

# RAH ICU

## Training and Research July 2015 - June 2016



This was another successful and productive year for our staff in the Royal Adelaide 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 over the past 12 months. We have also included a list of upcoming local courses, the role and activities of SAICA, travel logs from some of our registrars from overseas (and tips for future registrars), paediatric (PICU) rotations, and the move to the new Royal Adelaide Hospital.

This is an annual publication, so if you are aware of any other achievements that we have unfortunately omitted, please let us know!

### SOME OF OUR 2015/2016 ACHIEVEMENTS

#### RESEARCH

59 publications in peer-reviewed journals (so far!)

Number of Awards and Prizes for RAH ICU staff including:

- 2016 Awarding of PhD
- 2015 Matt Spence Medal (ANZICS) - 3<sup>rd</sup> year in a row!!
- 2015 ANZICS ASM Best Medical Paper
- 2015 AR Clarkson Scholarship
- 2015 RAH Research Committee AR Clarkson Scholarship
- 2015 University of Adelaide Faculty of Health Sciences Executive Dean's Award
- 2016 RAH Research Committee Honours Award

#### TEACHING AND TRAINING

CICM Fellowship Exam pass rate of 83% from 2002-2016 (cf overall Aus/NZ pass rate of 54%)

Highly successful Primary and Fellowship Exam Courses  
Involvement in number of other Courses including;

- RAH Basic Intensive Care Medicine (BICMed) Course
- BASIC Courses at RAH
- Critical Care Ultrasound Courses
- RAH Postoperative Care of the Cardiothoracic Patient Course

## RAH ICU Facts and Figures

The Royal Adelaide Hospital ICU is the busiest Level 3 Unit in South Australia, and in the 12 months from July 2015 to June 2016, we admitted 3644 patients into the 42 beds (2464 ICU, 1180 Step Down Unit). Of all the patients admitted during that time, 78% were non-elective. About 13% were direct admissions following cardiac surgical procedures, 12% were trauma, 8% following neurosurgery, 7% thoracic surgery, 7% 'sepsis', 5% pneumonia without sepsis, 4% ENT surgery, 3.5% drug overdose, 3% following cardiac arrest, and 2% non-traumatic subarachnoid haemorrhage. Operating theatres were the source of admission for 49% of our patients (51% non-elective surgery), 31% were admitted directly from the Emergency Department, 15% from the wards, and 5% were transferred directly from another hospital to our ICU.

The Unit currently has 38.5 Registrars on the roster (22 registered with the College of Intensive Care Medicine) from a variety of backgrounds and training programs, and with very different levels of experience and long-term goals.

## Teaching and Training

Congratulations to Hao Wong who passed the CICM Fellowship Exam in May. After another 6 months with us as Chief Registrar, he plans to do a Fellow year in Singapore next year.

Palash Kar won the Matt Spence Medal in Auckland last year at the Australian and New Zealand Intensive Care Society ASM for his paper, 'Personalised Glycaemic Control in Critically Ill Type-2 Diabetic Patients: An Exploratory Study.' This is awarded for the best registrar research presentation, and it is the 3<sup>rd</sup> year in a row that it has been won by a registrar at the RAH!

Mark Plummer was awarded his PhD for his project titled, 'Upper gastrointestinal function and glycaemia in health and critical illness', and received a Dean's Commendation. He is now spending 12 months as a Clinical Fellow in the Neurosciences and Trauma Critical Care Unit at Addenbrooke's Hospital in Cambridge before returning to the RAH in 2017.

The Tub Worthley Travelling Scholarship was won by Tim Beckingham (Lyell McEwin Hospital) in May this year. This is awarded for the best registrar research presentation at the annual South Australian ANZICS meeting. Registrars from the RAH who



presented their research on the night were Sam Gluck, Michael Davies, Matt Jarvis and Palash Kar (ineligible as he won last year).

Special guests this year included a half-day research seminar with Prof Steve McClave (Louisville, US) on gastrointestinal function and nutrition during critical illness at which several of our researchers presented. Prof Jeremy Kahn (Pittsburgh, US) visited in June this year, and was involved in a Health Services Research Workshop at the RAH, before presenting on 'The Hospital at Night'. He was also given the full Adelaide experience - an AFL game at Adelaide Oval, a Balfours pie, and a Coopers Pale Ale (photo below). We also welcomed Dr Andrew Shorr (Washington, US) in May who presented on strategic options for management of difficult to treat gram negative infections.

The 31<sup>th</sup> running of the South Australian Intensive Care Fellowship Exam Course was held in February this year, with 32 candidates from Australia and New Zealand (photo below). An enormous amount of work goes into the Course, with over 30 faculty this year, including 12 from the RAH and 5 from interstate. Hot Case practice sessions were held at the RAH, QEH, FMC and LMHS.

The annual South Australian Primary Examination Course was held at Ayers House in July in 2016, and was coordinated as usual by Mark Finnis. There were 24 candidates and a number of the RAH Intensivists were involved in the teaching. The course is invariably oversubscribed, and so by popular demand has been increased to twice a year from 2017.

The fourth South Australian Critical

Care Ultrasound Course was held in February for 16 candidates, with another planned for September. It is a 2-day course on focused cardiac, lung, abdominal and procedural ultrasound relevant to critical care.

Two further Trainee Lecture Series days were held at Ayers House in this 12 months, with speakers including Prof Simon Finfer (Royal North Shore, Sydney), Ubbo Wiersema (FMC), Andrew Holt (FMC), Toby Thomas (LMHS), John Raj (QEH), and the Royal Adelaide's Simon McRae, Mark Finnis and Marianne Chapman. Each was attended by more than 30 registrars from across the State. Hao Wong, one of our Senior Registrars, has chaired the first 3 events, and will now hand over the reigns to another of our registrars, Michael Davies. We will continue to hold these days at least twice a year.

The RAH BICMed Course is now accredited by CICM as an introductory ICU Course, and can be counted towards CICM training. We also continue to run two BASIC Courses a year at the RAH, with the next to be held in November 2016.

We have expanded the 6-monthly orientation program for registrars new to the Unit, including a half-day Mini-BICMed Course and a half-day Postoperative Care of the Cardiothoracic Patient Course.

