SUMMARY OF ANNUAL MEETING

24nd Annual Congress of the Spanish Society of Neurology Nursing

XXIV Congreso Anual de la Sociedad Española de Enfermería Neurológica

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November has been a special month for neurology nurses for many years. We have been meeting for almost a quarter of a century to pool experiences, knowledge and the results of research into neurological care. As usual, we shared Valencia’s Convention Centre with other health professionals specialising in neurology and also holding their annual meetings, which added to the occasion. This was the last year that we will meet in Valencia, the city that has given us the warmest of welcomes over the past four years.

“A holistic approach to caring for the neurological patient’’ was our chosen mantra to continue the theme of humanisation in neurology that we started last year.

The programme started on Wednesday 22 November, with the meeting of the study groups. The newly formed Epilepsy Group (EPISEDENE) began its journey along with the established groups—such as the Neurovascular Study group (GENSEDENE), the Multiple Sclerosis Group (EMSEDENE), the

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Movement Disorder Group (GTMSEDENE) and the young Neurorehabilitation Group (NRHSEDENE).

Three simultaneous workshops were held:

1. Multiple sclerosis workshop, with two themes:
   - "Scientific update on Immunology and Nursing Care", with the collaboration of Merck.
   - "Disease progression in multiple sclerosis", with the collaboration of Roche, covering measurement of progression, the clinical implications and the "patients' project".

2. Movement disorders workshop: "Huntington's disease, unknown territory for nursing", covering the history and progress of the disease, and relevant aspects on nutrition for these patients.

3. Neurorehabilitation: "Management of behavioural and cognitive disorders", which started with a theoretical introduction to neuropsychology, calling for a holistic approach to the rehabilitation model, in line with the mantra of the congress this year.

Various aspects were then covered, such as psychological intervention in physical disease, purpose of diagnosis and planning treatment in neurorehabilitation, and cognitive assessment and rehabilitation.

The second part involved a great deal of interaction with the attendees, focussing on the phases of grief and how to cope with them, and various tests of cognitive impairment. It concluded with a presentation of clinical cases and the specific role of the neuropsychologist in each case.

On Thursday 23, Mrs. Rosa Güell and Mrs. Maria Palanca moderated the first round - Oral Communications I. Despite the early hour, the auditorium soon filled with people keen to hear the speakers. Mr. Fidel López, Chairman of the Scientific Committee gave special mention to the very high scientific quality this year of all the communications presented (Fig. 1). The papers presented highlighted nurses' interest in team work and the importance of the figure of the expert nurse in improving quality of life, preventing the complications of disease, delivering treatment and promoting healthy lifestyles adapted to the condition of the patient. Papers were presented on epilepsy, stroke, Parkinson's disease and cognitive disorders, in which the nurse takes on a leadership role in patient care and becomes a key player in ensuring good physical, mental and social recovery.

The event was opened by the Chairperson of the Society, Mrs. Mercè Salvat Plana, completing her two years in the position this year. She was accompanied by Dr. José Miguel Lainez Andrés, First Vice-Chairperson of the Spanish Neurology Society (SEN), and Mr. Juan José Tirado, Chairperson of the College of Nursing of the Valencian Community and General Secretariat of the Nursing Council of the Community of Valencia (CECOVA), presenting the 14th Congress "A holistic approach to caring for the neurological patient". They stressed that this global approach is not new, especially to nurses. The focus of our concern is people and everything that we can do for them and their environment.

The inaugural lecture, entitled "professional intervention in the sexuality of the neurological patient", delivered by Mr. Joan Vidal, was followed with great interest not only in the auditorium but also by those following the Congress through social media. It was moderated by Mr. Alejandro Lendínez.

The roundtable on "approaching sexuality" followed the coffee and networking break, in which professionals from various disciplines participated: Mrs. Irene Bartolomé, Mr. José Bustamante and Mrs. Laura Fon, and was moderated by Mr. David Iglesias. The roundtable stressed the need to approach sexuality from a biopsychosocial perspective, to ensure that this area, which is currently little known and underestimated by health professionals, is normalised. We need to adopt an open, interdisciplinary attitude adapted to the needs of these patients and their partners.

