It is important to recognize the hard work and achievements of our staff in ICU.

In addition to our clinical work, we have continued to run highly successful teaching and research programs, and in this Newsletter we highlight some of these achievements in the past 18 months.

We plan to make this an annual publication, so if you are aware of any other achievements that we have unfortunately omitted, please let us know!

SOME OF OUR 2013/2014 ACHIEVEMENTS

RESEARCH

42 publications in peer-reviewed journals (thus far!)
Numerous Awards and Prizes for RAH ICU staff including:

• 2013 Rhodes Scholarship
• 2013 SA Science Excellence Award
• 2013 Dawes Scholarship
• 2013 NHMRC Scholarship
• 2013 AR Clarkson Scholarship
• 2013 Matt Spence Medal (ANZICS)
• 2013 Australian Diabetes Society Young Investigator Award
• 2013 and 2014 Tub Worthley Travelling Scholarship

TEACHING AND TRAINING

CICM Fellowship Exam pass rate of 86% from 2002-2014 (cf overall Aus/NZ pass rate of 55%)
Don Harrison Medal (CICM) 2014
Highly successful Primary and Fellowship Exam Courses
Involvement in number of other Courses including commencement in 2014 of;
• BASIC Courses at RAH
• Critical Care Ultrasound Course

RAH ICU Facts and Figures

The Royal Adelaide Hospital ICU is the busiest Level 3 Unit in South Australia, and in 2013 we admitted 3048 patients into the 42 beds. Of the ICU-level patients last year, about 17% were as a result of trauma, with a further 2.5% from burn injuries. There were also 79 with cardiac arrest, 90 with a primary diagnosis of acute myocardial infarction, CCF or cardiogenic shock, 107 with overdose, 54 with nontraumatic SAH and 14 with PE.

The Unit currently has 42.5 Registrars (13 registered CICM trainees) from a variety of backgrounds and with vastly differing levels of experience – making the writing of a safe and workable roster extremely challenging for our Unit Secretary, Kris Gabell, who does a fantastic job with it.

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Teaching and Training

Congratulations to Yasmine Ali Abdelhamid who not only passed the CICM Fellowship Exam in May, but won the Don Harrison Medal for topping it. She has recently left for Toronto to undertake a Fellowship at Sunnybrook for 1-2 years.

Of note, the overall pass rate across Australia and NZ for the Fellowship Exam since 2002 has been 55%, as compared to 86% at the RAH.

Yasmine also won the Matt Spence Medal in Hobart last year at the Australian and New Zealand Intensive Care Society ASM. This is awarded for the best registrar research presentation, and of the 6 finalists, 3 were from the RAH ICU.

The Tub Worthley Travelling Scholarship was won by Mark Plummer in April this year. This is awarded for the best registrar research presentation at the annual South Australian ANZICS meeting. Yasmine was the winner in 2013.

The 30th running of the Australian Short Course in Intensive Care Medicine was held in February this year, with 36 candidates from Australia and New Zealand. This Course is aimed at CICM trainees planning to sit the Fellowship Examination in the next 12 months, and includes sessions on the written paper, vivas, investigation interpretation, and hot cases over 3 days. Hot Case practice sessions are held at the RAH, QEH and FMC.

An enormous amount of work goes into the Course, with 24 faculty this year, including 12 from the RAH and 5 from interstate.

We also started running Basic Assessment and Support (BASIC) Courses at the RAH this year, with the first course run in April and another planned for November.

The highly regarded annual RAH Primary Examination Course will be run in August, and will be coordinated as usual by Mark Finnis.