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



## Research Publications July 2015 - June 2016

1. Selvanderan SP, Summers MJ, Finnis ME, Plummer MP, Ali Abdelhamid Y, Anderson MB, Chapman MJ, Rayner CK, Deane AM. Pantoprazole Or Placebo for stress Ulcer Prophylaxis (POPUP): Randomized double blind exploratory study. *Crit Care Med* (in press, accepted 26 Jan 2016)
2. Peake S, Young P, Chapman MJ. Permissive Underfeeding or Standard Enteral Feeding in Critical Illness. *N Engl J Med* 2015 Sep; 373(12): 1173-1176.
3. Kar P, Plummer MP, Bellomo R, Jenkins AJ, Januszewski AS, Chapman MJ, Jones KL, Horowitz M, Deane AM. Liberal Glycemic Control in Critically Ill Patients with Type-2 Diabetes: An Exploratory Study. *Critical Care Medicine* (in press 22 January 2016)
4. Ali Abdelhamid Y, Chapman MJ, Deane AM. Nutrition in the perioperative period: a review. *Anaesthesia* 2016 Jan;71 Suppl 1:9-18.
5. Di Muzio F, Presello B, Glassford NJ, Tsuji, IY, Eastwood GM, Deane AM, Ekinici EI, Bellomo R, Mårtensson J. Liberal versus conventional glucose targets in critically ill diabetic patients: a safety vanguard cohort assessment. *Critical Care Medicine* 2016 Apr 4. [Epub ahead of print]
6. Luethi N, Cioccarri L, Tanaka A, Kar P, Giersch E, Deane AM, Mårtensson J, Bellomo R. Glycated hemoglobin (HbA1c) levels are not affected by critical illness. *Critical Care Medicine* 2016 Mar 14. [Epub ahead of print]
7. Plummer MP, Kar P, Cousins CE, Hausken T, Lange K, Chapman MJ, Jones KL, Horowitz M, Deane AM. Critical illness is associated with impaired gallbladder emptying as assessed by 3D ultrasound. *Critical Care Medicine* 2016 Apr 11. [Epub ahead of print]
8. Chapple LS, Chapman MJ, Lange K, Deane AM, Heyland DK. Nutrition support practices in critically ill head-injured patients: A global perspective. *Critical Care* 2016 Jan 7;20(1):6.
9. Kar K, Plummer MP, Chapman MJ, Cousins CE, Lange K, Horowitz M, Jones KL, Deane AM Energy-dense feeds may slow gastric emptying in the critically ill *JPEN Journal of Parenteral Enteral Nutrition* 2015 Jun 2. [Epub ahead of print]
10. Gluck S, Ellis DY, Pearce AP. Use of tracheal tubes as intercostal catheters. *Emerg Med Australas.* 2015;27(5):497-8.
11. Ali Abdelhamid Y, Phillips L, Horowitz M, Deane AM. Survivors of intensive care with type 2 diabetes and the effect of shared care follow-up clinics: study protocol for the SWEET-AS randomised controlled feasibility study. Pilot and Feasibility Studies. (in press, accepted 14 May 2016)
12. Liew VY, Chapman MJ, Nguyen NQ, Cousins CE, Plummer MP, Chapple LS, Ali Abdelhamid Y, Manton ND, Swalling A, Sutton-Smith P, Burt AD, Deane AM. A prospective observational study to evaluate the effect of critical illness on the ultrastructural and microscopic morphology of duodenal mucosa in humans. *Crit Care Resus* (in press, accepted 28 Feb 2016)
13. Plummer MP, Finnis ME, Horsfall M, Ly M, Kar P, Ali Abdelhamid Y, Deane AM. Prior exposure to hyperglycaemia attenuates the relationship between glycaemic variability during critical illness and mortality. *Crit Care Resus* (in press, accepted 20 May 2016)
14. Chapple LS, Deane AM, Heyland DK, Lange K, Kranz AJ, Williams LT, Chapman MJ. Energy and protein deficits throughout hospitalization in patients admitted with a traumatic brain injury. *Clinical Nutrition.* 2016 Feb 23 [Epub ahead of print]
15. Shears M, Alhazzani W, J Marshall J, Muscedere J, Hall R SW English SW, Dodek PM, Lauzier F, Kanji S, Duffett M, Barletta J, Alshahrani M, Arabi Y, Deane AM, Cook DJ for the Canadian Critical Care Trials Group. Stress Ulcer Prophylaxis In Critical Illness: A National Survey. *Canadian Journal of Anesthesia* 2016 Feb 24. [Epub ahead of print]
16. Plummer MP, Kar P, Cousins CE, Lange K, Chapman MJ, Nauck MA, Horowitz M, Meier JJ, Deane AM. The insulinotropic effect of pulsatile compared with continuous intravenous delivery of GLP-1. *Diabetologia* 2016 Jan;59(5):966-9.
17. Ridley ER, Davies AR, Hodgson C, Deane AM, Bailey M, Cooper DJ. Full predicted energy from nutrition and the effect on mortality and infectious complications in critically ill adults: A protocol for a systematic review and meta-analysis of parallel randomised controlled trials. *Systematic Reviews* 2015 Dec 12;4:179.
18. Reid DB, Costello LS, O'Connor SN, Bellomo R, Buhr H, Chapman MJ, Davies AR, Eastwood GM, Ferrie S, Lange K, McIntyre J, Needham DM, Peake SL, Rai S, Ridley EJ, Rodgers H, Deane AM. The effect of augmenting early nutritional energy delivery on quality of life and employment status one year after ICU admission. *Anaesthesia and Intensive Care* 2016. (in press)
19. Declerq B, Deane AM, Wang M, Chapman MJ, Heyland DK. The enhanced protein-energy provision via the enteral route protocol (PEP uP) in critically ill surgical patients: A multicentre prospective evaluation. *Anaesthesia and Intensive Care* 2016 Jan;44(1):93-8.
20. Gluck S, Headdon WG, Tang DW, Bastian IV, Goggin MJ, Deane AM. The incidence of ocular candidiasis and evaluation of routine ophthalmic examination in critically ill patients with candidaemia. *Anaesthesia and Intensive Care* 2015 Nov;43(6):693-7.
21. Bihari S, Maiden M, Deane A, Fuchs R, Fraser J, Bersten AD, Bellomo R. Preclinical research in critical care - the Australasian perspective. *Crit Care Resusc* 2015 Sep;17(3):151-152.
22. Maiden MJ, Chapman MJ, Torpy DJ, Kuchel TR, Clarke IJ, Nash CH, Fraser JD, Ludbrook GL. Triiodothyronine Administration in a Model of Septic Shock: A Randomized Blinded Placebo-Controlled Trial. *Crit Care Med* 2016 Jun;44(6):1153-1160.
23. Maiden MJ, Otto S, Brealey JK, Finnis ME, Chapman MJ, Kuchel TR, Nash CH, Edwards J, Bellomo R. Structure and Function of the Kidney in Septic Shock: A Prospective Controlled Experimental Study. *Am J Respir Crit Care Med* 2016 Mar 11. [Epub ahead of print]
24. Trahair LG, Horowitz M, Stevens JE, Feinle-Bisset C, Standfield S, Piscitelli D, Rayner CK, Deane AM, Jones KL. Effects of exogenous glucagon like peptide-1 on blood pressure, heart rate, gastric emptying, mesenteric blood flow and glycaemic responses to oral glucose in older individuals with normal glucose tolerance or type 2 diabetes. *Diabetologia* 2015 Aug;58(8):1769-78.
25. Ali Abdelhamid Y, Cousins CE, Sim JA, Bellon MS, Nguyen NQ, Horowitz M, Chapman MJ, Deane AM. Effect of critical illness on triglyceride absorption. *JPEN Journal of Parenteral Enteral Nutrition.* 2015 Nov;39(8):966-72.
26. Plummer MP, Jones KL, Cousins CE, Trahair LG, Meier JJ, Chapman MJ, Horowitz M, Deane AM. Hyperglycemia potentiates the slowing of gastric emptying induced by exogenous GLP-1. *Diabetes Care* 2015 Jun;38(6):1123-9.
27. Reintam Blaser A, Starkopf L, Deane AM, Poeze M, Starkopf J. Comparison of different definitions of feeding intolerance: a retrospective observational study. *Clinical Nutrition* 2015 Oct;34(5):956-61.
28. Iwashyna TJ, Deane AM. Individualizing Endpoints in Randomized Clinical Trials to Better Inform Individual Patient Care: the TARGET Proposal. *Critical Care* (in press, accepted 6 May 2016)
29. Summers MJ, Chapple LS, McClave SA, Deane AM. Event-rate and delta inflation when evaluating mortality as a primary outcome from randomized controlled trials of nutritional interventions during critical illness: A systematic review. *American Journal of Clinical Nutrition* 2016 Mar 9. [Epub ahead of print]
30. Plummer MP, Deane AM. Dysglycemia and glucose control during sepsis. *Clinics in Chest Medicine* (in press, accepted 15 January 2016)
31. Kar K, Jones KL, Horowitz M, Deane AM. Management of critically ill patients with type 2 diabetes: the need for personalised therapy *World Journal of Diabetes* 2015 Jun 10;6(5):693-706.

