This was another busy year for our staff in the Royal Adelaide ICU as we also readied ourselves for the move to the new RAH. We had hoped that we would have moved by now (see the last two Newsletters...), but the time has finally arrived! Monday September 4th.

In addition to our clinical work, training and research continue to be major priorities for the Unit, and in this Newsletter we highlight some of our 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), and some information about the new hospital and our ICU.

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

RAH ICU Facts and Figures

The (old) Royal Adelaide Hospital ICU was the busiest Level 3 Unit in South Australia, and in the 12 months from July 2016 to June 2017, we admitted 3585 patients into the 42 beds (2481 ICU, 1104 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, 31% were admitted directly from the Emergency Department, 16% from the wards, and 5% were transferred directly from another hospital to our ICU.

Some of our 2016/2017 achievements

**Research**

- 49 publications in peer-reviewed journals
- Number of Awards and Prizes for RAH ICU staff including:
  - 3 PhDs (1 medical, 2 allied health)
  - 2016 AR Clarkson Scholarship
  - 2017 AR Clarkson Scholarship
  - 2017 Tub Worthley Travelling Scholarship
  - European Society of Parenteral and Enteral Nutrition Fellowship
  - 2016 ANZICS ASM Best Allied Health Paper

**Teaching and Training**

- CICM Fellowship Exam pass rate of 83% from 2002-2017 (cf overall Aus/NZ pass rate of 53%)  
- 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
Education and Training

Congratulations to Mike Davies and Jacob Abraham, who were successful in May with their first attempts at the CICM Fellowship Exam. This continues our fantastic record with that exam, having a pass rate over the past 15 years of 83%, as compared to an overall rate for all CICM candidates of 53% for the same period. Congratulations also to Ted De L’Isle for passing the Primary Exam earlier this year.

Palash Kar is close to submitting his PhD titled, ‘Hyperglycaemia in the critically ill patient - ideal treatment and impact of the condition’. He returned to full-time clinical work in the Paediatric Intensive Care Unit at the Adelaide Women’s and Children’s Hospital at the start of this year, before rejoining us at the RAH in August.

The South Australian Tub Worthley Travelling Scholarship was won by Sam Gluck (RAH) in May this year for his presentation, ‘Objective measurement of physical function prior to and following critical illness’. This is awarded for the best registrar research presentation at the annual South Australian ANZICS meeting. Other registrars from the RAH who presented their research on the night were Eamon Raith, Jacob Abraham, Tom Schoeman and Sandeep Sethi.

Unfortunately, after winning 3 Matt Spence Medals in a row for Best Registrar research presentation at the ANZICS Annual Scientific Meeting, we were unsuccessful last year - so the pressure is on our current registrar group....

The 34th 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). It remains a daunting logistic exercise, with over 30 faculty this year, including 11 from the RAH and 6 from interstate. Hot Case practice sessions were held at the RAH, QEH, FMC and LMHS. There was a long waiting list this year, so if you are doing the Fellowship Exam in 2018, make sure you apply for the course as soon as registrations open in September this year or you may miss out.

In response to popular demand, we have increased the number of South Australian Primary Examination Courses to two per year (March and July). They continue to be held at Ayers House and are coordinated by Mark Finnis, with assistance from a number of the RAH and FMC Intensivists. It is an intensive 5 days, but excellent preparation for the CICM (and ANZCA) Primary Exam. Places are limited to 24 and it also invariably over-subscribed - so if you are interested, make sure you register early.

The South Australian Critical Care Ultrasound Course was held again 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.

One Trainee Lecture Series day has been held at Ayers House since the last Newsletter, with speakers including David Durham (FMC), Ken Lee (RAH/QEH), Sandy Peake (QEH) and Stewart Moodie (RAH/DonateLife SA). It was chaired by Mike Davies, one of our Senior Registrars, and was attended by 30 registrars from across the State. We plan to hold at least one more day before the end of the year.

The RAH BICMed Course is 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.

We have significantly strengthened the orientation program for registrars starting work in the ICU. It is now spread across 2 days and includes talks on acute pain management, common issues with the management of critically ill patients, and current research projects, as well as practical sessions on line insertion and BLS/ALS, and our 1-day Postoperative Care of the Cardiothoracic Patient Course.

Teaching is clearly a major focus of the Unit, with regular weekly sessions including Journal Club, Clinical Audit, Registrar Topic Presentations, Radiology, CICM Primary Teaching, CICM Fellowship Hot Case Teaching, CICM Fellowship Written Exam Practice, Simulation Scenarios, and BICMed. There is also a monthly Ultrasound and ECHO teaching session where interesting images are reviewed and discussed. So hopefully something for everyone!