We then changed venue to the poster area in the Sorolla Palace Hotel. This year the 5 best papers chosen by the Scientific Committee were highlighted from the 17 papers presented.

The Members' Assembly was held after a picnic lunch. This year we held both an ordinary and an extraordinary meeting, in which the votes were counted from the elections for Vice-Chair of the Board and for seven spokespersons. The following candidates were elected:

Vice Chairperson: Carmen Funes; Spokespersons: Rosa Güell, Fidel López, Jesús León, Paloma Muñoz, Javier Amarilla, María Palanca and Macarena Rus. Mercè Salvat will lead the Secretariat (Fig. 2).

We resumed the sessions with the roundtable "End-of-life care management of the neurological patient", moderated by Mrs. Carmen Funes. Mr. Luis Donis, Mr. Antonio Ramos and Mrs. Ana García emphasised the importance of foresight in anticipating the issues that will arise during the end-of-life process. Accompaniment, resolution of symptoms and the involvement of the patient’s family are the basic pillars of end-of-life care. It is only through interdisciplinary intervention that the patient’s and their family's needs will be met at this critical time of life.

Mrs. Marcelina Rodríguez Ramos, as the representative for the winning paper of the "Highest award for Nursing Research" 2016, "The impact of cognitive impairment on the recovery of functional capacity, institutionalisation and mortality of elderly patients after hip fracture surgery", presented its results.

The second round - Oral Communications II - then took place, moderated by Mr. Fidel López and Dña. Paloma Muñoz. Various issues were approached, such as the treatment of MS with different drugs, telemetry as an essential tool in detecting patients with atrial fibrillation and preventing stroke; an interesting project on patients with Parkinson’s disease, highlighting the importance of nursing consultation; the application of new technologies in education for health via an app, and different strategies to treat depression. These talks concluded an intensive day and left time to enjoy our beautiful host city of Valencia.

Our meeting resumed on Friday 24, with Oral Communications III, moderated by Mr. Jesús A. León and Mrs. Mercè Salvat. Various themes were dealt with, such as a person-focused model of care for Parkinson’s patients and their families; electroencephalographic activity in military simulation tasks; evaluation of pain in patients with advance dementia, and different protocols on stroke. These presentations gave the finishing touch and generated enthusiastic debate among the audience, and highlighted the shortage of time to cover such interesting issues.
This year we had the honour of listening to patients (we hope this now becomes mandatory). In the Patients’ Associations’ roundtable, moderated by Mr. Javier Amarilla, Mr. Pedro Soriano presented the “FFpaciente” project, created by the Madrid School of Health. Then Mr. Luciano Fernández, Mrs. Trinidad García and Mrs. Pilar Robles from the Patients’ Associations gave us their views as family members and people with neurological conditions. This communication was highlighted as a key element between nursing and patients’ associations. The speakers demanded closeness, true information and training for the person and their family. The importance of “empowering” patients in appropriate decision-making was stressed. For this, patients and their family members require support and information after a diagnosis of a neurological disease and on discharge from hospital. They also highlighted the need for
collaboration between the professional scientific associations and patients’ associations.

Time was against us, and to our regret we had to come to a rapid close. We just had time for a quick coffee before the roundtable on the debate on “Care legislation and ethics”, moderated by Mrs. Macarena Rus. We were fortunate enough to have three highly trained and experienced speakers in this field: Mr. José María Antequera, Mrs. Laura Steegmann and Mr. Federico de Montalvo. We examined the guarantees and dilemmas involved in the care of people with disabilities from the perspective of the protection of vulnerability as a bioethical aspect. A vision was also presented of neurological patient care from the perspective of the humanisation of care and human dignity, as a fundamental right on which to base practice. Finally, there was a short reflection on the legal and ethical responsibilities of nursing.