32. Kar P, Jones KL, Horowitz M, Chapman MJ, Deane AM. Measurement of gastric emptying in the critically ill. *Clinical Nutrition* 2015 Aug;34(4):557-64.
33. Horowitz M, Wu T, Deane AM, Jones KJ, Rayner CK. DPP-4 inhibition and the known unknown. *Diabetes*. (in press, accepted 05 May 2016)
34. Bihari S, Maiden M, Deane A, Fuchs R, Fraser J, Bersten AD, Bellomo R. Preclinical research in critical care - the Australasian perspective. *Critical Care and Resuscitation*. 2015 Sep;17(3):151-2.
35. Deane AM, Guyatt GH. Trials on stress ulcer prophylaxis: finding the balance between benefit and harm. Response to Krag et al. *Intensive Care Medicine* 2015 July;41(7):1369.
36. Dafoe S, Edwards S, Chapman MJ, Stiller K. Overcoming barriers to the mobilization of patients in an intensive care unit. *Anaesthesia and Intensive Care* 2015 Nov;43(6):719-27.
37. Anstey M, O'Callaghan G. Choices, consequences and cost: low-value treatments and intensive care medicine. *Crit Care Resusc* 2016 Mar;18(1):5-7.
38. Pryor L, Baldwin C, Ward E, Cornwell P, O'Connor S, Chapman M, Bersten A. Tracheostomy tube type and inner cannula selection impacts pressure and resistance to airflow. *Respir Care* 2016 May;61(5):607-14.
39. Maiden MJ, Chapman MJ, Torpy DJ, Kuchel TR, Clarke JJ, Nash CH, Ludbrook GL. Tri-iodothyronine (T3) replacement with and without hydrocortisone in a model of septic shock. A randomised, blinded, placebo-controlled trial. Accepted by *Crit Care Med* 2016 Jun;44(6):1153-60.
40. Secombe P, Harley S, Chapman M, Aromataris E. Feeding the critically ill obese patient: a systematic review protocol. *JBI Database System Rev Implement Rep* 2015 Nov 13;13(10):95-109.
41. Chapple LS, Chapman MJ, Lange K, Deane AM, Heyland DK. Nutrition support practices in critically ill head-injured patients: A global perspective. *Critical Care* 2016 Jan;20:6.
42. Pryor L, Ward E, Cornwell P, O'Connor S, Chapman M. Clinical indicators associated with successful tracheostomy cuff deflation Australian Critical Care. *Aust Crit Care* 2016 Feb. [Epub ahead of print]
43. Parikh HG, Miller A, Chapman M, Moran JL, Peake SL. Calorie delivery and clinical outcomes in the critically ill: a systematic review and meta-analysis. *Crit Care Resusc*. 2016 Mar;18(1): 17-24.
44. Pryor L, Ward E, Cornwell P, O'Connor S, Chapman MJ. Establishing phonation using the Blom® Tracheostomy Tube System: A report of three cases post cervical spinal cord injury. *Speech, Language and Hearing*. Accepted for publication May 2016.
45. Chapman MJ, Peake SL, Jones D. Gluttony in the ICU: is it really a deadly sin? *Crit Care and Resus*. June 2015; 17(2) 63-4.
46. Sundararajan K, Milne D, Edwards S, Chapman MJ, Shakib S. Anti-seizure prophylaxis in critically ill patients with traumatic brain injury in an intensive care unit. *Anaesth Intensive Care* 2015 Sep;43(5):646-51.
47. Sundararajan K, Flabouris A, Thompson C. Diurnal variation in the performance of rapid response systems: the role of critical care services-a review article. *J Intensive Care* 2016 Feb 24;4:15.
48. Sundararajan K, Flabouris A, Thompson C, Seppelt I; George Institute of Global Health and the Australian and New Zealand Intensive Care Society Clinical Trials Group Point Prevalence Study Investigators. Hospital overnight and evaluation of systems and timelines study: A point prevalence study of practice in Australia and New Zealand. *Resuscitation* 2016 Mar;100:1-5.1.
49. Sundararajan K, Li CK. Mind the Drain: Inadvertent Colonic Puncture after Mediastinal Drain Insertion in a High-risk Cardiac Surgical Patient. *International Journal of Medical and Pharmaceutical Case Reports* 2016;6(4):1-4.28.
50. Pooja PS, Sundararajan K. The devil is in the detail: Acute Guillain-Barré syndrome camouflaged as neurosarcoidosis in a critically ill patient admitted to an Intensive Care Unit. *Indian Journal of Critical Care Medicine* 2016;20(4):238-241.
51. Sundararajan K. Role of case reports in anaesthesia and critical care. *Journal of Anaesthesia and Critical Care Case Reports* 2015 Oct-Dec;1(2):3-4.
52. Li CK, Sundararajan K. An Uncommon Case of Phenibut Toxicity in an Intensive Care Unit. *International Journal of Medical and Pharmaceutical Case Reports* 2015;5(5):1-6.
53. Pryor LN, Ward EC, Cornwell PL, O'Connor SN, Finnis ME, Chapman MJ. Impact of nasogastric tubes on swallowing physiology in older, healthy subjects: A randomized controlled crossover trial. *Clin Nutr*. 2015 Aug;34(4):572-8.
54. Plummer MP, Deane AM. Dysglycemia and glucose control during sepsis. *Clin Chest Med* 2016;37(2):309-19.
55. Chen J, Bellomo R, Flabouris A, Hillman K, Assareh H, Ou L. Delayed Emergency Team Calls and Associated Hospital Mortality: A Multicenter Study. *Crit Care Med*. 2015 Jul 15.
56. O'Connell A, Flabouris A, Kim SW, Horwood C, Hakendorf P, Thompson CH. A newly-designed observation and response chart's effect upon adverse inpatient outcomes and rapid response team activity. *Intern Med J*. 2016 Jun 1.
57. Ou L, Chen J, Burrell T, Flabouris A, Hillman K, Bellomo R, Parr M. Incidence and mortality of postoperative sepsis in New South Wales, Australia, 2002-2009. *Crit Care Resusc*. 2016 Mar;18(1):9-16.
58. Flabouris A, Nandal S, Vater L, Flabouris K, O'Connell A, Thompson C. Multi-Tiered Observation and Response Charts: Prevalence and Incidence of Triggers, Modifications and Calls, to Acutely Deteriorating Adult Patients. *PLoS One*. 2015 Dec 30;10(12):e0145339.
59. Chen J, Bellomo R, Flabouris A, Hillman K, Assareh H, Ou L. Delayed Emergency Team Calls and Associated Hospital Mortality: A Multicenter Study. *Crit Care Med*. 2015 Oct;43(10):2059-65.

