

JAPAN

Nursing Fundamentals Conference



14-26 JULY 2024



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

CONFERENCE SYNOPSIS

This Conference will explore key concepts of Nursing professional and clinical practice.

Attendees will be able to attend presentations on subjects as diverse as the importance of leadership, professional boundaries, getting research into routine practice, career planning and development, stress management strategies, assertive communication, and a number of changes to best practice guidelines.

The Conference is relevant to the novice practitioner through to the experienced manager. The topics will allow attendees to review their practice and discuss how attendees can use the information presented to enhance healthcare delivery in the modern healthcare environment.

CONFERENCE LEARNING OUTCOMES

At this Conference, you will:

- Explore key elements of Nursing Leadership
- Discuss professional obligations as identified by AHPRA
- Review current issues in clinical practice
- Investigate the impact on the well-being of those who work in Health care

YOU WILL ALSO LEARN

- The importance of Leadership
- How to love your work by focusing on the concept of red threads
- How to give and receive constructive feedback
- Defining the scope of practice - who decides
- Generational stereotypes in the workplace
- Negative workplace behaviour
- The code of conduct for Nurses and Midwives
- The standards of practice on which we are judged
- Professional Boundaries
- Mandatory reporting requirements
- Social media and your responsibilities
- Cultural Safety
- Expectations of Nurses in cosmetic procedures
- Why it takes so long for research to reach clinical practice
- Ageism and elder abuse
- Depression and suicide - a concern for those that work in healthcare
- Evidence-based practice
- Well-being statistics from the health practitioners' survey
- Compassion Fatigue
- Workplace stress
- Interventions you can use to deal with stress
- Assertiveness and why it is the cornerstone of professional interactions
- Meditation
- The importance of self-care

THE PROGRAM

DAY ONE: 14th JULY 2024 | DEPART TOKYO, JAPAN

1900 **We set sail - Make sure you are on deck for the set-sail festivities**

1700 – 1800 **Conference Registration and Drinks | Venue: TBA**

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.

All delegates are required to attend the Conference registration session to collect their Conference pack & confirm registration details to ensure the correct issuing of their CPD certificate.

DAY TWO: 15th JULY 2024 | PORT OF CALL: MT FUJI, JAPAN

0700 – 1900 **Mt Fuji, Japan**
Spend the day exploring this gorgeous port of call.

1800 – 1900 **Social Get Together – a bit of fun and get to know each other | Venue: TBA**
Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

DAY THREE: 16th JULY 2024 | AT SEA | CONFERENCE DAY

0830 – 0930 **The Importance of Leadership**
Both Nurse Managers and Leaders must:

- Be motivators who positively influence and mentor their staff while fostering passion and commitment
- Have excellent decision-making skills and be able to coordinate teams and delegate duties
- Be committed to the organization and those they lead
- Think innovatively and critically regarding patient care outcomes, organizational procedures and processes, and staff satisfaction, retention, and engagement
- Have strong communication and interpersonal skills with all nursing staff, patients and families, and other interdisciplinary teams (Eileen Williamson, 2023)

Let's explore this concept!

0930 – 1030 **How to Love Your Work: Looking for the Red Threads**
In this session, we'll look at how to get the best out of you and those you work with.
Source: (Marcus Buckingham 2020)

1030 – 1100 **Break**

1100 - 1200 **Let's Explore how to Give and Receive Constructive Criticism**
Giving and receiving constructive criticism is an interesting concept and has the potential to achieve professional growth or cause issues in your work relationships.

1200 - 1300 **What is "Scope of Practice" and how do you know you are working within yours?**
While the foundational education of RNs, ENs, NPs and Midwives in Australia captures the full breadth of the scope of the profession at the graduate entry level, the scope of practice of individual practitioners is influenced by the settings in which they practise.

This includes the health needs of people, the level of competence and confidence of the Nurse or Midwife and the policy requirements of the service provider. As the Nurse or Midwife gains new skills and knowledge, their individual scope of practice changes.

1300 - 1400 **Lunch**

1400 - 1700 **Self-Directed Activities**
Self-directed activities are in the online conference library. You will have access to this library for two weeks prior to the commencement of the conference and two weeks after the conference.

- Interview with Marcus Buckingham
- How generational stereotypes are boxing us in and harming us at work
- Article – Negative workplace behaviour in Nursing

1800 – 1900 **Social Get Together – a bit of fun and get to know each other | Venue: TBA**
Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

DAY FOUR: 17th JULY 2024 | PORT OF CALL: KOBE, JAPAN

0800 – 2200 **Kobe, Japan**
Spend the day exploring this gorgeous port of call.

