



'How the history of Nursing frames our current practice' Turkey Nursing Study Tour

Istanbul | Gallipoli | Kusadasi | Pamukkale

30th September to 11th October 2024



EDUCATION *at* SEA

02 7908 7774

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BOOK NOW!

ABOUT THE TOUR

In this study tour, we will review Florence Nightingale's contribution to Nursing, visit her Museum in Istanbul - we will tour Gallipoli and, look at the founding of the Nursing Profession in the military – then look at how that foundation is still evident in the current hierarchical structure of modern Nursing in Australia.

We will compare and contrast modern Australian practice to Turkish Nursing practice through a number of hospital visits and presentations from our Turkish Nursing colleagues, both Clinical and Academic. This study tour will assist participants in connecting the dots between the rich history of nursing and their daily practice, fostering a greater appreciation for the profession's evolution and its continued relevance in the modern healthcare landscape.

The study sessions consists of a mix of face to face sessions, visits to local health facilities, the Florence Nightingale Museum, and Gallipoli, as well as an Online library that will house a number of additional papers and webinars to meet the learning outcomes for this study tour.

During this study tour, you will:

- Gain an Historical Perspective on Nursing Evolution which will provide you a deeper understanding of the historical developments and key milestones in the field of nursing, from its early origins to the present day. You will learn how historical events, figures, and innovations have shaped and continue to influence contemporary nursing practice.
- Investigate and appreciate the contributions of influential nursing pioneers and leaders throughout history. You will understand how these individuals have laid the foundation for modern nursing principles, ethics, and standards.
- Explore practical ways in which historical knowledge can inform and improve current nursing practice. You will learn how lessons from the past can be applied to address contemporary healthcare challenges, enhance patient care, and guide ethical decision making.
- Develop an awareness of how historical nursing practices and societal norms have influenced the ethical and cultural aspects of nursing today. You will gain insights into how historical biases and advancements have shaped the profession's approach to diversity, equity, and inclusion.



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INCLUSIONS:

- 11 nights' accommodation at 5* De Luxe Hotels including breakfast
- Transportation by luxury coach A/C with free wi-fi internet
- All museum and site entrances as per the itinerary
- Welcome Cocktail reception
- Dinner and 1001 nights show
- Farewell Dinner Cruise by private boat
- Domestic flight ticket between DNZ/IST (One way in economy class)
- All taxes of the services within the itinerary

PROGRAM INCLUSIONS:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Coffee breaks and lunches on presentation days
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion with Attendees
- An online library filled to the brim with educational content that allows you to create your own learning experience
- A Registration Reception including complimentary drinks where you can meet other Attendees and network with Convenors and Presenter/s
- A Welcome pack and additional information to support a fantastic study tour experience
- A Transcript reflecting all education sessions, presentations and hospital/health centre site visits
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio



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CLINICAL LEADS

SUE WALKER - R.N., BACH NURSING (ADMIN), M.P.H.C. (PALLIATIVE CARE), MACN



Sue Walker
The Nurses for
Nurses Network

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 platform to assist Nurses in meeting their annual CPD requirements.

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, and Training and Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief and Loss, and Workplace Bullying.

Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

“Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional and community expectations Nurses and Midwives need to acknowledge their unique contribution to health care delivery and assert their collective strength to safeguard the community and ensure their ongoing professional needs are recognised and met.

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 knowledge and skill of the individual Nurse will have the greatest influence on the happiness and health outcomes of each and every client”.

CLINICAL LEADS

WENDY MCINTOSH - RGN, RMHN, Grad. Dip MH, MN, Cert IV Workplace Assessment & Training, Group Leadership Cert, MRCNA, MANZCMHN, AANZPA

Wendy has over 30 years of experience as a health professional (clinical, education, and research), twentyfive of those years in mental health. Areas of specific interest and passion for Wendy include professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness, and workplace bullying.

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Wendy has over 20 years of experience as a psychodrama trainee – lifelong learning. She is committed to using experiential learning in the work she does with individuals and groups.

Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge, and creativity as a presenter and facilitator.

Wendy is continually integrating learning and insights she gains from the work she does within professional boundaries. She has developed internet training tools and education packages for individuals/organisations and delivers webinars for organisations. With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their own personal and reflective journey through boundaries. Further podcasts are currently in production.



Wendy McIntosh

CLINICAL LEADS

COLEEN REID

In 1974 Colleen thought she would become a nurse for a little while. Forty-five years later she finds herself working in Nursing education. During those years she became increasingly drawn back to psychiatry, working with people who were experiencing life very differently and who were at risk of ever-increasing marginalisation.

For many years she had the privilege and challenge of working especially with people diagnosed with personality disorders and trauma-induced conditions. She maintains a lasting appreciation and respect for their journey and their resilience.