## **Book chapters 2015/2016**

Plummer MP, Reintam-Blaser A, Deane AM. Enterhormones and the response to critical illness. The stress response of critical illness: metabolic and hormonal aspects. Editor: JC Preiser.



### **A selection of presentations at scientific meetings**

1. Deane A. ESICM Lives 29th European Society of Intensive Care Medicine Annual Congress 2016 (Milan, Italy) - Accepted Invitation: Acid suppression and the risk of nosocomial infections.
2. Deane A. Chinese Critical Care Congress 2015 (annual meeting of the Chinese Society of Critical Care Medicine and Chinese Association of Critical Care Physicians held in Fuzhou, China) - Accepted invitation: Ideal glucose targets in the critically ill with pre-existing diabetes.
3. Deane A. Chinese Critical Care Congress 2015 (Fuzhou, China) - Accepted invitation: Optimal energy delivery in the critically ill.
4. Deane A. Chinese Critical Care Congress 2015 (Fuzhou, China) - Accepted invitation: Acid-suppressive drugs should not be routinely prescribed.
5. Deane A. 3rd SG-ANZICS Intensive Care Forum 2015 (Singapore) Surviving sepsis guidelines: a curate's egg.
6. Deane A. 3rd SG-ANZICS Intensive Care Forum 2015 (Singapore) Gastrokinetic drug therapy and small bowel feeding tubes - when and how?
7. Deane A. Clinical Nutrition Week 2015 (annual meeting of the American Society for Parenteral and Enteral Nutrition held in California, USA) - Accepted invitation: Late-Breaking Topics in Clinical Nutrition: Calorie targets in the critically ill.
8. Deane A. Clinical Nutrition Week 2015 (California, USA) - Accepted invitation: The use of drugs to stimulate the gut.
9. Deane A. College of Intensive Care Medicine Annual Scientific Meeting 2016 (Adelaide, Australia) - Invited Lecture: Life after Fellowship - a higher degree.
10. Deane A. Australian New Zealand College of Anaesthesia (ANZCA) Annual Scientific Meeting 2016 (Auckland, New Zealand) - Invited Lecture: Blood glucose control on the ICU.
11. O'Callaghan PG, MacKay M, Varney J, Bean N. American Thoracic Society Annual Scientific Meeting 2016 (San Francisco, USA). Does the application of operation research methods to intensive care patient flow data provide solutions to capacity constraints
12. Ali Abdelhamid, Y. Royal Australasian College of Physician Congress 2016 (Adelaide, Australia). Long-term outcomes in survivors of sepsis.
13. Ali Abdelhamid, Y. College of Intensive Care Medicine Annual Scientific Meeting 2016 (Adelaide, Australia). Life after Fellowship.11. Chapman, MJ. Baxter Nutrition Symposium. The Difficult to Nourish ICU Patient 2016 (Sydney, Australia). How much nutrition should we deliver?
14. Kar P. Australian New Zealand Intensive Care Society Annual Scientific Meeting 2015 (Auckland, New Zealand). Personalised Glycaemic Control in Critically Ill Type-2 Diabetic Patients: An Exploratory Study. Winner - Matt Spence Medal.
15. Kar P. Australian Diabetes Society Annual Scientific Meeting 2015 (Adelaide, Australia). Personalised Glucose Therapy: Glucose Targets in Critically Ill Patients with Pre-Existing Poorly Controlled Type 2 Diabetes. Australian Diabetes Society President's. Kar P. European Society of Intensive Care Medicine - LIVES 2015, 28th Annual Congress. (Berlin, Germany). Personalised glucose therapy: Glucose targets in critically ill patients with pre-existing poorly controlled type 2 diabetes. Clinical Young Investigators Award Finalist.
16. Maiden M. Australia & New Zealand Intensive Care Society - Clinical Trials Group 2015 (Noosa, Queensland). Preclinical bias.
17. Maiden M. Australia & New Zealand Intensive Care Society - Clinical Trials Group 2016 (Noosa, Queensland). Preclinical research - what forum?
18. Chapman, MJ. Baxter Nutrition Symposium. The Difficult to Nourish ICU Patient 2016 (Sydney, Australia). How much nutrition should we deliver?

