Management and Nutrition for Patients with Diabetes Seminar

South Pacific Cruise: 3rd - 11th February 2017
Carnival Legend departing Sydney

Join us for 8 nights onboard Carnival Legend as we not only provide you with the knowledge and skills to manage and support your patients with diabetes more effectively, but also the bonus of learning how you can personally live healthier, lose weight and lead a more active energized life. The seminar will be presented by passionate experienced presenters in an interactive and hands on way with case studies relevant to your everyday workplace. This seminar will provide 14 contact hours of continued professional development with an update of diabetes prevention, diagnosis, treatment and care. We welcome RN’s, EN’s and all health professionals who have an interest in diabetes, nutrition and it’s effects on our patients. Diabetes is continually rising at at dramatic rate, which requires nurses in all areas to have a greater understanding of diabetes management. This seminar will enable nurses to feel more confident in providing care for patients with diabetes within their particular work environment. So whatever area you are working in, this program is for you.

Topics

What is diabetes? Why no longer IDDM and NIDDM?
What is insulin resistance?
Why the increasing number of Australians with diabetes?
Diabetes and Dementia – what’s the link? Which comes first?
Prevention, Risk Factors and Diagnosis – who should we be testing?
Blood Glucose Monitoring – who, why, when?
Insulin resistance – why is this important?
Nutrition in diabetes generally – includes what are carbs? Label reading, serving sizes, Australian Dietary Guidelines:
  Is there a diabetic diet?
  If so what should it look like?
Nutrition and Hydration in the elderly - what's different, and why? Physiology explained
Nutrition and Diabetes in Aged Care - what needs to change? eg. malnutrition
Is there a place for a ‘diabetic diet’ in Aged Care? If so, what should it look like?
Medications for diabetes simplified – oral and injectable
Diabetes emergencies – hyper and hypo’s. Includes sick day management, DKA. Are you prepared?
Movement - how important, when and how? Simple, effective ideas for movement – includes resistance exercises
Diabetes Complications – prevention, delaying advancement of existing complications and maximizing quality of life
What’s new or being developed in Diabetes treatment, devices and guidelines?
Management and Nutrition for Patients with Diabetes Seminar

Itinerary

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Events</th>
<th>Time</th>
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<tbody>
<tr>
<td>Day 1</td>
<td>Fri 3rd Feb</td>
<td>Seminar Registration, Welcome Reception</td>
<td>1900 - 1915 1915 - 2000</td>
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<tr>
<td>Day 2</td>
<td>Sat 4th Feb</td>
<td>Morning Seminar Session, Afternoon Seminar Session</td>
<td>0900 - 1200 1300 - 1600</td>
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<tr>
<td>Day 3</td>
<td>Sun 5th Feb</td>
<td>Morning Seminar Session</td>
<td>0900 - 1200</td>
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<tr>
<td>Day 4</td>
<td>Mon 6th Feb</td>
<td>Program Free</td>
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<tr>
<td>Day 5</td>
<td>Tue 7th Feb</td>
<td>Facilitated Open Discussion Session</td>
<td>1700 - 1800</td>
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<tr>
<td>Day 6</td>
<td>Wed 8th Feb</td>
<td>Optional Exclusive Shore Tour</td>
<td>0900 - 1500</td>
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<td>Day 7</td>
<td>Thur 9th Feb</td>
<td>Morning Seminar Session</td>
<td>0900 - 1200</td>
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<tr>
<td>Day 8</td>
<td>Fri 10th Feb</td>
<td>Morning Seminar Session</td>
<td>0900 - 1200</td>
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<tr>
<td>Day 9</td>
<td>Sat 11th Feb</td>
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Itinerary subject to change without notice

Seminar Fee and Cabin Selections

<table>
<thead>
<tr>
<th>Cabin Selection</th>
<th>Participant Twin Share</th>
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<tbody>
<tr>
<td>Inside Cabin</td>
<td>Please visit <a href="http://www.educationatsea.com.au">www.educationatsea.com.au</a> for current pricing or email info@educationatsea with your cabin selection</td>
</tr>
<tr>
<td>Ocean view Cabin</td>
<td>$845pp</td>
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<tr>
<td>Balcony Cabin</td>
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Seminar attendance fee $845pp

Prices include seminar fee, exclusive seminar activities, selected cabin accommodation, meals, entertainment, gratuities, fees and taxes. Gratuities, fees and taxes are subject to change without notice. A deposit of $600pp is due at time of booking with the final balance payable by 6th November 2016.
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Exclusive Seminar Optional Shore Tour

Noumea $155

Begin your tour with a visit the local market. Continuing on to the picturesque Virgin of the Pacific lookout. Followed by a visit to the fantastic Jean-Marie Tjibaou Cultural Centre. Finish your tour enjoying a buffet lunch over looking the bay.

