



Towards Equilibrium: *Optimising Wellness in Healthcare Workers*

Cruising the South Pacific

April 2019
24 CPD Hours



07 4151 3884 | info@nursesfornurses.com.au



EDUCATION *at* SEA

02 6674 2577 | info@educationatsea.com.au

Towards Equilibrium: Optimising Wellness in Healthcare Workers

Working in healthcare brings privilege and responsibility. With these come challenges, personal and professional.

Wellness matters, not just in its own right, but because it affects performance. As clinicians, we have the following expectations within our workplace:

"We expect that our work day is going to consist of a series of interactions that are geared towards the goal of achieving the best care for our patients. We expect that we will do this by working together, each to our own strengths, and within our own role until we get the patient what they need and to where they need to go."

"We expect that we will be respected for our knowledge, our skill and our experience. We expect that we will be supported should we run into trouble – if there is a gap in our knowledge, or if we need assistance with a procedure, or if there is a process or system issue with which we are not familiar. We expect that we will be given feedback that is constructive and useful, in order that we may enhance and improve our skills, individually and collectively." However, the complexities of healthcare organisations, our workloads, targets and other factors can challenge these expectations and erode our wellness, resulting in stress, burnout, and mental illness.

This interactive Conference invites attendees to reflect on four key themes that will introduce them to a number of strategies to enhance their own wellness and performance. At the end of this Conference, attendees will have a personal toolkit containing strategies that they can use to enhance their professional and personal life.

In addition, attendees will have the opportunity to participate in the "Creative Corner" if they choose, where the use of art for wellness will be introduced and delegates will be invited to commence work on a creative project. Over four sessions, the Creative Corner will involve the symbolism of the tree, and how our own ability to grow and thrive is dependent on many things – support, strength, nurturing, space to grow, resilience, and the ability to withstand the "storms". (Ref: <http://shahinabraganza.com/blog/dbsh/setting-the-tone/>)

The Conference will Examine Four Conference Themes:

1. **The Landscape of Clinician Wellness** where we explore Wellness within the health profession.
2. **The Science of Wellness** under this theme the Anatomy of Mental Wellbeing is investigated. We will discover the concept of Legitimising the Wellness Agenda - how wellness affects our performance, individually and collectively.
3. **Equipping the Wellness Toolbox** which is an introductory mindfulness workshop – in this experiential workshop we explore the practice of mindfulness, including brief, low-intensity practices that are embeddable in the healthcare workplace. We also investigate the concept of work/life balance – this is an interactive workshop delving into the tools for "recharging batteries", based on our own strengths and interests.
4. **Translating Ideas into Action** – From Individual to Team Wellness. Under this theme we explore how to take what has been learnt and implement actions in local workplaces.

THE PRESENTERS

Shahina Braganza, MBBS (Hons), BMedSci, FACEM

Shahina Braganza is a senior emergency physician in Queensland, Australia. She has previously also been a Director of Clinical Training, supporting hospital-wide prevocational doctors. She is passionate about “non-technical” skills in medicine and has a particular interest in professionalism, communication and emotional situational awareness. Her work will be done when such skills and attributes are no longer considered optional extras, but as core qualities demanded by the healthcare profession.



She also has a keen interest in wellbeing, resilience and balance. She is outspoken about sharing stories of vulnerability, imperfection and courage. Her portfolio in the ED includes coordinating inter-professional education, ED-mental health service liaison, various commitments with the Australasian College of Emergency Medicine, and the oneED wellness project. Find her work on shahinabraganza.com.

Chris Stapelberg, BSc (Hons), MBBS, FRANZCP

Chris Stapelberg is the Professor for Mental Health at Bond University and the Gold Coast University Hospital in Queensland, Australia. He is a medical doctor and senior staff specialist in psychiatry, working at the Gold Coast University Hospital as a consultation liaison psychiatrist. Chris is the Mental Health and Specialist Services Director of Research at the Gold Coast University Hospital.



Chris has been researching stress and major depression since 2009. He has undertaken work mapping the network of physiological pathways in stress and depression, using a systems biology framework. He is also studying biomarkers in the context of stress and major depression. He completed his PhD studying the impact of depression on heart rate variability in people with, and without, coronary heart disease. He is the principal investigator, or a co-investigator, on a number of research projects in this area.

He also leads the evaluation of the Gold Coast Health Suicide Prevention Strategy, one of the largest implementations of the Zero Suicide Framework in Australia. Chris is also an Invited Expert on depression for the Global Burden of Disease Project with the World Health Organisation since 2013.

When he is not doing clinical work or research, Chris spends time with his wife and two daughters. When he has spare time, Chris does digital art and loves to cook.

THE PRESENTERS

Helen Mason, Artist, BA Social Science

Helen has been working within the mental health setting for over 20 years providing creative activities as a tool for dealing with complex emotions and as a means of self-expression. Her programs promote self-worth through meaningful activity, learning new skills and building on existing ones. Helen works with many individuals in various stages of mental wellness, currently employed as the Creative Artisan for Gold Coast University Hospital Mental Health Recovery Services, providing her programs in conjunction with the clients medical treatment.



Creative Art is well known for its therapeutic benefits which include reducing anxiety, promoting a sense of peace, improved concentration, increased sense of meaning and self-worth. Helen designs specific programs which are aimed at providing an enjoyable, calming experience which can distract from negative thoughts and emotions. Self-expression and creativity provides a valuable therapeutic tool for managing anxiety or stress levels, boredom and frustration, and can provide the perfect medium for self-discovery.