Colleen has worked in Public and Private Hospitals, Community settings, and Nursing Education. She completed her Psychiatric training first, then her General and Obstetric training in the last cohort of hospital-trained nurses in Auckland. She has a BA Humanities and a Grad Certificate in Adult Education.

JASON DAWSON - RN

Jason Dawson is a Registered Nurse from the Gold Coast Queensland. Whilst studying his bachelor of Nursing at Southern Cross University he developed an interest in mental health and has been working in this field of nursing since completing his studies in 2008.

In this time, Jason has undertaken varied roles including Acute Inpatient Nursing, Community Nursing, clinical facilitating and Nurse Unit Manager positions.

In 2012, Jason combined his passion for nursing with his love of travel and founded CPD Cruise Pty Ltd with the view to providing Nurses the opportunity to update and improve their skills in diverse and unique locations.



Coleen Reid



JASON DAWSON

HOTELS

5* Dosso Dossi Downtown Hotel

The Dosso Dossi Hotels Group provide their valued guests a luxurious and exclusive experience. Their hotels are located in Istanbul's most cultural and historical destinations.

Indulge yourself in the Dosso Dossi SPA with wide range of massages and traditional Turkish bath options to unwind after your flight.

5* Kolin Hotel

Kolin Hotel & Spa offers large rooms with views of the Dardanelles Strait, Gallipoli National Park and hotel gardens. The hotel boasts 6 bars, indoor and outdoor pools, and a modern spa.

Guests can dine in the buffet-style Sofra restaurant with views of the strait, or sit down for a Turkish meal in the Zeytin restaurant.

The Carpe Diem spa boasts a range of treatments and a hammam.

5* Charisma Deluxe Hotel

Charisma De - Luxe Hotel where you can find comfort and luxury together in the joined view of the unique sea with the sky.

They offer the unique accommodation in order to ensure you have a quality and peaceful time together with their trained staff, high quality and service understanding.

Get away from the stress while watching the beautiful sea view in the elegant and comfortable new rooms.

5* Pam Thermal Hotel

Surrounded by pine forests and green gardens, this thermal hotel is situated on a hillside.

The hotel feature a spa centre, outdoor pool, and thermal spring travertines with healing red water.

The rooms are furnished in style with modern furniture. They all feature a balcony with forest, garden or pool views. Spa baths with thermal water are also offered in each room.



30th Sept
to
10th Oct
2024



INTINERARY

DAY 1:

Monday 30th September
2024 Arrive in Istanbul

Unpack your bags and order a cocktail or indulge yourself in the Dosso Dossi SPA with wide range of massages and traditional Turkish bath options to unwind after your flight.

Evening:

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

DAY 2:

Istanbul

Morning: Session 1: The History of Nursing

The history of nursing is a rich and complex narrative that spans centuries and is deeply intertwined with the development of healthcare systems, social changes, and the evolving role of women in society. Here's a brief overview of key milestones in the history of nursing that we will cover in our conference session today.

Nursing has ancient roots, with evidence of organized care provided by nurses dating back to civilizations such as the Egyptians, Greeks, and Romans.

In ancient Greece, the goddess Hygieia was associated with health, hygiene, and healing, and temples dedicated to her often served as early healthcare facilities.

During the Middle Ages, nursing care was often provided by religious orders and monasteries.

In the 19th Century, notable figures like Florence Nightingale, often referred to as the founder of modern nursing, made significant contributions. She emphasized hygiene, sanitation, and systematic training for nurses.



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Florence Nightingale's work during the Crimean War in the 1850s marked a turning point in nursing history. Her emphasis on cleanliness and evidence-based practice revolutionized nursing care.

The establishment of the Nightingale Training School for Nurses at St. Thomas' Hospital in London in 1860 marked the beginning of formal nursing education.

The early 20th century saw the professionalization of nursing, with the introduction of standardized nursing curricula and licensure requirements.

World War I and World War II created a significant demand for nurses and further advanced the role of nurses in military and civilian healthcare.

The post-war era witnessed the growth of nursing specialization and the development of advanced practice roles. Nursing organisations, such as the Royal College of Nursing the forerunner of the Australian College of Nursing (ACN), played a crucial role in advocating for nurses' rights and professional standards.

Nursing continues to evolve, with a focus on evidence-based practice, patient-centred care, and technological advancements in healthcare.

Today, nurses work in a wide range of settings, including hospitals, clinics, home healthcare, research institutions, and schools, and they play a vital role in healthcare delivery.

The history of nursing reflects not only the evolution of healthcare but also the changing roles and status of nurses in society. It is a dynamic field that continues to adapt to the ever-changing needs of patients and the healthcare industry.