A list of upcoming ICU Courses is included at the end of this Newsletter.
Research

RAH ICU Research Achievements for 2013

RAH ICU Research goes from strength to strength and 2013 was an outstanding and successful year. For starters, members of our research team were given a number of prestigious awards and prizes. Associate Professor Adam Deane, one of our ICU specialists and an active clinical researcher, won the South Australian Science Excellence Award for Early Career Professionals in Health and Medical Sciences; A/Prof Adam Deane has also been awarded a highly sought after NHMRC Early Career Fellowship; Dr Matthew Maiden, also an ICU specialist and PhD student won the College of Intensive Care, Best Free Paper, at the Annual Scientific Meeting; Dr Mark Plummer, an ICU medical trainee and PhD student won the Australian Diabetes Society Young Investigator Award and has also been awarded an NHMRC scholarship; Dr Yasmine Ali Abdelhamid another ICU medical trainee won the Tub Worthley Travelling Scholarship awarded for the best presentation by a South Australian trainee in intensive care medicine and then also won the Matt Spence Medal awarded to the best presentation by a trainee at the Australian & New Zealand Intensive Care Society, Annual Scientific Meeting; Dr Victoria Bennett, a visiting ICU registrar from the UK, presented the runner up poster at the Intensive Care Society State of the Art Meeting, London from work done at the RAH. Finally, one of our honours students, Mr Mahesh Umapathysivam was awarded a Rhodes Scholarship.

ICU research covers a numbers of areas of interest. As investigators with the Centre of Research Excellence into the Translation of Nutritional Science into Good Health, A/Professors Marianne Chapman and Adam Deane are developing international profiles looking at gastrointestinal pathophysiology and nutrition in the critically ill. A/Prof Adam Deane is also running a research program looking at the novel use of incretins in the management of stress-induced hyperglycaemia. He has been selected to represent the Australia and New Zealand Intensive Care Society at the 34th International Symposium on Intensive Care and Emergency Medicine in Brussels in March 2014 and present his work in this area.

A/Professor Arthas Flabouris has a long standing research program investigating the place of Medical Emergency Teams and ICU outreach programs in the provision of medical care in Australia. Dr Matt Maiden is completing a PhD looking at thyroid function during severe sepsis and Dr Ben Reddi is completing a PhD looking at vascular responsiveness in sepsis.

As a unit, we are also active participants of the Australian & New Zealand Intensive Care Society Clinical Trials Group. In 2013 Dr Krish Sundararajan ran a study looking at whether early goal directed resuscitation improves survival in patients with early severe sepsis. This was done in collaboration with the ICU at TQEH and could not have been completed without the support and input from our friends in the RAH Emergency Department.

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Dr Richard Strickland is currently running a trial looking at the effect of EPO administration in patients with severe head injury. Dr David Evans is running a study, with the help of Transfusion, looking at whether the age of transfused blood affects survival in ICU patients.

There are many other active researchers in our group. In 2013 the unit produced 23 publications, received just under $1 million in grant money, and the researchers were invited to give 7 presentations to national and international meetings. The unit also has collaborations with industry. Ms Stephanie O’Connor is the research manager and mentor of ICU nurses interested in research and is the past president of the Intensive Care Research Coordinators Interest Group (subcommittee of the ANZICS CTG). We have a number of higher degree students including from allied health and nursing. Our research flourishes because of the active engagement, participation and support of all our ICU nursing and medical staff. There is a culture of research support within the ICU, which is as important for the above successes as any individual effort.

Summary of recent achievements of our higher degree students:

Rhodes Scholarship Mr Mahesh Umapathysivam 2013
Australian Diabetes Society Young Investigator Award Dr Mark Plummer 2013
South Australian Science Excellence Award For Early Career Professional In Health And Medical Sciences A/Prof Adam M Deane 2013
Tub Worthley Travelling Scholarship Dr Yasmine A Abdelhamid 2013
Tub Worthley Travelling Scholarship Dr Mark Plummer 2014
Australian & New Zealand Intensive Care Society (ANZICS) Matt Spence Medal Dr Yasmine A Abdelhamid 2013
College Of Intensive Care Medicine (CICM) Best Free Paper Dr Matthew Maiden 2013
Runner Up Poster Prize, Intensive Care Society State Of The Art Meeting, UK Dr Victoria A Bennett 2013
Society Of Critical Care Medicine Young Investigator Award A/Prof Adam M Deane, 2012
Society Of Critical Care Medicine Research Citation Finalists A/Prof Adam M Deane 2012
Australian New Zealand Intensive Care Society (ANZICS) Best Medical Paper A/Prof Adam M Deane 2011
College Of Intensive Care Medicine (CICM) Best Free Paper A/Prof Adam M Deane 2009
Australian Diabetes Society (ADS) Finalist – Young Investigator Award A/Prof Adam M Deane Australian Diabetes Society Annual Scientific Meeting 2009
Australian New Zealand Intensive Care Society (ANZICS) Best Medical Paper A/Prof Adam M Deane 2008
Australian Society For Parenteral And Enteral Nutrition Bob McMahon Research Award For Best Presentation Relating To Enteral Nutrition A/Prof Adam M Deane 2008