1800 – 1900 **Social Get Together – a bit of fun and get to know each other | Venue: TBA**
Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

DAY FIVE: 18th JULY 2024 | PORT OF CALL: KYOTO (OSAKA), JAPAN

0700 – 1500 **Kobe (Osaka), Japan**
Spend the day exploring this gorgeous port of call.

1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.
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DAY SIX: 19th JULY 2024 | PORT OF CALL: HIROSHIMA, JAPAN

1300 – 2200	Hiroshima, Japan Spend the day exploring this gorgeous port of call.
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1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.
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DAY SEVEN: 20th JULY 2024 | AT SEA | CONFERENCE DAY

0830 – 0930	Code of Conduct for Nurses and Midwives Registration as a Nurse and or Midwife requires you to meet the NMBA's mandatory registration standards and to practise within the relevant NMBA-approved standards, codes, guidelines and frameworks.
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In this session, we'll explore the code and discuss the application to our working lives. Have you read it? Do you understand the implications?

0930 – 1030	Standards for Practice Registered Nurse (RN) practice is person-centred and evidence-based with preventative, curative, formative, supportive, restorative, and palliative elements. RNs work in therapeutic and professional relationships with individuals, as well as with families, groups, and communities.
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These people may be healthy and with a range of abilities or have health issues related to physical or mental illness and or health challenges. These challenges may be posed by physical, psychiatric, developmental and or intellectual disabilities.

Let's look at this in the workplace.

1030 – 1100	Break
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1100 - 1200	Professional Boundaries How to be professionally close but retain you're your personal distance. You'll be surprised at what boundaries and red flags look like.
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1200 - 1300	Mandatory Reporting: What you need to know To protect the public from the risk of harm, registered health practitioners and their employers must make mandatory notifications in some limited circumstances. This is a legal requirement under the National Law.
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Let's look at:

- Who must make a mandatory notification
- How to do it
- How notifiers are legally protected when doing so

1300 - 1400	Lunch
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1400 - 1700	Self-Directed Activities Self-directed activities are in the online conference library. You will have access to this library for two weeks prior to the commencement of the conference and two weeks after the conference. <ul style="list-style-type: none"> • Webinar: Social Media – How to meet your obligations under the National Law • Cultural safety: Nurses and Midwives Leading the way for Safer Healthcare • Nursing and Midwifery Board Position Statement on Nurses and Cosmetic Medical Procedures
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1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Spend the day exploring this gorgeous port of call.
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DAY EIGHT: 21st JULY 2024 | PORT OF CALL: BUSAN, SOUTH KOREA

0800 – 1800	Busan, South Korea Spend the day exploring this gorgeous port of call.
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1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.
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DAY NINE: 22nd JULY 2024 | PORT OF CALL: AT SEA | CONFERENCE DAY

0830 – 0930	From Research findings to changes in care delivery <i>The stumbling blocks between the latest best practice research finding and advances in nursing care delivery.</i> As a profession, Nursing identifies that the practice of Nursing in the Health Care Setting is based on best practice guidelines. However, there are a number of stumbling blocks to getting the latest Nursing research findings into Nursing Practice at the cold face of care delivery. This presentation will explore the stumbling blocks and highlight opportunities to influence Nursing care delivery.
0930 – 1030	Ageism, Elder Abuse, and Mandatory Reporting Ageism is a human rights issue and leads to elder abuse. This session will explore the concept of ageism and the reasons that it occurs. In addition, the Mandatory reporting guidelines will be reviewed.
1030 – 1100	Break
1100 – 1200	Let's Talk about Depression and Suicide 1 in 5 people in Australia will experience a common Mental Health condition each year. Depression is a common mental health condition that can lead to suicide. In this session, we will explore depression, treatment, and suicide – and how we can best support the clients that we work with.
1200 – 1300	Let's Review the Latest ANZCOR Guidelines The ANZCOR (Australian and New Zealand Committee on Resuscitation) guidelines provide those involved in resuscitation education and practice with recommendations based on scientific evidence. What's new?
1300 – 1400	Lunch
1400 – 1700	Self-Directed Activities Self-directed activities are in the online conference library. You will have access to this library for two weeks prior to the commencement of the conference and two weeks after the conference. <ul style="list-style-type: none">• Ageism for older women• Ageism and Psychological Well-Being Among Older Adults• Annual Healthcare Professionals Survey• Evidence Based Practice: A Review of the Literature
1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