It was then time to give the prizes awarded by the Scientific Committee and by the attendees in this 14th Annual SEDENE Congress, in recognition of excellent work (Fig. 3).

The prize for the best oral communication voted by the attendees, with an award of 250€, went to the paper entitled “Comprehensive care programme for patient and family. Nursing consultation on cognitive disorders”. Authors: M. Carmen Algarra and colleagues.

The prize for the best poster voted by the attendees, with an award of 200€, went to the paper entitled “Alopecia as an adverse effect of teriflunomide for the treatment of relapsing-remitting MS”. Authors: Miguel Aragonés and colleagues.

The award by the Scientific Committee for the best NEUROLOGICAL NURSING RESEARCH PROJECT, with an award of 2,500€, and the National Prize for the BEST SCIENTIFIC PAPER, with an award of 1,000€, were declared void.

The prize awarded by the Scientific Committee for the best ORAL COMMUNICATION, with an award of 600€, went to the paper entitled “ReNACE (Recovery, Normalisation, Acceptance and Living with Chronic illness) psychoeducational intervention for people with Parkinson’s disease and their family caregivers: preliminary results of baseline measurement”. Authors: María Victoria Navarta and colleagues.

The second prize awarded by the Scientific Committee, with an award of 450€, went to the ORAL COMMUNICATION “Early mobilisation and interdisciplinary care (ENFIS) in the stroke unit: impact on function and quality of life at 90 days”. Authors: Estela Sanjuan and colleagues.

The prize awarded by the Scientific Committee to the best POSTER with an award of 400€, went to the paper entitled “Perception of thinning hair and/or alopecia throughout treatment with teriflunomide”. Authors: Irene Andrade and colleagues.

The second prize awarded by the Scientific Committee, with an award of 300€, went to the POSTER “Assessment of anxiety and pain during explantation of deep electrodes in patients with epilepsy”. Authors: Cristina Tato and colleagues.

The special CONDACE prize, awarded with free registration for the 1st Congress on Brain Damage, to be held next March in Madrid, went to the communication entitled “Incidence of urinary retention in the stroke unit”. Authors: Carmen Vázquez and colleagues.

The second CONDACE prize, awarded with free registration for the 1st Congress on Brain Damage, to be held next March in Madrid, went to the communication entitled “Assessment pre and post implementation of a good practice guideline: Stroke assessment through continued care”. Authors: María Victoria Ruiz and colleagues.

Congratulations to all the prize winners!
After the excitement of the prize giving, the Congress was closed by the outgoing Chairperson, Mrs. Mercè Salvat, and the incoming Chairperson, David Iglesias.

As in preceding years, other activities sponsored by various pharmaceutical laboratories were held. The lunch seminar on multiple sclerosis sponsored by Biogen was held on Thursday. The lunch seminar on multiple sclerosis sponsored by Sanofi Genzyme was held on Friday.

When the Congress concluded this year, we had a great sense of satisfaction in having met the objectives that we set, one which we hope was shared. We achieved rooms filled with professionals, debate arising from the communications, and the presence of other professionals from the neurosciences. We were left in no doubt that the nurse is a highly specialised professional in neurological patient care. With exceptional speakers, we explored in depth essential themes that are not always approached in the best way and are often regarded as taboo: sexuality, care ethics, end-of-life care, giving a voice to and empowering patients and their families. We would like to thank these speakers and hope to continue to collaborate with them.

This year’s hashtag was #SEDENE17. Dissemination was through the twitter account @RevistaSedene, and the Society’s Facebook page.

Many thanks to our speakers, researchers and attendees, and to the institutions and companies that made this further meeting possible.

We conclude by inviting you to the next meeting that will take place in November 2018, at the new venue in Seville. We look forward to seeing you at a historic occasion - the 15th SEDENE Congress!

Conflict of interests

The authors have not conflict of interests to declare.