

# THE SOUTH PACIFIC

*Stress Management  
and Burnout:*

*A conference to support  
wellness for Nurses and  
Other Health Professionals*

**22 FEB-01 MAR 2024**



NURSES FOR  
NURSES  
NETWORK



EDUCATION *at* SEA

## CONFERENCE SYNOPSIS:

Both stress and burnout impact health care workers – this conference explores the key issues surrounding stress and burnout. It provides a Mindfulness workshop to enhance the healthcare workers' ability to manage stress and explore strategies to strengthen their emotional wellbeing and personal and professional lives.

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.

Burnout is a work-related stress syndrome resulting from chronic exposure to job stress. The term was introduced in the early 1970s by psychoanalyst Freudenberg and has subsequently been defined by Maslach et al. as consisting of three qualitative dimensions: emotional exhaustion, cynicism, and depersonalization, reduced professional efficacy and personal accomplishment.

Mindfulness is more than a strategy for managing difficult situations. It is a way to cultivate a more balanced relationship with oneself in relation to the realities of life. Mindfulness can better be understood as a way of being and living rather than a tactic or strategy for life.

By providing the opportunity to devote attention to the processes that underlie mindfulness and explore scientific findings related to mindfulness, this training differs from other programs and provides attendees with the tools to enhance their wellbeing.

## LEARNING OUTCOMES:

At this conference you will:

- Explore what stress is and strategies to manage same
- Discuss why workplace stress can lead to burnout
- Review the consequences of burnout to the individual and the organisation
- Undertake a mindfulness workshop that will provide strategies to assist manage stress

You will also learn:

- What wellness is and strategies to achieve same in your personal and professional life
- The impact of shiftwork on health
- What stress is and its impact on the individual
- Burnout and the consequences for an individual on their personal and professional life
- How what we think impacts how we feel which leads to how we behave.
- The issue of suicide in the health professions
- Key strategies to assist a suicidal person
- The importance of sleep and how to achieve same in a 24 hour roster environment
- The latest research on gut health and mental health
- One deep dive into a specific element of mindfulness per session
- Integrating information and practice with scientific evidence and insights
- Detailed explanations covering the reasons for certain practices
- Small practices that aim to increase the integration of mindfulness into daily life
- Examining mindfulness in the broader context of life and how we perceive things
- Understanding the foundation of processes that mindfulness rest upon

## OUR PRESENTER:

Sue Walker, RN, BN, BN (ADMIN), MPhC (PALCARE), MACN

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD - a Continuing Professional Development library.

**As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, 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, Mindfulness Practitioner, and Clinical Supervisor. Sue has extensive experience both as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including key issues such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact on the health of the clinician.

Sue is passionate about making a difference to the way in which people experience the health care system. Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their caring nature and commitment to ensuring the best possible care is delivered. Our health care system relies on Nurses to work extra shifts, longer shifts, double shifts. It relies on Nurses and Midwives willingly changing their plans to meet the needs of the organisation, to the detriment of their own personal lives and relationships.

**"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. 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."** To continue to meet this professional and community expectation, our healthcare system needs to stop relying on Nurses and Midwives to rescue it, and Nurses and Midwives need to acknowledge their unique contribution and assert their professional needs to ensure reasonable workloads and conditions that are enjoyed by other professions.

## THE PROGRAM:

### Day One: 22<sup>nd</sup> Feb 2024 | Depart Brisbane

1700 – 1800: Welcome drinks and Registration Event

Come along and meet the presenters and other conference attendees. Pick up your conference pack and find out about the optional events you have chosen to attend.

### Day Two: 23<sup>rd</sup> Feb 2024 | Conference Day

Self-directed Activities

This morning you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes.

1. Article: The Impact of Shift Work on Sleep, Alertness and Performance in Healthcare Workers
2. Article: Sleep loss and circadian disruption in shift work: health burden and management
3. **Article: Nurses' job stress and its impact on quality of life and caring behaviours: a cross-sectional study**

1230 – 1330: Defining Wellness

Wellness is often confused with terms such as health, wellbeing, and happiness. While there are common elements among them, wellness is distinguished by not referring to a static state of being (i.e., being happy, in good health, or a state of wellbeing). Rather, wellness is associated with an active process of being aware and making choices that lead toward an outcome of optimal holistic health and wellbeing.

1330 – 1430: The Impact of Shiftwork on Health

Shift work is associated with impaired alertness and performance due to sleep loss and circadian misalignment. How does it impact the Health Care Worker, and what are the consequences for those we care for?

1430 – 1500: Break

1500 – 1600: The Importance of Sleep

Sleep plays a vital role in good health and well-being throughout your life. The way you feel while you are awake depends in part on what happens while you are sleeping. During sleep, your body works to support healthy brain function and maintain physical health.