### **Abstracts/Posters at scientific meetings**

1. Ali Abdelhamid Y, Selvanderan SP, Summers MJ, Plummer MP, Finnis M, Anderson M, Chapman MJ, Rayner CK and Deane AM. Comparison of macroscopic abnormalities in patients receiving routine pantoprazole when compared to placebo. Oral presentation ANZICS Annual Scientific Meeting, October 2015, Auckland.
2. Selvanderan S, Summers M, Plummer M, Finnis M, Ali Abdelhamid Y, Anderson M, Chapman M, Rayner C and Deane A. Withholding stress ulcer prophylaxis to mechanically ventilated enterally-fed critically ill patients appears safe: a randomised double-blind placebo controlled pilot study. Oral presentation. European Society of Intensive Care Medicine Annual Congress, October 2015, Berlin.
3. Selvanderan SP, Summers MJ, Plummer MP, Finnis ME, Ali Abdelhamid Y, Anderson MB, Chapman MJ, Rayner CK and Deane AM. Pantoprazole or Placebo for Stress Ulcer Prophylaxis (POPUP) Study. Australian and New Zealand Intensive Care Society Meeting 2015, Auckland, New Zealand [Finalist - Best Medical Paper].
4. Plummer MP, Kar P, Cousins CE, Chapman MJ, Hausken T, Jones KL, Horowitz M, Deane AM: Nutrient stimulated gallbladder emptying is incomplete during critical illness. Australian and New Zealand Intensive Care Society Meeting 2015, Auckland, New Zealand [Finalist - Best Medical Paper].
5. Liew VY, Chapman MJ, Nguyen NQ, Cousins CE, Manton N, Swalling A, Sutton-Smith P, Burt A, Deane AM. Intestinal tight junctions may not be leaky in critical illness: novel observations of small intestinal ultrastructure. Australia and New Zealand Intensive Care Society Annual Scientific Meeting, Auckland, New Zealand [Finalist - Best Medical Paper].
6. Kar P, Plummer MP, Bellomo R, Jenkins AJ, Januszewski AS, Chapman MJ, Horowitz M and Deane AM. Liberal glucose targets in critically ill patients with pre-existing poorly controlled type 2 diabetes? Australia and New Zealand Intensive Care Society 2015 Annual Scientific Meeting, Auckland, New Zealand [Finalist - Matt Spence Medal].
7. Di Muzio F, Presello B, Mårtensson J, Glassford NJ, Eastwood GM, Deane AM and Bellomo R. Liberal glycaemic control in critically ill diabetic patients: a before and after study. Australia and New Zealand Intensive Care Society 2015 Annual Scientific Meeting, Auckland, New Zealand.
8. Ali Abdelhamid Y, Summers MJ, Selvanderan SP, Plummer MP, Finnis M, Anderson MB, Chapman MJ, Rayner CK and Deane AM. Comparison of macroscopic abnormalities in patients receiving routine pantoprazole when compared to placebo. Australia and New Zealand Intensive Care Society 2015 Annual Scientific Meeting, Auckland, New Zealand.
9. Giersch E, Kar P, Plummer MP, Ali Abdelhamid Y, Summers MJ, Chapman MJ, Horowitz M, Bellomo R and Deane AM. Are patients with chronic hyperglycaemia identifiable on admission to the ICU? Australia and New Zealand Intensive Care Society 2015 Annual Scientific Meeting, Auckland, New Zealand.
10. Costello LS, Chapman MJ, Lange K, Deane AM and Heyland DK. Nutrition support practices in critically ill head-injured patients: A global perspective. Australia and New Zealand Intensive Care Society 2015 Annual Scientific Meeting, Auckland, New Zealand.

11. Reid D, Costello L, O'Connor S, Bellomo R, Buhr H, Chapman M, Davies A, Eastwood G, Ferrie S, Lange K, McIntyre J, Needham D, Peake S, Rai S, Ridley E, Rodgers H, Deane AM. Early Energy Delivery on Long-Term Survival and Functional Outcomes Following Critical Illness: A Randomised Controlled Clinical Trial. College of Intensive Care Medicine 2015 Annual Scientific Meeting, Darwin [Finalist - Felicity Hawker Medal].
12. Plummer MP, Jones KL, Cousins CE, Trahair LG, Meier JJ, Chapman MJ, Horowitz M, Deane AM: Hyperglycemia potentiates GLP-1 induced slowing of gastric emptying. Australian Diabetes Society Meeting 2015, Adelaide [Finalist - ADS President's Prize].
13. Summers MJ, Chapple LS, McClave S and Deane AM Event-rate and delta inflation when evaluating mortality as a primary outcome from randomized controlled trials of nutritional interventions during critical illness: A systematic review. Clinical Nutrition Week 2016, Austin, USA.
14. Zytaruk N, Saunders L, Alhazzani W, Wallace C, Kanji S, English S, Karachi T, Rochweg B, Muscedere J, Hall R, Marshall JC, Alsharani M, Deane A, Finfer S, Barletta J, Guyatt GH, Cook D for the REVISE Investigators and the CCCTG. Is a Placebo-controlled Trial Really Blinded? A REVISE Pilot Study. Critical Care Canada Forum 2015, Toronto, Canada.
15. Selvanderan SP, Summers MJ, Plummer MP, Finnis ME, Ali Abdelhamid Y, Anderson MB, Chapman MJ, Rayner CK, Deane AM. Stress ulcer related gastrointestinal bleeding occurs infrequently in mechanically ventilated critically ill patients receiving early enteral nutrition. European Intensive Care Society Meeting 2015, Berlin, Germany.
16. Plummer MP, Kar P, Cousins CE, Chapman MJ, Hausken T, Jones KL, Horowitz M, Deane AM. Nutrient stimulated gallbladder emptying is incomplete during critical illness as assessed by 3D ultrasound. European Intensive Care Society Meeting 2015, Berlin, Germany.
17. Costello LS, Chapman MJ, Lange K, Deane AM, Heyland DK. Nutrition support practices in critically ill head-injured patients: A global perspective. European Intensive Care Society Meeting 2015, Berlin, Germany.
18. Selvanderan SP, Summers MJ, Plummer MP, Finnis M, Anderson MB, Ali Abdelhamid Y, Chapman MJ, Rayner CK and Deane AM. Comparison of macroscopic abnormalities in patients receiving routine pantoprazole when compared to placebo. European Intensive Care Society Meeting 2015, Berlin, Germany.
19. Kar P, Plummer MP, Bellomo R, Jenkins AJ, Januszewski AS, Chapman MJ, Horowitz M and Deane AM. Liberal glucose targets in critically ill patients with pre-existing poorly controlled type 2 diabetes? European Intensive Care Society Meeting 2015, Berlin, Germany.
20. Plummer MP, Jones KL, Cousins CE, Trahair LG, Meier JJ, Chapman MJ, Horowitz M, Deane AM: Hyperglycemia potentiates the slowing of gastric emptying induced by exogenous GLP-1. American Diabetes Association Meeting 2015, Boston, USA.
21. Sundararajan K, Micik S. It's all in the mind- Observational study to evaluate the impact of ICU diaries on PTSD in close relatives of ICU patients. Storytelling, Illness and Medicine, 11th Global Meeting of the Health project held in Budapest, Hungary March 2016.
22. Sundararajan K, Flabouris A, Thompson C, Seppelt I; George Institute of Global Health and the Australian and New Zealand Intensive Care Society Clinical Trials Group Point Prevalence Study Investigators. Hospital overnight and evaluation of staffing patterns and timelines study: a point prevalence study of practice in Australia and New Zealand. Presentation at the International Society of Rapid Response Systems, Melbourne 2016
23. Sundararajan K, Flabouris A, Thompson C. Circadian destabilisation and diurnal variation: An opportunity for improving outcomes and influencing the management of a deteriorating patient. Presentation at the International Society of Rapid Response Systems, Melbourne 2016.
24. Sundararajan K, Flabouris A, Thompson C, Seppelt I; George Institute of Global Health and the Australian and New Zealand Intensive Care Society Clinical Trials Group Point Prevalence Study Investigators. Impact of patient age and vital sign recording on afferent limb failure and admission to the intensive care unit: a point prevalence study. Presentation at the International Society of Rapid Response Systems, Melbourne 2016.
25. Sundararajan K, T Schoeman, L Hughes, M Rushton, S Edwards, BAJ Reddi. Severe Acute Pancreatitis in Critically Ill Patients Admitted to a High Acuity Tertiary Referral Centre in Australia. American Thoracic Society (ATS) Conference 2016, San Francisco. USA.
26. Richmond KM1, Warburton KG1, Finney SJ1, Shah S1, Reddi BAJ.1,2 Routine CT scanning of patients retrieved to a tertiary referral centre on VV ECMO: a risk benefit analysis. European ELSO conference 2016. Winner of Best Abstract.
27. Maiden MJ, Otto S, Brearly J, Kuchel T, Chapman M, Nash C, Edwards J, Bellomo R. Prospective Study Of The Function And Structure Of The Kidney In Septic Shock. Oral Presentation: European Society of Intensive Care Medicine - Annual Congress. Berlin, Germany, 2015.

