

Feedback from the 10th ICN NP/APN conference Rotterdam 2018

Dr Kim Byas is the Regional Executive for the American Hospital Association in Chicago. He spoke of a strategy for ANP which needs to incorporate policy, consistency of education, leadership and respect and remuneration. His talk was engaging and he finished with the term 'egoence' which is the consciousness of ourselves and of our relationship with the whole and the discernment of how to respond to the responsibility implied by that consciousness. To be honest, he lost me a bit at this point but he related it to work and leadership saying its ok to be frustrated with things e.g. administration issues, with egoence you take this frustration or anger and use it in a constructive way.

The most revolutionary talk was by **Prof. Nico van Meeteren** who gave us far reaching visions of the future thanks to technology. He talked about the Personal Health Train <https://www.youtube.com/watch?v=mktAtHmy-FM> which creates a complete health record that is accessible for the patient, healthcare professional, research and education and includes the ability to personalise decision making regarding sharing data.

He gave a powerful example of technology enhancing the patient experience and care. He talked of a chronic renal failure patient requiring dialysis three times a week. The patient foundation invited a public/patient partnership development and they developed 'nierstichting' which is overnight haemodialysis for the patient which reduced the impact of thrice weekly sessions on their personal and professional life. He stated that by 2030 there will be organ technology where they will be able to grow organs. He also suggested that we may soon develop the technology to 3D print an organ or 3D print medication so patients only have to take one pill that combines all the medication required.

He stated the main challenge to technology is changing society's views. He showed two images of people leaning against a wall and waiting for a bus, one was from 100 years ago with people stood/leaning around reading newspapers. The present day image had the people positioned in the same way but looking at their phones. Whilst technology has moved, society has not. That is our biggest challenge.

My favourite talk was by **Mark Venekamp**, from Humanitas which is one of the main not for profit social services and community building organisations in the Netherlands. It supports people who temporarily cannot manage on their own.

He was talking about true leadership and being a leader. He talked about critical components to work effectively namely; innovation (including technology), networking, continuous study and leadership. He really challenged us to think about how we feel about our profession, our lives and our leadership. His techniques were invigorating and we hugged upwards of 15 people each and ended up on stage dancing to Black Eyed Peas. Quite a session!

What resonated for me was his talk of how our brains seek to problematise and how our inner voice can make us doubt ourselves. He spoke of new mind sets producing new results and how we exist in two different worlds; our outer world is affected by circumstance and situation and our inner world responds to the outer world. He clarified his thinking by referring to some of the needs outlined by Maslow. He spoke of patients but I could relate his thinking to our patients and students. How can our patients or students absorb the amount of content/information we expect them to if we have no understanding of their context (are they safe/do they feel they belong etc.)? We need to humanise healthcare (and education). He finished by stating if you know yourself, you can serve another one - true leadership.

Dr Ruth Pearce