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

ICU Registrar Positions

If you are interested in a position as an Intensive Care Registrar at the RAH, you can contact Dr Alex Wurm at alex.wurm@sa.gov.au or apply directly at http://jobs.sahealthcareers.com.au/caw/en/job/617564/icu-medical-practitioner-callhn-pool.

If you are thinking about ICU as a career and would like to discuss your options, Dr Nick Edwards (chopper45@iprimus.com.au), Dr Jon Fraser (jdfraser62@gmail.com) and Dr Peter Sharley (peter.sharley@internode.on.net) are the ICU (CICM) Supervisors of Training at the RAH – and are always happy to have a chat.

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Research Publications July 2016 - July 2017


Book Chapters 2016 / 2017


Invited Reviews


A selection of presentations at scientific meetings

1. Chapman M. Collaborative Clinical Trials in Intensive Care Medicine Conference, Jun 2017 (Prato, Italy). Accepted Invitation: TARGET Trial

2. Chapman M. SG – Australian and New Zealand Intensive Care Society, ASM Apr 2017 (Singapore). Accepted Invitation: Faculty

3. Ali Abdelhamid Y. SG – Australian and New Zealand Intensive Care Society, ASM Apr 2017 (Singapore). Accepted Invitation: ICU follow-up clinics: patient-centred or physician-centred?

4. Ali Abdelhamid Y. College of Intensive Care Medicine Annual Scientific Meeting, Apr 2017 (Sydney, Australia). Accepted Invitation: When the famine ends: perspectives on refeeding syndrome.

5. Ali Abdelhamid Y. College of Intensive Care Medicine Annual Trainee Symposium, Apr 2017 (Sydney, Australia). Accepted Invitation: Prescribing TPN


7. O’Callaghan G. SA Academic Health Science and Translation Centre and Health Performance Council, Mar 2017 (Adelaide, Australia) Data Access Workshop: Data Access as a priority enabler for system change.
8. Chapple L. Clinical Nutrition Week, American Society of Parenteral and Enteral Nutrition, Feb 2017 (Florida, USA). Accepted Invitation: Mortality - Are we using the wrong endpoint?


18. Deane A. Australian New Zealand College of Anaesthesia (ANZCA) Annual Scientific Meeting, 2016 (Auckland, New Zealand) Invited Lecture: Blood glucose control on the ICU.


21. Chapman M. Baxter Nutrition Symposium “The Difficult to Nourish ICU Patient”, May 2016 (Sydney, Australia). Accepted Invitation: How much nutrition should we deliver?


Attainment of PhD 2016/2017

Lee-anne Chapple - ‘Nutrition in survivors of critical illness: An exploration of energy and protein provision and nutrition support practices on muscle mass, nutritional status and clinical outcomes after critical illness, with a focus on traumatic brain injury’, University of Adelaide

Lee Pryor - ‘Critical care intervention in speech pathology practice: Implications for communication, swallowing and tracheostomy management’, University of Queensland

PhD Students

2015 - Palash Kar (University of Adelaide)
2016 - Yasmine Ali Abdelhamid (University of Adelaide)
2017 - Dr Samuel Gluck (University of Adelaide)
Research Grants


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: Maiden MJ. Australasian College for Emergency Medicine. Early Career Researcher Grant. Project Title: Changes to red cell in septic shock. Value: $20,000


2016: Chapple 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: Deane AM, Cook DJ, Finfer S, Guyatt G, Poole A and Alhazzani W. Royal Adelaide 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: Standardised patient observation charts, triggered clinical reviews and the prevention of serious patient adverse events. Value: $19,250

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**Current Research Funding Scholarships**


2017 - 2019: Royal Adelaide Hospital AR Clarkson Scholarship Investigator: Gluck S. Value: $150,000

2016 – 2018: Royal Adelaide Hospital AR Clarkson Scholarship Investigator: Ali Abdelhamid Y. Value: $300,000