## Attainment of PhD 2015/2016

Mark Plummer - 'Upper gastrointestinal function and glycaemia in health and critical illness'

## PhD Students

- 2016- Dr Yasmine Ali Abdelhamid (University of Adelaide)
- 2014-2016 Dr Palash Kar (University of Adelaide)
- 2011-2016 Ms Lee Pryor (University of Queensland)
- 2014-2016 Ms Lee-anne Costello (University of Adelaide)

## Masters Students

- 2016- Dr Andrew Boyle
- 2015- Ms Sarah Doherty

## Honours Students

- 2016: Ms Thu Nguyen - 'An exploratory study to estimate the prevalence, mechanisms underlying and impact of postprandial hypotension in survivors of critical illness aged greater than 65 years'

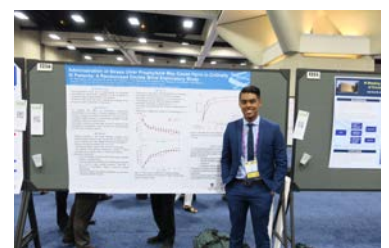


## Research Grants

- 2015: Ali Abdelhamid Y, Phillips L, Horowitz M and Deane AM. Intensive Care Foundation.  
Project title: Survivors of ICU with type 2 diabetes and the effect of shared care follow up clinics: The SWEET-AS feasibility study.  
Value: \$35,000
- 2016: Deane AM. Royal Adelaide Hospital NHMRC 'Near Miss' Grant.  
Project title: Glucose metabolism in survivors of ICU.  
Value: \$50,000
- 2016: Phillips LK, Horowitz M, Shaw JE, Deane AM and Plummer MP. Diabetes Australia Research Trust General Project Grant.  
Project title: Glycaemia in the critically ill - dysglycaemia as a predictor for incident type 2 diabetes and the effect of pre-existing type 2 diabetes on outcomes in survivors of critical illness.  
Value: \$59,915
- 2016: Deane AM, Cook DJ, Finfer S, Guyatt G, Poole A and Alhazzani W. Royal Adelaide Hospital Research Fund.  
Project title: REVISE: Re-evaluating the inhibition of stress erosions: gastrointestinal bleeding prophylaxis in ICU.  
Value: \$48,696
- 2016: Costello L, Chapman MJ and Deane AM. Royal Adelaide Hospital Research Fund.  
Project title: Quantification of muscle size and function in response to a randomised nutritional intervention in critically ill patients.  
Value: \$46,197
- 2016: Chapman MJ, Deane AM, Soenen S, Van Loon L and Costello L. Royal Adelaide Hospital Research Fund.  
Project title: The effect of protein hydrolysis on the rate and extent of protein absorption and muscle uptake in critically ill patients.  
Value: \$49,560
- 2016: Gluck S, Deane AM, Choo R and Iwashyna TJ. Royal Adelaide Hospital Research Fund.  
Project title: The feasibility and validity of obtaining pre-illness activity data in critically ill patients using 'smart-phone' technology: a validation study.  
Value: \$49,990
- 2016: Ali Abdelhamid Y, Phillips L, Horowitz M and Deane AM. Intensive Care Foundation.  
Project title: Survivors of ICU with type 2 diabetes and the effect of shared care follow up clinics: The SWEET-AS feasibility study.  
Value: \$35,000
- 2015-19: Chapman MJ, Peake S, Bellomo R, Horowitz M, Davies AR and Deane AM. NHMRC Project Grant.  
Project title: The Augmented versus Routine approach to Giving Energy Trial (TARGET).  
Value: \$3,534,236
- 2015: Plummer MP, Deane AM, Jones KL and Hausken T. Royal Adelaide Hospital Research Fund.  
Project title: The effect of critical illness on gallbladder motility, lipid absorption and plasma cholecystokinin concentrations.  
Value: \$49,565
- 2015: Yandell R, Yaxley A, Hodges C and Deane AM. AusPEN Project Grant.  
Project title: Nutritional status, nutritional intake and energy requirements in non-invasively mechanically ventilated critically ill adult patients - A pilot study.  
Value: \$20,000
- 2015: Plummer MP, Deane AM, Finnis ME, Shaw JE, Moodie S and Biradar V. The Maurice Sando Chair of Anaesthesia and Intensive Care Foundation Sponsorship Scheme Project Grant.  
Project title: A state-wide study to determine whether hyperglycaemia during critical illness identifies survivors at risk of subsequently developing diabetes.  
Value: \$10,000
- 2015: Plummer MP, Deane AM, Chapman MJ, Horowitz M, Jones KL. Intensive Care Foundation Trainee Project Grant.  
Project title: Gallbladder motility in critical illness.  
Value: \$5000
- 2015: Costello L, Chapman M. AUSPEN Small Research Grant.  
Project title: The provision of energy and protein in adults with moderate-severe traumatic brain injury: the relationship between nutrition provision and long-term outcomes.  
Value: \$10,000
- 2016: Deane AM, Cook DJ, Finfer S, Guyaty G, Poole A and Alhazzani W. Royal Adelaide Hospital Research Fund.  
Project title: REVISE: Re-Evaluating the Inhibition of Stress Erosions: Gastrointestinal Bleeding Prophylaxis In ICU.  
Value: \$48,696
- 2016: Flabouris A. Royal Adelaide Hospital Research Fund.  
Project title: Standardized patient observation charts, triggered clinical reviews and the prevention of serious patient adverse events.  
Value: \$19,250

## Current Research Funding Scholarships

- 2014-16: Royal Adelaide Hospital AR Clarkson Scholarship  
Investigator: Kar P. Value: \$300,000
- 2016-18: Royal Adelaide Hospital AR Clarkson Scholarship  
Investigator: Ali Abdelhamid Y. Value: \$300,000
- 2014-17: NHMRC Early Career Fellowship  
Title: The effects of acute and chronic hyperglycaemia on short and long-term outcomes in the critically ill.  
Investigator: Deane AM. Value: \$255,217
- 2015: Royal Adelaide Hospital Research Committee AR Clarkson Scholarship  
Investigator: Deane AM.



