surgery for a hip fracture.

- **National prize for the best scientific project, €1000**
  This prize was not awarded.

The prizes awarded by the public were:

- **Best poster, €200**
  M. Carmen Algarra: support notebooks for non verbal communication.
- **Best oral communication, €250**

Congratulations to all the prize winners!

Other activities were held for which an invitation was needed, sponsored by different pharmaceutical companies.

On Thursday the **Multiple Sclerosis seminar-lunch**, took place, sponsored by Biogen, where the topic "the vision and mission of nursing in multiple sclerosis patient management beyond the disease itself" was addressed.

On Friday the **Multiple Sclerosis seminar-lunch**, sponsored by Sanofi Genzyme took place, with the topic "Gaining experience in multiple sclerosis".

Prior to closure, Ms. Rosalía Horno stepped down as spokeswoman, a post she has held for 4 years. Her words were "I wish to thank all the members and SEDENE for all the affection you have given me, but I also want you to know that I am only stepping down as spokeswoman, I AM NOT LEAVING, so I will continue working for nursing, for our good and the good of the patient". Here on behalf of SEDENE we wish to thank her for all the work she has achieved over these years and to hope that she continues with the same enthusiasm in her new professional path.

This year the congress was publicized through social media with the hash tag, #SEDENE2016 through twitter @RevistaSedene and the Facebook page of the Spanish Society of Neurology Nursing.

We wish to thank all the people, institutions and companies which have made this congress possible. We hope to see all of you again in November 2017, in Valencia.