

XXV EDTNA/ERCA SPANISH SEMINARY and VI ACIN UPDATE: "A Nurse Story"
Debora Bonache Tur. ACIN member and EDTNA/ERCA collaborator
Núria Clemente Juan. ACIN member

On 6th-7th June, the XXV EDTNA/ERCA Spanish Seminary and VI ACIN (Catalan Association of Nephrology Nursing) UpDate was held in Barcelona. It was titled: "A Nurse Story". The Organizing Committee, the nursing team of the Nephrology Service of the Hospital del Mar in Barcelona, managed to captivate 168 assistants (nurses, auxiliaries, psychologists, nutritionists, doctors and people with chronic kidney disease) with an innovative program.

Both days started with tourist routes through the city. In this way, the assistants were encouraged to perform physical exercise, one of the topics that was discussed during the Seminary. The Inaugural Conference, led by Dr. Antonio Torres Quintana, mixed Art with Science and Care. He accompanied assistants to take a nurse retrospective look through Art.

At the first-round table, the speakers emphasized the importance of caring for nursing students to create great professionals. The second round table, the most attractive for its daring, managed to raise awareness of the importance of talking to patients about their sex life. Sexuality continues to be a pending subject for people with Chronic Kidney Disease (CKD) and for health professionals.

To end the first day, representatives of ACIN, EDTNA/ERCA and SEDEN (Spanish Society of Nephrology Nursing) generated a discussion about the importance and future of scientific societies.

The second day began with a round table that thanks to its originality, aroused the imagination of the assistants highlighting the importance of the game in the therapeutic education of patients with chronic disease. The second-round table focused on assessing the fragility of our patients and the different aspects directly related to their treatment: nutrition, physical exercise and emotional state.

During the afternoon, 5 dynamic workshops were held: difficult situations, motivational interview, nutrition in CKD, oral care and tools to create presentations that generate impact.

The touch of humor was carried out by the "Pallapupas", a group of clowns who collaborate with different hospitals. Their mission is to improve the emotional state of patients and their families through humor.

The closing speech was given by Ms. Maria Teresa Parisotto, secretary and member of the EDTNA/ERCA Executive Committee. With her presentation, she motivated assistants not only to think about the future of nursing by 2020, declared by WHO as the year of nurses, but also to take the reins of our profession.