## Other Awards

Deane A. University of Adelaide Faculty of Health Sciences Executive Dean's Award 2015. Awarded to the early career researcher in the Faculty of Health Science who has had the most substantial research impact.

Selvanderan SP, Deane A. Best Medical Paper, Australia and New Zealand Intensive Care Society Annual Scientific Meeting 2015 (Auckland, New Zealand).

Summers M, Chapple L, Deane A. International Abstract Award. Awarded to the top four ranked abstracts submitted to the American Society for Parenteral and Enteral Nutrition Clinical Nutrition Week 2016.

Nguyen T. RAH Research Committee Honours Award 2016 (\$2,000).

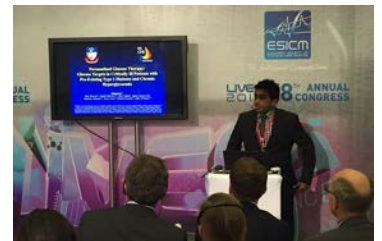
## ICU Registrar Involvement in Research

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 the last 3 years in a row!



## Paediatric Rotation

The requirements for successful completion of the College of Intensive Care (CICM) training program changed for trainees joining after January 2014 – the details of which can be found on the CICM website. One of these changes is a requirement to gain some exposure to Paediatrics.

We have previously helped facilitate 6-month terms for our trainees in the Paediatric Intensive Care Unit at the Women and Children's Hospital, and have recently formalised this link. The feedback from previous trainees has been very positive, and we strongly recommend it during the latter years of training. We also assist our trainees with the organisation of their medical and anaesthetic terms, and now with rural placements.

## New Royal Adelaide Hospital

Unfortunately, construction of the new RAH has taken longer than expected, with the move to the new site delayed until April/May 2017. The new site is still on North Terrace, and so remains in the heart of the city. Costing over A\$2.2 billion, the hospital will have 700 inpatient areas, consisting of 600 high acuity and acute recovery beds, and will be co-located with the new South Australian Health and Medical Research Institute.

The ICU will remain a mixed, general ICU and will open with 48 beds (4 pods of 12), with the capacity to expand to 60 (and even 72) in the future. Further information can be found at <http://www.sahealth.sa.gov.au/wps/wcm/connect/public/content/sa+health+internet/health+reform/the+new+royal+adelaide+hospital>.





## ICU Registrar Travel Stories

### Natalie

I grew up just south of Oxford in the UK and trained in anaesthesia in the South of England before deciding to experience antipodean life and the Australian approach to ICU. I arrived in Adelaide with my boyfriend Ben on a dark winter night with 75kg of luggage but somehow no coats, jumpers or shoes other than flip-flops (aka thongs) and realised it really does get cold in Australia! Once the shock of an Adelaide winter had passed (helped by an obligatory new winter wardrobe!) I started work in the RAH ICU and I have remained here for the past couple of years. I have had an excellent experience in the unit and enjoy working with such a friendly and global team. So much so that we have decided to stay in Australia - Ben and I now have our permanent residency, are in our respective training programmes and are embarking on various research projects.

Outside of work we have made the most of the flexible roster to explore. Around Adelaide we have thoroughly enjoyed pottering around the wine regions, SUP-ing off the beach, weekending in Kangaroo Island, and camping and squidding on the stunning Yorke Peninsula. Within the city we have fully embraced the café and brunch culture, spent our afternoons in the impressive Adelaide Oval 'learning' the fast moving game of AFL (...Go Crows!) and have had many an evening enjoying the more sedate 5-day international cricket. Naturally all washed down with the legendary Adelaide food and wine... (seriously, we have yet to find better restaurant food anywhere else)

We may have also squeezed in a little bit of travelling... both within Australia with several weekends away in Perth, Sydney, Melbourne and Brisbane and further afield in Lombok, Hong Kong, Kuala Lumpur and New Zealand. Highlights for us would be whale shark diving and unspoilt coral in Exmouth; sailing the Whitsunday's and Bay of Islands; enjoying the surf at beautiful Margaret River; bathing in natural thermal pools in the Coromandel coast and Mornington Peninsula; complete seclusion on Bedarra island in the Great Barrier Reef; New Year celebrations at Sydney Opera House and the annual pilgrimage to the Melbourne tennis open, complete with post match cocktails in a "secret" bar. Next year we hope to visit Tasmania, go snow skiing in Victoria and maybe even take a 4x4 through the far North and Kimberley... but a trip to the Pacific Islands before Christmas is next up!



### Jess

I'm an English junior doctor who came to Australia nearly 18 months ago with my boyfriend. I had completed my two intern years and then did a 6 month 'clinical fellow' post working in a busy district general ICU in London. I wanted to experience working in a tertiary ICU in another country where multiple tertiary services are provided in one hospital, which I have yet to experience in the UK.

The work life balance here is fantastic, which has enabled us to do plenty of travelling, both locally and interstate. Being able to go wine tasting for the day, or going to one of the south coast beaches camping for the night is such a great way to spend your days off. So far, locally we have visited Kangaroo Island, the Flinders Ranges, Yorke Peninsula as well as camping trips to Myponga, Waitpinga and Second Valley. Interstate, we have been to Melbourne and driven the Great Ocean Road, Sydney and the Blue Mountains, kayaked the Noosa Everglades, gone 4WD on Fraser Island, sailed around the Whitsundays, snorkelled the Great Barrier Reef and fished for Barramundi in Darwin. We hope to visit Tasmania, the Kimberleys, and Ningaloo Reef over the next 6 months.



Top 3 so far: West Bay on Kangaroo Island, sailing the Whitsundays, 4WD on Fraser Island.

### Andrew

Although I was born in Adelaide, I left when I was 3 months old and developed a Scottish accent living near Glasgow. Completing University there, I moved to Belfast, Northern Ireland, and after internship I completed core physician training. With an interest in ICU, and keen to return to Adelaide, I applied for a 12-month rotation in RAH ICU.

The unit is a great place to work, and even better to allow you to explore South Australia and beyond with the excellent rostering skills of Kris (your new best friend). Over the past 12 months my wife and I have travelled as much as we could around Australia.

Top 3 destinations:

1. South Australia - completely under-rated, but Adelaide has great restaurants and the surrounding wine regions and beyond are great. I've drank copious wine, it's dangerous! Visit Kangaroo Island, Yorke Peninsula and the wine regions for an idea of rural and country Australia.
2. Tasmania - great visit, take a car and spend a week driving the east coast. Stop as much as you can, and give yourself some time in Hobart. Although a bit cooler, it's beautiful (like Scotland!).
3. Sydney - our favourite city we've visited, loads to do and see and the climate is great.