ICU Registrar involvement in Research

Registrars, and ICU trainees in particular, are actively encouraged to participate in research on the Unit, both in terms of personal research and larger trials. Significant support is also available for CICM trainees for their Formal Project requirements, and they are encouraged to present and publish their results.

The Tub Worthley Travelling Scholarship Dinner is run annually with the support of Pfizer, and provides trainees with an excellent opportunity to present their research to Intensive Care colleagues from across the State, and compete for the Scholarship.

Trainees are also encouraged to present their research at the annual Australian and New Zealand Intensive Care Society (ANZICS) ASM and the CICM ASM.

We have had a number of winners of the Matt Spence Medal for the best registrar research presentation at the ANZICS Annual Scientific Meeting – including last year!
Research Publications in 2013 / 2014


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**Book chapters 2013/2014**


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**Current Research Funding**

2012-14: NHMRC Project Grant: Optimising nutrient delivery and absorption in critically ill patients.  
Chapman M, Nguyen N, Rayner C, Jones K, Deane A, Horowitz M.  
Value: $542,500

2012-14: ARC Linkage Grant: The development of a potent new passive immunotherapeutic for the treatment and prevention of bacterial sepsis and septic shock.  
Hayball JD, Sproston K, Chapman MJ.  
Partner organisations: BTG Australiasia P/K, Royal Adelaide Hospital.  
Value: $183,000

2012-14: NHMRC Project Grant: Causes and management of abnormally elevated blood glucose concentrations in the critically ill.  
Deane AM  
Value: $416,175

2012-17: NHMRC CRE Grant 1041687: Centre of research excellence in translating nutritional science to good health.  
Value: $2,499,990

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2012-13: Royal Adelaide Hospital Clinical Research Grant for Allied Health-Pharmacy-Nursing: Speech production during mechanical ventilation via a cuffed tracheostomy tube: A feasibility study comparing two tracheostomy tube designs.
Pryor L, Ward E, Cornwell P, O'Connor S, Chapman M. 
Value: $6,000

Pryor L, Ward E, Cornwell P, O'Connor S, Chapman M. 
Value: $2,000

2013: ANZCA grant 13/012: The augmented versus routine approach to giving energy trial (TARGET) in Intensive Care: A feasibility study.
Chapman M, Peake S, Davies A, Deane A. 
Value: $34,300

2013: RAH RIBG grant 
Value: $70,000

2013: Diabetes Australia Research Trust General Grant: Optimal glucose targets in critically ill patients with pre-existing type-2 diabetes and chronic hyperglycaemia.
Deane AM, Bellomo R, Jenkins A, Horowitz M. 
Value: $60,000

2013: Intensive Care Foundation Research Grant: Pathology of the kidney in septic renal failure.
Maiden M. 
Value: $20,000

2014: Royal Adelaide Hospital Research Trust, Clinical Project Grant: The effect of routine pantoprazole administration when compared to placebo on gastrointestinal bleeding, ventilator-associated pneumonia and Clostridium difficile infection in enterally-fed mechanically ventilated critically ill patients: A prospective randomised study.
Plummer MP, Deane AM, Chapman MJ, Rayner C. 
Value: $49,139

Plummer MP, Deane AM, Chapman MJ, Horowitz M, Jones K. 
Value $5,000

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South Australian Intensive Care Association (SAICA)

SAICA is a not-for-profit association that oversees a number of educational courses in South Australia as well as promoting, encouraging and financially supporting educational and research activities in the area of Intensive Care Medicine.