<p>1600 – 1700: Understanding Stress</p> <p>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.</p> <p><b>Let's explore stress!</b></p>
<p>1800 – 1900: Social Get Together   Venue: TBA</p> <p>A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.</p>
<p><b>Day Three: 24<sup>th</sup> Feb 2024   Conference Day</b></p>
<p>0800 – 0900: Burnout and the Impact on the Individual</p> <p>Burnout is a work-related stress syndrome resulting from chronic exposure to job stress. The term was introduced in the early 1970s by psychoanalyst Freudenberg and has subsequently been defined by Maslach et al. as consisting of three qualitative dimensions, which are emotional exhaustion, cynicism and depersonalization, reduced professional efficacy and personal accomplishment.</p>
<p>0900 – 1000: Your Belief System</p> <p>This session will explore how our belief system impacts our response to situations. What we think affects how we feel, which leads to how we behave. Humans are complex creatures!</p>
<p>1000 – 1030: Break</p>
<p>1030 – 1130: Emotional Health and Suicide</p> <p>The rate of suicide by health professionals is much higher than the general population. In this session, we will explore the impact of emotional health and suicide and look at strategies to assist a suicidal person.</p>
<p>1130 – 1230: Gut Health</p> <p>The gut is our second brain, and there is mounting evidence to support the importance of gut health on our emotional and physical wellbeing. This session will explore the latest information on gut health.</p>
<p>1230 – 1330: Lunch</p>
<p>Self-directed Activities</p> <p>This afternoon you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.</p> <p>The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes.</p>
<p>1800 – 1900: Social Get Together   Venue: TBA</p> <p>A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.</p>
<p><b>Day Four: 25<sup>th</sup> Feb 2024   Free Day   Port Villa, Vanuatu</b></p>
<p>Take this day to explore this port of call at your leisure.</p>
<p>1800 – 1900: Social Get Together   Venue: TBA</p> <p>A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.</p>
<p><b>Day Five: 26<sup>th</sup> Feb 2024   Free Day   Mystery Island, Vanuatu</b></p>
<p>Take this day to explore this port of call at your leisure.</p>
<p>1800 – 1900: Social Get Together   Venue: TBA</p> <p>A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.</p>
<p><b>Day Six: 27<sup>th</sup> Feb 2024   Free Day   Noumea, New Caledonia</b></p>
<p>Take this day to explore this port of call at your leisure.</p>
<p>1800 – 1900: Social Get Together   Venue: TBA</p> <p>A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.</p>

## Day Seven: 28<sup>th</sup> Feb 2024 | Conference Day

### Self-directed Activities

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### 1230 – 1330: Mindfulness Attention and the Now

The training of attention is essential in mindfulness. Mindfulness teaches us to focus the attention on what is happening in this moment, the now. Although this sounds easy, it seems that we often just do not live in the moment and instead, focus our attention on our thoughts or the content of our thoughts.

### 1330 – 1430: The issue with Automatic Behaviour

Automatism involves a behaviour occurring outside of conscious awareness, that is, when we are not consciously aware of our own behaviour. Although it may be difficult to imagine, some researchers believe that 90% of our behaviour is carried out automatically. Automatic patterns are not limited to behaviour, like driving a car or playing the piano. Thoughts patterns or coping with setbacks or stress can also become automatic. Although in some cases automatic behaviour is very useful, it can also cause serious problems.

### 1430 – 1500: Break

### 1500 – 1600: Judgement

**Judgements operate like a lens, and we see the world through the lens of our judgement. When we judge something, we're colouring reality. We're wearing a lens, we see reality through a lens of our judgement, and our beliefs shape the colour of the lens.** In other words, the judgements that we make have a strong effect on how we feel.

### 1600 – 1700: Acceptance

Acceptance plays an important role in mindfulness. Rather than trying to avoid or control an experience, mindfulness involves allowing experiences to be present and take their natural course. Every feeling and every thought is permitted to be there, after all, the thoughts and feelings are there anyway. Mindfulness teaches us not to struggle with feelings or thoughts. Allowing and accepting are central concepts in mindfulness.

### 1800 – 1900: Social Get Together | Venue: TBA

A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

## Day Eight: 29<sup>th</sup> Feb 2024 | Conference Day

### 0800 – 0900: Goals

Mindfulness does not mean you no longer set goals or that you just live in the moment. It means that you set goals consciously.

### 0900 – 1000: Compassion

Life can be hard at times. Regardless of our best intentions, sometimes things go wrong, sometimes even very wrong. The reactions we have towards ourselves are often merciless. A negative judgement about ourselves is often an automatic response to our failure, whereas forgiveness and gentleness are nowhere to be found. It is exactly this gentleness and compassion that are of extreme importance because they have the power to transform all that negativity. The good news is that compassion can be increased through practice.

### 1000 – 1030: Break

### 1030 – 1130: The Ego

Mindfulness leads to the understanding that you are more than just a form, more than your body, your thoughts, and emotions. You are not what you identify with. Imagine that everything you identify with falls apart (your job, your friends, your body). Is there still something or someone left? The answer is yes.

### 1130 – 1230: Integration

**The preceding 7 sessions explored various themes and exercises. A wise saying says that “The last meeting lasts for the rest of your life”. And that is true. Mindfulness** is a process that keeps developing over time. In this final session, we will reflect on what has been learned, integrating the previous themes with each other. We will also reflect on how this knowledge and experience gained from the training can be integrated into your life.

### 1230 – 1330: Lunch



### Self-directed Activities

This afternoon you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

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### 1730 – 1830: Farewell Reception

Take this opportunity to enjoy a complimentary function as the conference draws to a close and we say farewell to new friends and colleagues.

### Day Nine: 1<sup>st</sup> Mar 2024 | Arrive Brisbane

Disembark – safe travel!

### REGISTRATION COSTS:

\$1190.00 incl GST

Please note: Registration cost does not include travel, accommodation, or travel insurance.

### WHAT ARE YOU WAITING FOR?

Contact Education at Sea or ask them for a no obligation personalised quote.

02 7908 7774 | [enquiries@educationatsea.com.au](mailto:enquiries@educationatsea.com.au)

All conference payments are being handled by Education at Sea (EAS), our conference partner.

### COSTS AND 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
- Conference Presenter who is a recognised 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 (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 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
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio

*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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