In 12 months we've visited all surrounding wine regions, Kangaroo Island, Yorke peninsula, Melbourne, Great Ocean Road and beyond to Adelaide, Grampians, Sydney, Tasmania, Hamilton Island, Noosa, Port Douglas, Cape Tribulation, Margaret River (definitely worth a visit) and Perth. We plan to visit Uluru before we leave too! In addition to travels, definitely catch an AFL game (the only team to see are the Adelaide Crows) and cricket at the oval, great fun! In-between all this you might have to work, it's not too bad!



### Yvette

Hi! I'm from The Netherlands and in my fourth year of training to become an anaesthesiologist and after that planning to specialise in Intensive Care. Since I already worked in the ICU in the same hospital as my anaesthesia training I decided I would like to work in another hospital to broaden my experience and learn about a different way of working. And where better to do just that than in the beautiful Australia? I try to travel as much as I can and have so far been to Kangaroo Island, Flinders Ranges, Great Ocean Road, Melbourne, Sydney, Blue Mountains, Noosa and the tropical north from Townsville till Cooktown. I don't think any place is more beautiful than the other, they are so diverse and maybe even more important with good coffee wherever you go!



## South Australian Intensive Care Association

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.

Activities this year have included;

- purchase of a resuscitation manikin (for FMC)
- purchase of a much-improved chest drain model (ultrasoundable)
- purchase of rapid infusion catheter (RIC) insertion models, collapsible tables for the ultrasound course, Survey Monkey subscription
- sponsorship of Trainee Lecture Series days at Ayers House (including travel for Prof Simon Finfer)
- funding for Departmental Subscription to Crit-IQ for ICU Consultants and Registrars
- sponsorship of research seminar - Critical Care and Gastrointestinal Disorders - coinciding with the visit of the 2014 Nimmo Professor (Prof Jan van Lanschot)

• covering the cost of this Newsletter!

Application forms for these scholarships can be downloaded from the RAH ICU website at [www.icuadelaide.com.au/saica.html](http://www.icuadelaide.com.au/saica.html).

Any questions should be directed to;

Nick Edwards  
C/- ICU, Royal Adelaide Hospital



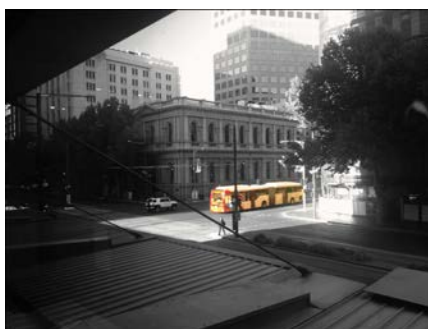
## Extracurricular Activities - Jadu's Photography

I have worked as an ICU Registrar at the RAH since 2013, and am also an amateur photographer and painter. From an early age I started drawing and painting, and art has always been a passion and dream. After moving to Australia, I took up photography and my main interests are macro, landscape and street photography. I have travelled across the world and captured beautiful pictures that are inspired by my observations of nature, people and the beautiful images around me.

Last year, I had my first exhibition in Adelaide at the South Australian Living Artist (SALA) festival, 'In Retrospect'. I will be exhibiting again at this year's SALA festival, 'Oztraya-My Home'. My photos can be viewed on [www.500px.com/magic67](http://www.500px.com/magic67), as well as my website, [www.jadusphotography.com](http://www.jadusphotography.com). I hope to bring people together through my pictures by showing them places that they haven't seen, and the beauty of different cultures and ways of life.



*Willunga*



*Morning Ride*



*Sandy Waves*

## Upcoming Intensive Care Courses 2015 / 2016

### **SOUTH AUSTRALIAN INTENSIVE CARE FELLOWSHIP EXAM (TUB'S) COURSE**

15-17 February 2017.

28-30 candidates. For ICU Registrars within 12 months of CICM Adult Fellowship Examination.

Conducted over 3 days, with sessions on the written paper, vivas, investigation interpretation, paediatrics and hot cases (at 4 hospitals). There is little didactic teaching, with the focus very much on practical sessions and trial exams. Further information at [http://www.icuadelaide.com.au/course\\_fellowship.html](http://www.icuadelaide.com.au/course_fellowship.html)

Applications open 5 September 2016.

Enquiries to Dr Nick Edwards, c/- ICU, Royal Adelaide Hospital.

Email: [chopper45@iprimus.com.au](mailto:chopper45@iprimus.com.au)

### **SOUTH AUSTRALIAN CICM PRIMARY EXAMINATION COURSE**

2 courses in 2017 (March and August) - dates to be confirmed.

24 candidates. For Registrars preparing for the CICM Primary examination.

Application forms available at [http://www.icuadelaide.com.au/course\\_primary.html](http://www.icuadelaide.com.au/course_primary.html).

Enquiries to Dr Mark Finnis, c/- ICU, Royal Adelaide Hospital.

Email: [mark.finnis@adelaide.edu.au](mailto:mark.finnis@adelaide.edu.au)

### **SOUTH AUSTRALIAN CRITICAL CARE ULTRASOUND COURSE**

1-2 September 2016. And February 2017 (date to be confirmed).

16 candidates. 2 day course on focussed cardiac, lung, abdominal and procedural ultrasound relevant to critical care.

Enquiries to Dr Michael Farquharson, C/- ICU, Royal Adelaide Hospital.

Email: [michael.farquharson@sa.gov.au](mailto:michael.farquharson@sa.gov.au)

### **BASIC INTENSIVE CARE MEDICINE (BICMED) COURSE**

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 a year, with the intention of giving all trainees rostered to the unit the opportunity to attend. The course is run on Friday afternoons from 1500-1700hrs, with most sessions having a significant 'hands-on' component. Accredited towards CICM training.

Course program available at [http://www.icuadelaide.com.au/course\\_bicmed.html](http://www.icuadelaide.com.au/course_bicmed.html).

Coordinated by Dr Alex Wurm, C/- ICU, Royal Adelaide Hospital.

Email: [alex.Wurm@sa.gov.au](mailto:alex.Wurm@sa.gov.au)

### **BASIC ASSESSMENT AND SUPPORT IN INTENSIVE CARE (BASIC) COURSE**

28-29 November 2016. And February 2017 (date to be confirmed).

20 candidates. Further information on the course at <http://www.aic.cuhk.edu.hk/web8/index.htm>.

Enquiries to Dr Mike Anderson, C/- ICU, Royal Adelaide Hospital.

Email: [Michael.Anderson2@sa.gov.au](mailto:Michael.Anderson2@sa.gov.au)

### **POSTOPERATIVE CARE OF THE CARDIOTHORACIC PATIENT (PCCP) COURSE**

August 2016 and February 2017 (Dates to be confirmed)

A 1-day Course for RAH Registrars who will be looking after cardiothoracic patients in the ICU.

Enquiries to Dr Jon Fraser, c/- ICU, Royal Adelaide Hospital.

Email: [jdfrazier62@gmail.com](mailto:jdfrazier62@gmail.com)



### Some Recent Celebrations and 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](mailto:chopper45@iprimus.com.au)).