It also awards travel scholarships to assist Intensive Care registrars and Honours/PhD students to present their research at international or national meetings.

In 2014, it has awarded scholarships to Dr Mark Plummer (RAH ICU) and Dr Palash Kar (RAH ICU) to present their PhD research at the Intensive Care Society State of the Art Meeting in England in December this year.

Application forms for these scholarships can be downloaded from the RAH ICU website at www.icuadelaide.com.au/saica.html.

Any questions should be directed to:

Nick Edwards
C/- ICU
Royal Adelaide Hospital
Email: chopper45@iprimus.com.au

ICU REGISTRAR POSITIONS

If you are interested in a position as an Intensive Care Registrar at the RAH, further details are available at http://www.icuadelaide.com.au, or contact Dr Alex Wurm at Alex.Wurm@health.sa.gov.au.

If you are thinking about ICU as a career and would like to discuss your options, Dr Nick Edwards (chopper45@iprimus.com.au) and Dr Peter Sharley (peter.sharley@internode.on.net) are the ICU (CICM) Supervisors of Training at the RAH.

Senior Registrar (SR) Positions

It is important to recognize that the term ‘Senior Registrar’ can mean very different things to different institutions or units. A registrar position with certain expectations and levels of responsibility may be classified as a Senior Registrar role at one hospital but not at another, even though the roles are essentially the same.

At the RAH, we appoint 4 Registrars to the SR positions every 6 months and they carry significant additional responsibility. Accordingly, the selection of registrars to these appointments involves careful consideration using a number of criteria including clinical ability, level of experience and leadership qualities.

http://www.icuadelaide.com.au
UPCOMING INTENSIVE CARE COURSES 2014/2015

AUSTRALIAN SHORT COURSE IN INTENSIVE CARE MEDICINE
11-13 February 2015
32-36 candidates. For ICU Registrars within 12 months of CICM Fellowship Examination.
Applications open 6 October 2014.
Enquiries to Dr Nick Edwards, c/- ICU, Royal Adelaide Hospital.
Email: chopper45@iprimus.com.au

RAH PRIMARY EXAMINATION COURSE
8-12 June 2015
24 candidates. For Registrars preparing for CICM or ANZCA Primary Examination.
Enquiries to Dr Mark Finnis, c/- ICU, Royal Adelaide Hospital.
Email: mark.finnis@adelaide.edu.au

BASIC ASSESSMENT AND SUPPORT IN INTENSIVE CARE (BASIC) COURSE
24-25 November 2014
Enquiries to Dr Ken Lee, c/- ICU, Royal Adelaide Hospital. Email: imipenam@yahoo.com
Or Dr Mike Anderson, c/- ICU, Royal Adelaide Hospital. Email: mbanders@optusnet.com.au

SOUTH AUSTRALIAN CRITICAL CARE ULTRASOUND COURSE
19-20 February 2015
16 candidates.
Enquiries to Dr Richard Strickland, c/- ICU, Royal Adelaide Hospital.
Email: rich.stricko@gmail.com

BASIC INTENSIVE CARE MEDICINE COURSE (BICMED)
An introductory course for junior and general trainees rostered to the RAH ICU for 3-6 month rotations.
Runs over a 12 week cycle, repeating 4 times per year, with the intention of allowing all trainees rostered to the unit the opportunity to attend. The course is run on Friday afternoons from 15:00-17:00, with most sessions having a significant 'hands-on' component.
Enquiries to Dr Alex Wurm, c/- ICU, Royal Adelaide Hospital.
Email: Alex.Wurm@health.sa.gov.au

http://www.icuadelaide.com.au
OTHER COURSES REQUIRED BY CICM

Trainees who registered from 1 January 2014 are required to undertake a number of face to face courses. A list of these (with relevant links) is available at http://www.cicm.org.au/trainingcourses.php.

Some Recent Farewells….

Contact

Any feedback about this Newsletter or achievements/details you would like included in the next Newsletter should be directed to Dr Nick Edwards (chopper45@iprimus.com.au) or Dr Alex Wurm (Alex.Wurm@health.sa.gov.au)

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