Morning: Session 2: War and Unpeace | Colleen Reid

There are global wars and there are everyday wars. There are wars, which nurses may or may not, seek to participate in. It is my contention that each and every one of these wars leaves an indelible vestige of trauma which becomes part of each nurse's narrative, and which, in turn, affects interactions within professional and personal lives.





Changing attitudes over the past 100 years in our broader society have led to changes in the way we view war, unpeace and trauma. In the words of the poet Rumi:

“Out beyond ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.” Nurses, we need to talk!

Morning: Session 3: Nurses at war and Post Traumatic Stress Disorder (PTSD) | Dr. Wendy McIntosh

Using the words of nurses who have served during war this session explores the impact of war and the legacy of PTSD for our colleagues.

Whether serving as nurses in civil wars (American Civil War – nurse and poet Walt Whitman), or World Wars (nurse and poet Eva Dobell WW1) Vietnam War (nurse and poet Kathie Swazuk) – the writings of colleagues who walked before us speak of the unspeakable truths. Nurses were told post wars that they could not possible experience what we now term PTSD because they were not in combat and were healers.

Some colleagues found the power of poetry to express the inexpressible.

As this session progresses questions will be posed such as in what ways has the legacy of PTSD influenced and impacted on contemporary nursing?

Is workplace bullying a long term symptom from the silence of not being able to tell ones story through the decades?

Afternoon: Florence Nightingale Museum

Nightingale was the founder of modern nursing, she is still an inspiration to nurses around the globe.

We will visit the museum to celebrate the life of this revolutionary woman; discover all about her affluent childhood, how she fought against her parents’ wishes to become a nurse, her work during the Crimean War and how she campaigned for better healthcare for ordinary people.



Day 3: Istanbul

FULL DAY TOUR:

Topkapi Palace is one of the oldest and most significant historical landmarks in Istanbul, Turkey, where the Ottoman Sultans lived for almost 400 years. Explore the lavish sections of the palace, see ancient artifacts from the Sultanate era, and learn about the culture and history of the place.

We will proceed to Hagia Sophia; undoubtedly one of the greatest architectural creations in the World used as a mosque during Ottomans. After a short walk we will reach the Hippodrome; the former center for entertainment, sports and political activities in the city during the Roman and Byzantine Empires. You will be able to see the Obelisk from Egypt, Serpentine Column from Delphi and fountain of Wilhelm II.

After a break for lunch, we will proceed to the Blue Mosque; across from St. Sophia built in the 16th century by the architect Mehmet and known as the Blue Mosque because of its magnificent interior decoration of blue Iznik tiles.

Our last stop will be to the Grand Bazaar which is the oldest and the largest covered market place in the World with nearly 4.000 shops full of rich collections of carpets, jewelry, leather, and souvenirs.

Day 4: Istanbul

Morning:

Join us on a tour of a local hospital where we will visit the facility with our Nursing Colloques and discuss the delivery of nursing services reviewing the similarities and differences – this is an opportunity to learn from each other.

Evening:

1001 Turkish Night Dinner Show (Includes Dinner)

Day 5: Transfer to Çanakkale

Morning:

After having breakfast at the hotel, we will drive to Gallipoli.

We will visit the coves along the Gallipoli shores (ANZAC Cove, Arıburnu, Kumsal), pay Respect to Mehmetçik Statue, and the Memorial Cemeteries (including the Lone Pine Australia monument, the 57th Regiment Turkish monument, and the Chunuk Bair New Zealand monument).



DAY 5:
Continued...

Afternoon: WWI Nursing Presentation

During the First World War, more than 3,000 Australian civilian nurses volunteered for active duty. The Australian Army Nursing Service (AANS) was established in July 1903 as a part of the Australian Army Medical Corps. Throughout the war, over 2,000 AANS members served overseas, alongside Australian nurses affiliated with other organizations such as the Queen Alexandra's Imperial Military Nursing Service (QAIMNS), the Red Cross, or privately sponsored facilities.

From the moment of the Gallipoli landings on April 25, 1915, nurses cared for numerous casualties aboard hospital and transport ships anchored off the shore. The wounded arrived continuously, day and night. Some could barely walk, while others were carried on stretchers, often shivering or unconscious due to blood loss. Medical supplies were in short supply, and there was a desperate shortage of fresh water. Despite the constant threat of Turkish shelling or torpedoes, the exhausted nurses diligently cleaned, bandaged, warmed, and provided comfort to their patients, many of whom had severe wounds or suffered from gangrene and disease.

Over the following nine months, soldiers were transported to hospitals on the nearby Greek islands of Imbros and Lemnos or transferred to Malta, Egypt, and Britain. The lower-deck wards were overcrowded, and poorly ventilated, and even simple nursing tasks became challenging due to the ship's movements. Seasickness affected both nurses and patients.