All tours involve walking on uneven surfaces. The amount of walking and exertion during free time is up to you. We strongly advise you wear suitable footwear on all tours. Optional tours are exclusive to conference delegates and their guests. All tour bookings must be paid in full by the nominated date prior to departure. CPD Cruises Pty Ltd trading as Education at Sea reserves the right to cancel or make changes to optional tours without notice. Tour prices are subject to change without notice. In the event the cruise ship is unable to dock or tender at the nominated port we will attempt to offer alternative tour arrangements. However, we can not guarantee full refund of tour costs. We recommend all attendees and their guests obtain travel insurance at the time of booking.

Seminar Presenter Information

Amanda Fryer is an RN (PA Hospital, Brisbane, trained) and Credentialed Diabetes Educator, completing a Grad Dip in Diabetes Education through Deakin Uni in 1994. Amanda has been working in Diabetes Education for 20 years in hospital, private practice and training environments. She is passionate about making diabetes easy to understand and to see lives changed with this understanding. Amanda believes people learn more when it is fun, interactive and relevant to their needs. Training programs are designed with these aspects in mind. Amanda established the Diabetes Education Service at Logan Hospital, Brisbane. She has provided education to Aged Care Facilities in Qld and NSW and up-skilled general practice nurses around Qld for Diabetes Australia (Qld). Amanda works in private practice on the Gold Coast as a CDE and part time as an RN in a Hospice.

Emily Henry is an Accredited Practising Nutritionist, as well as an Advanced Accredited Sports Dietician. She is a graduate of the University of Wollongong, and completed her Diploma of Sports Nutrition through the International Olympic Committee. Emily has worked in private practice in Qld for five years, developing a passion for areas of nutrition and health such as metabolic health (diabetes, weight control), aged care (including persistent pain management, preservation of lean mass and strength with implications on falls prevention) and sports nutrition (particularly energy availability and disordered eating amongst recreational exercisers and athletes). Emily has worked in the aged care sector for ten years, working on the floor for much of that time. During this time Emily has gathered valuable information about what works and what doesn’t work and has developed her own unique model of adapting nutrition and nursing to produce quality health and nutrition care for elderly in the community and in care facilities.
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Booking Information

For seminar, cruise and tour bookings please visit [www.educationatsea.com.au](http://www.educationatsea.com.au) Management and Nutrition for Patients with Diabetes seminar page to complete a booking inquiry. Please include exclusive shore tour details.

Seminar Information

For seminar related inquiries please email info@traveldirectaustralia.com.au

Tour Information

For full tour details please visit our website at www.educationatsea.com.au. Education at Sea tours are exclusive to seminar delegates and their guests. Tour participation numbers are limited. Tours are booked through Travel Direct Australia and will not appear on your ship itinerary.

Cancellation Penalties and Disclosure: Cancellation policies vary by cruise line, itinerary and length of cruise. When reserving your stateroom, please review the policy applicable to this cruise with our staff. All deposits and seminar registration fee’s are non refundable. CPD Cruises Pty Ltd trading as Education at Sea will not be responsible for any financial loss due to cancellation from unforeseen circumstances. We strongly recommend you take out travel insurance at time of booking your cruise conference. Please speak to our exclusive travel department at Travel Direct Australia for details.

Itinerary Disclosure: Cruise Itinerary, Seminar topics and Seminar Education program are subject to change without notice.

Presenter Disclosure: Education at Sea makes every effort to ensure the advertised presenters deliver the program. However in the unlikely event a presenter is unavailable Education at Sea reserves the right to use a suitably qualified substitute presenter.

Optional Shore Tour Disclosure: Optional tours are exclusive to conference delegates and their guests. All tour bookings must be paid in full by the nominated date prior to departure. CPD Cruises Pty Ltd trading as Education at Sea reserves the right to cancel or make changes to optional tours without notice. Tour prices are subject to change without notice. In the event the cruise ship is unable to dock or tender at the nominated port we will attempt to offer alternative tour arrangements. However, we can not guarantee full refund of tour costs. We recommend all attendees and their guests obtain travel insurance at the time of booking.