DAY TEN: 23rd JULY 2024 | PORT OF CALL: HAKODATE, JAPAN

1030 – 2000	Hakodate, Japan Spend the day exploring this gorgeous port of call.
1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

DAY ELEVEN: 24th JULY 2024 | PORT OF CALL: AOMORI, JAPAN

0700 – 1700	Aomori, Japan Spend the day exploring this gorgeous port of call.
1800 – 1900	Social Get Together – a bit of fun and get to know each other Venue: TBA Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

DAY TWELVE: 25th JULY 2024 | AT SEA | CONFERENCE DAY

0830 – 0930	Compassion Fatigue! Research has revealed that Australian nurses are vulnerable to compassion fatigue due to the demanding nature of caring for patients experiencing intense emotional pain and physical distress. Challenges arise when the levels of compassion fatigue outweigh the levels of compassion satisfaction. This session will examine the definitions of key terms related to this issue, including compassion satisfaction, compassion fatigue, burnout, and secondary traumatic stress.
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0930 – 1030	Understanding Stress Stress should be viewed as a process rather than a definitive diagnosis. It occurs when there is an issue between the demands placed upon us and our ability to handle them. How intensely and extensively stress affects an individual largely hinges on their perspective towards a given situation. An occurrence that might induce significant stress in one person could be a minor obstacle for someone else. Let's explore stress!
1030 – 1100	Break
1100 - 1200	Strategies to Assist with Stress Management In this session, we will explore how we can manage stress and stressful situations. Our presenter will discuss the concept of mindfulness and practices that can achieve mindfulness will be examined.
1200 - 1300	Assertiveness: The Key to Professional Growth and Achieving Better Outcomes for your Client As we have seen in the previous presentation, effective communication is a critical component of quality and safety in healthcare. In this session, we will explore assertiveness strategies you can incorporate in your day-to-day communication to empower you to communicate effectively for the best outcome for your client as well as you as a professional.
1300 - 1400	Lunch
1400 - 1700	Self-Directed Activities Self-directed activities are in the online conference library. You will have access to this library for two weeks prior to the commencement of the conference and two weeks after the conference. <ul style="list-style-type: none"> • Let's explore meditation as a stress management activity • Webinar: Assertive communication • Webinar: The Importance of Self Care
1800 – 1900	Farewell Functions Venue: TBA Take this opportunity to enjoy a complimentary Drinks and Canapes function as the conference draws to a close and we say farewell to new friends and colleagues – safe travels home.

DAY THIRTEEN: 26th JULY 2024 | ARRIVE TOKYO, JAPAN

0630 **Disembark - Safe travels**

OUR PRESENTER

Sue Walker

RN, BN, BN (ADMIN), MPHC (PALCARE), MACN Specialist Nurse Educator

Sue Walker is the director and co-founder of the Nurses for Nurses Network. As a Nurse Education Consultant, Sue is a key contributor to the online education platform Continuing Professional Development library.

As a Registered Nurse, Sue holds Degrees in Nursing and Health Administration, a Master's Degree in Public Health majoring in Palliative Care, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment. She is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience as a clinician, educator, and senior manager in the acute, aged care, community, and palliative care settings. Sue is passionate about making a difference in how people experience the health care system.

"Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession – the backbone of the healthcare system. Yet, it is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes of each and every client."

THE VENUE

Celebrity Millennium departing from Tokyo

CONFERENCE INCLUSIONS

- An extensive Conference program based on current best practice
- Education content that meets the same exacting standards as anything offered in an Australian land-based program
- A Conference Presenter who is an expert in her field and is excited to be able to share her 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
- A Conference pack that includes a notepad, pen, lanyard (a must on 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 Conference 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 and session presenter/s
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio

CONFERENCE REGISTRATION - \$1190.00

(Please Note: Conference registration does not include accommodation or travel costs.)

Conference registration and deposits are being handled by our Conference Partner – Education at Sea.

This is a fabulous program – to secure your place at this Conference you need to contact Education at Sea to find out about all the cabin options available.

Once you have paid your deposit, your registration is confirmed, and you can start planning your Conference getaway.

WHAT ARE YOU WAITING FOR?

Send Education at Sea a no obligation enquiry by filling in the form at the top of the page.

EDUCATION AT SEA CONTACT DETAILS

02 7908 7774 | enquiries@educationatsea.com.au | www.educationatsea.com.au

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 incurring any financial loss.

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