

## **ARNS CONFERENCE 2004**

Where to begin? Was this year's conference the best yet? The ARNS conference has developed a tradition of providing the members with a programme that reflects the evaluations and suggestions of the previous year and a mix of clinical, professional and 'hot' topics. This year's conference was no exception. The plenary sessions included *Agenda for Change*, the new *GMS (GP) contract for COPD*, nurse prescribing, cognitive behavioural therapy in palliative care, the *NICE guidelines for COPD*, domiciliary oxygen provision and nurse led primary care initiatives. All these sessions were delivered in a professional and open manner that invited lots of questions and discussion. Then there were breakout sessions covering research, interstitial lung disease, getting your work published, chest examination and interpreting chest x-rays. As usual the problem with breakout sessions is that you want to go to them all! In between there were excellent poster presentations, lots of networking, the pharmaceutical stands to visit and the *AGM* to attend.

Despite all of the above, everyone still had the energy to enjoy the fabulous facilities and food at *Ettington Chase*, and to have a bit of a rave at the 70's and 80's disco where there were some very eye-catching outfits of those decades on display!

Our thanks as always go to the ARNS secretariat who do all the hard work to make our conference so successful. The committee work hard at the programme, but the Secretariat makes it happen for us.

Have I missed anything out? I do hope not. I have written this report ahead of receiving the evaluations as I am off to Majorca for a break to get ready for the winter pressures, but I have no doubt that the evaluations will reflect the views expressed to me during the conference - the best yet.

The ARNS conference always ends on a high. The useful guide to managing stress resulted in free flowing tears of laughter and a feeling of success and happiness. I can hardly wait for 2005.

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