**Other Awards**


5. Plummer MP. Harold Youngman Medal. Highest ranked research at the East Anglia Association of Anaesthetists ASM.

6. Nguyen T. RAH Research Committee Honours Award 2016. $2,000.

7. Chapple L. Dietitians Association of Australia ICD LEAP 2016 Travel Award. $1,000.


9. Chapple L. University of Adelaide, School of Medicine Research Travel Award 2016: Round 1. $3,000.

10. Chapple L. Dietitians Association of Australia Young Achievers Award 2016: Honourable Mention.


**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 3 of the past 4 years.
ICU Registrar Travel Stories

Guido

Before moving to Australia with my family, I spent about 20 years of my life in Amsterdam, The Netherlands. I was trained as an anaesthetist and intensivist over there. With my wife and 2 daughters of then 3 and 0, we decided to take on the adventure and move to Australia. Initially to the Sunshine Coast, Queensland, where I worked a year as an aeromedical retrieval registrar. Lots of fun. The Sunshine Coast is renowned for its beautiful beaches and I had some spectacular helicopter landings on the beach, the best one on a remote part of Fraser Island landing on the softest whitest sand on a background of a clear blue sea and sky. The hinterland has a lot to offer there as well, with the Great Dividing Range with rainforests offering good walks with perfect views.

Thereafter, I enrolled in the CICM training program as an advanced trainee and I made the move to the Royal Adelaide Hospital. A large training hospital with lots of opportunities to learn and develop your skills. Very interesting to see some of the differences in culture and approach as compared to working in ICU in the Netherlands.

Last year we made quite a few trips in Australia and abroad, this year the birth of our baby boy kept us a bit closer to Adelaide.

Within easy reach from Adelaide are international holiday destinations such as Fiji, New Caledonia, Vanuatu (tick), Bali (tick), the rest of Asia and New Zealand (tick).

Closer to Adelaide it is heaven for wine-lovers: Barossa (about 80 wineries), McLaren vale (about 80 wineries), Adelaide Hills (about 40 wineries), Clare valley (about 30 wineries) with lots of cellar doors. Kangaroo Island was a highlight for us, one-and-a-half hours from Adelaide, but it feels like a totally different world, must-do.

This year we have booked our holiday to Langkawi, Malaysia, and during Summer we will drive the great ocean road. The rest of the to-do list is: Uluru, Flinders Ranges, Darwin.

To finish off, my top 3 Australian destinations:
1) Tasmania (although a bit chilly, even in Summer)
2) Sunshine Coast, QLD (combination of beautiful beaches and eerie rainforest hinterland)
3) Around Mackay: Whitsundays and Eungella national park.

Mount Coolum, Sunshine Coast, Queensland

James

Good day and welcome to Adelaide! I am a Londoner originally and was in training in the UK to be an anaesthetist. However, one grey and frosty day, I was sold the Australian dream of beaches, barbecues and baby...and decided to move out as quickly as I could, well at least as quickly as AHPRRA would allow. I’ve not been disappointed, it’s an awesome place and I’ve found at least two of those three selling factors to be true!

So, why is it so awesome? To start with Adelaide is a relaxed friendly city with a vibrant cafe and bar scene, so there’s always plenty to do with your many days off. With only a 38 hour working week, you will often have four or five days of time rostered off with which to explore the local area, even before your holiday is taken into account. If wine is your thing there are many wonderful vineyards in the hills nearby, that are often accompanied by fine restaurants. In the Summer, things get lively in the city with culture a plenty from the Adelaide festival, the fringe and Womad to keep you occupied, and if you’re more sporty by nature Melbourne’s a short hop away for tennis and Formula 1.

On the work perspective, you’ll enjoy working with a large and friendly group of fellow registrars, a relaxed and approachable bunch of consultants with many teaching activities scheduled during the week from journal club, to radiology meetings through to ICU fellowship specific training. Not to mention the fact that you’ll be working in a brand new state-of-the-art hospital that is the third most expensive building in the world!

For me, by far the best aspect of Australia, is the outdoor life. I enjoy climbing and mountain biking and have found some world-class areas for both within a few hours drive of the city, be it the moon-like desolation of the Flinders ranges to the North or the much greener Grampians to the South. There’s still so much to explore that I’ve decided to stay on for another year with trips to the Blue Mountains & Tasmania to come, not to mention some skiing in Victoria!

If I go missing, three places to start looking would be Andre’s Cucina, the Bank Street Social or Mount Arapiles. I look forward to meeting you, whoever you are...

Lucy

I arrived from the UK 2 years ago after completing my core anaesthetic training. I wanted to broaden my clinical experience whilst having the chance to experience somewhere new. I’ve had plenty of opportunity to explore South Australia and further afield. Some of my favourite things have been:

- **Wildlife**: There are great wildlife spotting opportunities around Adelaide. Chambers Gully is great for koalas and we’ve even managed to see an echidna in Belair. You can go shark cage diving in Port Lincoln, swim with dolphins in Glenelg or go whale watching in Victor Harbour (no guarantee of whales though - we spent a wet and windy August day looking for whales and didn’t see so much as a blow hole).