This afternoon we will discuss the skill, courage, and experiences of our Nursing Colleagues that signed up to work in the military hospitals. We will share their stories and discuss the impact of their work on the history of Nursing.

DAY 6:
Çanakkale

Following breakfast at the hotel, we will head to the Troy Ancient Site.

Troy, a city that was once believed to be a myth, dates back over 4000 years. Discovered in the 19th century, it is referred to as "Truva" in Turkish and holds the distinction of being a UNESCO World Heritage Site. While the ruins might not be as awe-inspiring as anticipated, they are certainly worth exploring if you're familiar with the legends of the Trojan War or Homer's Iliad.

DAY 7:
Kuşadası

Morning:

After having breakfast at the hotel, we will embark on a drive to Kuşadası.

Along the way, there's an opportunity to visit the Acropolis of Pergamon using a cable car. Pergamon, which was included in the UNESCO World Heritage List in 2014, has endured numerous invasions and destruction throughout its history.

However, due to its strategic location, it has remained inhabited, making it a settlement that has never faded from the pages of history. Traces of settlement dating back to prehistoric times can be found in the Bakırçay basin, the area where the ancient city of Pergamon was established.

The hill where Pergamon was founded holds evidence of habitation during the 7th-6th and 5th centuries BC. The name "Pergamon" is derived from "Perg" or "Berg," which means "fortress" or "fortified position." In 283 BC, Philetairos established the Pergamon kingdom, which thrived as a significant regional power for 150 years, making notable contributions in politics, economy, and culture.

DAY 8:
Kuşadası

Morning: Turkish Nurses Earthquake experience presentation

Severe damage was experienced in 10 provinces in Turkey, and the north of Syria, with the earthquakes that hit Kahramanmaraş at midnight and afternoon on February 6, 2023.

Learn about the courage and the dedication of health professionals in those areas where they did the best they could in circumstances, that for the vast majority of us, we just cannot imagine.

"Their own loss and their own grief, as well as trying to deliver care and just trying to deliver health support in the circumstances where infrastructures have been wiped out, where some of the hospitals have collapsed, where they haven't got supplies, and where the temperature is dropping below minus and there's snow on the ground."

QUOTE, Howard Catton – The chief executive of the International Council of Nurses (ICN). Source: Nursing Times.



DAY 8:
Continued.....

Afternoon:

We will embark on a journey to the Ephesus Ancient City.

Ephesus stands as one of the most extensive archaeological excavations globally, and our exploration will encompass remarkable sites. During our visit, we'll take in the Odeon, The Fountain of Trajan, the steam baths of Scholastica, as well as the temples dedicated to Hadrian and Domitian and the Library of Celsius, an awe-inspiring structure..

Following this, our attention will turn to The Grand Theatre, the very place where Saint Paul delivered his sermons. Notably, this theatre held the title of the largest in Asia Minor during ancient times, accommodating up to 24,000 spectators.

Our walk through the Ephesus ruins will span approximately 2 hours. We will have a refreshment break at carpet waving village before returning back to the hotel.

Day 9:
Kuşadası

Morning:

Join us on a tour of a local hospital where we will visit the facility with our Nursing Collogues and discuss the delivery of nursing services reviewing the similarities and differences – this is an opportunity to learn from each other.

Afternoon:

Enjoy this afternoon at your own leisure.

DAY 10:
Pamukkale

Morning: Transfer to Pamukkale

Today we drive to Pamukkale.

We will see Salt Lake & Hierapolis, including the magnificently preserved Necropolis, the main Street and Gates, the thermal Baths, the devil's hole, and the Masterpiece Theater.

Pamukkale terraces are made of travertine, a sedimentary rock deposited by water from the hot springs. In this area, there are 17 hot water springs in which the temperature ranges from 35 °C to 100 °C. The water that emerges from the spring is transported 320 meters to the head of the travertine terraces and deposits calcium carbonate on a section 60 to 70 meters long covering an expanse of 240 meters to 300 meters.



DAY 11:
Istanbul

Morning:

Transfer to airport for your flight back to Istanbul.

Evening:

Enjoy a fabulous farewell dinner cruise on the Bosphorus.



INCLUDED TOURS



**Florence
Nightingale
Museum**



**Topkapi
Palace**



**Hagia
Sophia**



Hippodrome



Blue Mosque



Grand Bazaar



Gallipoli Shores



Troy Ancient Site



**Acropolis of
Pergamon**



**Ephesus
Ancient City**



Pamukkale



EXCLUSIONS:

- Flights to and from Turkey
- Meals & Drinks not mentioned
- Departure transfer to airport
- Travel insurance – please contact us at travel@traveldirectaustralia.com.au for a quote
- Visa

COST

Delegate (Twin Share)

\$5550 AUD per person

Single Supplement (Own room for one)

\$860 AUD per person