Stuart Mason, BA Nursing, CMHN, RN

Stuart has been nursing in psychiatry for over 25 years, working in many areas of the public and private sector throughout Victoria, New South Wales and Queensland. Stuart has held positions from 'hands on' clinician to senior management. Stuart is an international speaker with his special interest areas in Acute Mental Health, Psychiatric Assessment, Drug and Alcohol (dual diagnosis), Medications in Mental Health and Physical and Mental Health impacts.



Currently Stuart is working in the public health system. In this setting he manages a mental health specialty program providing mental health services to the medical units of a large Queensland University Hospital. Since 2010, Stuart has developed his private practice - Stuart Mason Mental Health Consultancy - providing education and mental health promotion to professional, non-government agencies, family and care givers, as well as many other members of the community and community organisations.

Stuart is registered with the Australian Health Practitioner Regulation Agency and Credentialed with the Australian College of Mental Health Nurses. He is also an accredited trainer for Mental Health First Aid Australia.

THE PROGRAM

DAY 1



9 APRIL 2019 | DEPART SYDNEY

Evening: Enjoy a chance to mingle and have a drink with the other attendees at the Conference Registration. All delegates are required to attend the conference registration session in order to collect their conference pack & confirm registration details to ensure the correct issuing of their CPD certificate.

DAY 2



10 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

DAY 3



11 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

DAY 4



12 APRIL 2019 | NOUMEA, NEW CALEDONIA

New Caledonia is home to the world's largest lagoon, spectacular reefs, beaches, mountains and more.

DAY 5



13 APRIL 2019 | MYSTERY ISLAND, VANUATU

Uninhabited Mystery Island is a tiny islet at the southernmost end of the Vanuatu archipelago, less than a kilometre from Aneityum Island.

THE PROGRAM

DAY 6



14 APRIL 2019 | AT SEA

A full day of reflection and renewal. Take the time to put into practice the lessons you learnt about self-reflection, mindfulness and recharging your batteries while you enjoy networking with your peers.

DAY 7



15 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

DAY 8



16 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

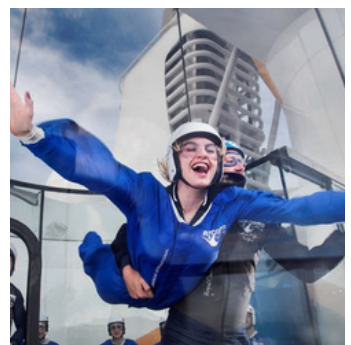
Evening: Farewell drinks and canapes function.

DAY 9



17 APRIL 2019 | ARRIVE SYDNEY

0630: Disembark - have a safe trip home.



THE FINER DETAILS

REGISTRATION

Conference Registration Cost: \$860.00

What's Included:

- An extensive Conference program based on current best practice information equating to 24 CPD Hours
- Education content that meets the same exacting standards as anything offered in an Australian land-based program
- Conference Presenters that are recognised experts in their field and are excited to be able to share their skill, knowledge, and passion with Conference Attendees
- An online Conference library filled to the brim with educational content that allows you to create your own learning experience by completing pre-conference education activities
- A Registration Reception including complimentary drinks where you can meet other Conference Attendees and network with Conference Convenors and Conference Presenter/s
- Editable presentation-note handouts that can be downloaded to your device of choice or printed, whichever you choose
- A Conference satchel that includes a notepad, pen, lanyard (this is important on a cruise ship to attach your room key which becomes your lifeline on a ship) and additional information to support a fantastic Conference experience
- The opportunity to meet as a group in various open forums, in one of the many fabulous locations on the ship
- A complimentary Farewell Drinks and Canapes Function held on the last night of the Conference to celebrate new friendships and information gained
- A Conference Transcript that identifies each session held at the Conference including the session synopsis, session presenter, and CPD allocation
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio

What's Not Included:

- Travel costs
- Cabin costs
- Travel insurance

THE FINER DETAILS

BOOKINGS

Education at Sea | 02 6674 2577 | info@educationatsea.com.au

All enquiries and bookings regarding the travel component of this cruise including Conference registration are being handled by the friendly team at Education at Sea (Travel Direct Australia)

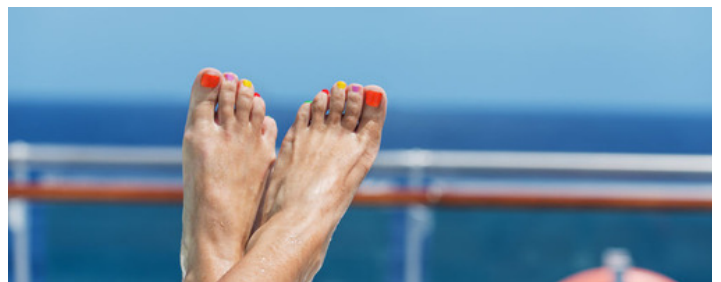
Contact Helen or Jason if you have any questions.

EDUCATION

**The Nurses for Nurses Network | 07 4151 3884
info@nursesfornurses.com.au**

All enquiries regarding the education component of this cruise including the Conference program, CPD sessions and Presenters are being handled by the Nurses for Nurses Network.

Contact Helen if you have any questions.



DISCLAIMER

Disclaimer: The opinions and statements of facts expressed by the Presenters in these proceedings are those of the Presenters and do not necessarily represent those of the Nurses for Nurses Network, the editors, the organising committee or the supporters of this Study Tour. No responsibility can be accepted by the Study Tour organisers for errors or omissions in the individual presentations. Sessions are correct at time of publication. Sessions are subject to change without notice due to circumstances beyond the control of the Conference organisers.

ADVICE

The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event, to cover any unforeseen circumstances that may prevent them attending and thus incur any financial loss.