- **Roadtrips**: We’ve loved packing up the esky and the swag in the car and taking off for a few days. The great ocean road was a real highlight but we’ve also really enjoyed trips to the Grampians, Kangaroo Island, The Coorong and around South Australia’s many wine regions of course!

- **Sport**: You can’t live in Australia without getting caught up in all the sport going on. The Adelaide Oval is home to the Adelaide Crows - currently top of the AFL ladder! (Oh, and Port do play there too) It’s great fun to go and watch a match. In the Summer months there is cricket, and the Australian Open is a short flight away. Cycling is huge in Adelaide and the Tour Down Under comes here every year. For the keen cyclist, Mount Lofty, Norton Summit and the infamous Willunga Hill offer a good challenge. For a more relaxed cyclist, a jaunt around the wineries of McLaren Vale is delightful.

2017 Australian Tennis Open

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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 a range of travel scholarships (up to $10,000) 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 an intubation mannikin (including nasal fiberoptic capability)
- purchase of AMBU bronchoscopy monitor and disposable scopes for training
- purchase of an ALS resuscitation model for the QEH ICU
- purchase of hearts models for Ultrasound Course
- purchase of rapid infusion catheter (RIC) insertion models, Survey Monkey subscription
- travel grant for Dr S Gluck to present his research at State of the Art Conference, London 2016
- purchase of a laptop for courses / presentations
- sponsorship of Trainee Lecture Series day at Ayers House
- funding for Departmental Subscription to Crit-IQ for ICU Consultants and Registrars
- covering the cost of this Newsletter

Application forms for travel scholarships can be obtained by contacting:

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

New Royal Adelaide Hospital (nRAH)

The nRAH is finally opening in September and is the 3rd most expensive building in the world! The state-of-the-art ICU will open with 48 beds (4 pods of 12), but is expandable in the future to 72 beds. The new site is still on North Terrace, and so remains in the heart of the city, and is co-located with the new South Australian Health and Medical Research Institute. Exciting times!

Adam Deane

Adam moved from Melbourne to Adelaide in 2007 to pursue a PhD through the University of Adelaide/Royal Adelaide Hospital. In 2008, he accepted an ICU Consultant position with us, hiding the fact that he is a Collingwood supporter until after his appointment.

Working closely with Marianne Chapman, our Director of Research, and the rest of the research team, he contributed enormously to our research program. The support and encouragement that he provided to PhD and Masters students and to trainees with their various projects was very much appreciated by all. Unfortunately for us, he moved back to Victoria at the end of 2016 to take up the position of Head of Research in the Intensive Care Unit at the Royal Melbourne Hospital. We wish him well and hope that we will continue to collaborate with him and his new research team in the future.
Upcoming Intensive Care Courses 2016 / 2017

SOUTH AUSTRALIAN INTENSIVE CARE FELLOWSHIP EXAM (TUB’S) COURSE
14-16 February 2018.
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
Applications open 5 September 2017.
Enquiries to Dr Nick Edwards, c/- ICU, Royal Adelaide Hospital.
Email: chopper45@iprimus.com.au

SOUTH AUSTRALIAN CICM PRIMARY EXAMINATION COURSE
19-23 March 2018. And July 2018 (date to be confirmed).
24 candidates. For Registrars preparing for the CICM (or ANZCA) Primary examination.
Enquiries to Dr Mark Finnis, c/- ICU, Royal Adelaide Hospital.
Email: mark.finnis@adelaide.edu.au

SOUTH AUSTRALIAN CRITICAL CARE ULTRASOUND COURSE
14-15 September 2017. And February 2018 (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

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 2 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.
Coordinated by Dr Alex Wurm, C/- ICU, Royal Adelaide Hospital.
Email: alex.wurm@sa.gov.au

BASIC ASSESSMENT AND SUPPORT IN INTENSIVE CARE (BASIC) COURSE
27-28 November 2017. And February 2018 (date to be confirmed).
Enquiries to Dr Mike Anderson, C/- ICU, Royal Adelaide Hospital.
Email: Michael.Anderson2@sa.gov.au

POSTOPERATIVE CARE OF THE CARDIOTHORACIC PATIENT (PCCP) COURSE
10 August 2017 and 6 February 2018.
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: jdfraser62@gmail.com

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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).