

## Useful Websites:

**Grogono's Acid-Base Tutorial**

<http://www.acid-base.com/>



The screenshot shows the homepage of the Acid-Base Tutorial website. The browser address bar shows <http://www.acid-base.com/>. The page title is "Acid-Base Tutorial" by "Grog" (Alan W. Grogono), Tulane University Department of Anesthesiology. The main heading is "Acid-Base Tutorial Home Page".

On the left, there is a vertical navigation menu with a scale icon labeled "Acid" and a cart icon labeled "Interactive". The menu items include: Home Page, Terminology, History, Physiology, Acid Production, pH Playground, Henderson Eqn., Acid-Base Diagram, Clinical Aspects, Resp. Acid/Alk, Metab. Acid/Alk, Interpretation, Simple Arithmetic, Strong Ion Diffnec, Plastic Cards, Computing Methods, Alphabetical Index, Links, References, Testimonials, About the Author, and Contact.

The main content area features a "Must it be so complicated?" section with an "Introduction" link and a bird icon. It explains that the site is designed to help first-time students understand acid-base balance through a series of "Topsy Turvy Decisions". A "Bird's Eye View" section offers a simplified perspective on the subject.

There are two boxes on the right: "Same Author: Animated Knots, Magic Squares, Stereo Art" and "Revision: First Major Revision in Five years". Below these is a "MedEdPORTAL PEER REVIEWED" badge with the AAMC logo.

The "The Bird's Eye-View, Two Components:" section lists three types of acid-base disorders:
 

- Respiratory:** When breathing is inadequate, carbon dioxide (respiratory acid) accumulates, forming carbonic acid.
- Metabolic:** When normal metabolism is impaired, acid forms (e.g., lactic acid) accumulate.
- That's it!** A summary of acid-base balance in six sentences.

Other sections include "Why do we care?" (discussing pH and PCO<sub>2</sub> variations), "Getting Started" (with links to Physiology and History), "Interactive Acid-Base Diagram" (describing a visual tool for acid-base balance), "Computing Techniques" (describing the underlying math and programming), and a "Feedback" link.

The website (certified by the Association of American Medical Colleges' MedEdPortal) provides an interactive education page for learning acid-base balance. It has not been "dumbed down" and was last updated in 2006. This site is worth a look and will prove to be a

valuable resource tool for both medical and nursing educators. A light-hearted approach has been taken by the author in order to brighten the user's day with "an injection of a little wit and humour" - but don't be fooled, the subject is treated seriously.





The AACN produces a weekly electronic newsletter titled *Critical Care Newslines*. This newsletter is delivered via your email and contains links and web site information on a variety of topics relevant to the critical care nurse.

To register for the newsletter access the website and click on 'newsletter' under 'publications'.

Critical Care Newslines also offers the opportunity to access previous newsletters through their archive.

**For Your Diary:**

- **Trauma in the Mountains**   
 NSW Trauma Services  
 20<sup>th</sup> - 21<sup>st</sup> September 2007  
 Peppers Fairmont Resort, Blue Mountains  
 Contact: Kerry Quinn 02 4734 2518 OR  
 Sharon Lown 02 9887 5725

- **Neurosciences' Seminar**   
 Royal Prince Alfred Hospital  
 21<sup>st</sup> September 2007  
 Kerry Packer Auditorium, RPAH  
 Contact: Nadia Schweizer  
 Page 87147 via 02 9515 6111

Email: [nadia.schweizer@email.cs.nsw.gov.au](mailto:nadia.schweizer@email.cs.nsw.gov.au)

- Why Organ Donation & Transplantation?**  
 24<sup>th</sup> September 2007 **NEW!**  
 The Mural Room Parliament House, Canberra  
 Contact: Sue OR Holly  
 02 6244 3071 / 02 6244 2002
- 2007 ANZICS/ACCCN Intensive Care ASM**  
**Monitoring the Future**  
 25<sup>th</sup> - 28<sup>th</sup> October 2007  
 Rotorua, New Zealand  
 Website:  
<http://www.intensivecareasm.com.au/content/view/2/25/>
- Australian Health Emergency Coordinators' Conference**  
 15<sup>th</sup>-16<sup>th</sup> November 2007  
 Newcastle  
 Contact: David Carbonell - 08 9224 8590 or  
[David.carbonell@health.wa.gov.au](mailto:David.carbonell@health.wa.gov.au)  
 Linda Winn - 02 4922 3412 or  
[Linda.winn@hnehealth.nsw.gov.au](mailto:Linda.winn@hnehealth.nsw.gov.au)  
 Louise Barker Allner - 02 9926 6335 or  
[lbarker@nsccahs.health.nsw.gov.au](mailto:lbarker@nsccahs.health.nsw.gov.au)
- Joanna Briggs Institute International Convention**  
**- Pebbles of Knowledge: Evidence for Excellence**  
 26<sup>th</sup> - 28<sup>th</sup> November 2007 **NEW!**  
 Hyatt Regency, Adelaide  
 Website:  
<http://www.joannabriggs.edu.au/events/2007Convention/index.html>
- 3<sup>rd</sup> Australasian Symposium on Critical Care Nephrology** **NEW!**  
 28<sup>th</sup> - 30<sup>th</sup> November 2007  
 St. Kilda Novotel Hotel, Melbourne  
 Website:  
<http://www.austin.org.au/nephrologyconference.htm>
- Critical Care Conference in the Vineyards**  
**"Call for Abstracts"**  
 17<sup>th</sup> & 18<sup>th</sup> April 2008 **NEW!**  
 Hunter Valley, Newcastle  
 Abstracts to be submitted by: Friday 9<sup>th</sup> November  
 Contact: Jane O'Brien OR  
 Karen Chronister  
 0438 476 907

**In-services:**

Has your unit had an inservice yet?

Do you want another inservice?

Please contact: **Kaye Rolls**

☎ 02 4734 1489 / 4734 1585

@ [Rollsk@wahs.nsw.gov.au](mailto:Rollsk@wahs.nsw.gov.au)

*Sorry for NSW & ACT members only*

*All web and email addresses were correct at time of publication*

Edited by Di Kowal & Kaye Rolls

Intensive Care Coordination & Monitoring Unit (ICCMU)

PO Box 63, Penrith NSW 2751

Tel: (02) 4734 1585 Fax: (02) 4734 1586

Email: [iccmu@wahs.nsw.gov.au](mailto:iccmu@wahs.nsw.gov.au)