



# Shifting Sands:

UNDERSTANDING THE FORCES  
SHAPING HEALTHCARE DELIVERY  
TODAY AND INTO THE FUTURE

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DEPARTING HAMBURG,  
GERMANY CRUISING ICELAND

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21 Aug - 01 Sep 2025 | 24 CPD Hours



NURSES FOR  
NURSES  
NETWORK



EDUCATION *at* SEA

## CONFERENCE SYNOPSIS

"Shifting Sands: Understanding the Forces Shaping Healthcare Delivery Today and into the Future " is an interdisciplinary conference that brings together healthcare professionals to explore the multifaceted factors impacting healthcare delivery in the modern world.

This comprehensive forum aims to dissect and understand the convergence of technological advances, workforce dynamics, digital transformation, and the pressing issue of environmental warming on our healthcare system today and into the future.

The conference will delve into how digital innovation is transforming patient access, care experiences, and operational efficiencies, highlighting both the opportunities and challenges these technologies present. Participants will engage with the evolving needs and expectations of the healthcare workforce, discussing strategies to address labour shortages, workload issues, and burnout.

A significant focus will be placed on the health implications of global warming, including the increase in climate-related illnesses, the disruption of food systems and water sources, and the mental health challenges posed by climate crises. The conference seeks to foster a dialogue on creating practices capable of adapting to these environmental changes and promoting sustainable healthcare practices.

Through keynote speeches, panel discussions, workshops, and networking events, "Shifting Sands" aims to equip healthcare professionals with the knowledge, tools, and connections needed to navigate and influence the dynamic landscape of healthcare delivery. Attendees will leave with a deeper understanding of the external forces shaping healthcare, innovative solutions to the challenges faced, and a renewed commitment to advancing health equity and environmental stewardship within their professional practice.

## CONFERENCE THEMES

**Technological Advances:** The deployment of new technologies is essential for improving healthcare quality, access, and cost containment. The shift toward predictive medical data mining and value-based care models is encouraging the adoption of health-enhancing technologies, emphasizing the importance of investment in technologies that prove to be financially viable and enhance the quality of care delivered.

**Workforce Dynamics:** The evolving needs and expectations of the healthcare workforce and the increasing shortage of healthcare professionals to deliver services is a major concern. There are complex issues as to why individuals leave the health professions including burnout and why individuals are not choosing to enter the professions. This will require change – not only in how health professionals are trained but also in the culture of health service delivery and the leadership required to navigate this path.

**Digital Transformation and Virtual Care:** Digital innovation transforms patient access, care experiences, and healthcare operations. Telehealth and digital health investments continue to grow, demonstrating the sector's movement towards more integrated and consumer-focused care delivery models.

**Healthcare Quality and Disparities:** Despite advancements, significant disparities remain in healthcare quality and access, particularly among racial and ethnic minorities and underserved communities. Efforts to address these disparities are ongoing, focusing on improving overall health outcomes and ensuring equitable access to healthcare services.

Advancements in Pharmacology, including biologics and nanotechnology, have expanded the possibilities for personalized medicine and targeted therapies and improved patient outcomes across a wide range of medical conditions.

**Global Warming:** Global warming significantly impacts health worldwide, posing a complex array of challenges that affect everything from air quality and nutrition to the spread of infectious diseases and human migration patterns. The World Health Organization (WHO) highlights between 2030 and 2050, it is expected to cause approximately 250,000 additional deaths per year from undernutrition, malaria, diarrhea, and heat stress alone, with direct damage costs to health estimated to be between US\$ 2–4 billion per year by 2030.

The CDC outlines specific health impacts related to climate change, including air pollution, allergens, and pollen, diseases carried by vectors like mosquitoes and ticks, food and waterborne diarrheal diseases, food security, mental health and stress-related disorders, and the direct effects of floods, temperature extremes, and wildfires.

The broad and deep impacts of global warming on health identify the importance of immediate and sustained action to mitigate these effects and adapt to a changing climate.

**Aging Population:** The aging population presents unique healthcare challenges, such as a higher prevalence of chronic conditions, increased demand for long-term care services, and the need for specialized geriatric care. Healthcare systems must adapt to cater to the specific needs of older adults, including preventive care, geriatric medicine, palliative care, and support for caregivers.

**Mental Health:** There's a growing awareness and recognition of mental health issues worldwide, leading to reduced stigma and increased seeking of mental health services. Factors like stress, social isolation, economic instability, and traumatic events contribute to the rising prevalence of mental health disorders. The integration of mental health services into primary care settings, teletherapy options, and the use of digital mental health platforms are emerging trends. Consumer demand for holistic approaches to mental health care, including mindfulness practices, lifestyle interventions, and alternative therapies, is increasing.

**Chronic Disease Management:** Chronic diseases such as diabetes, cardiovascular diseases, cancer, and respiratory conditions are major contributors to morbidity and mortality. Lifestyle factors like poor diet, physical inactivity, smoking, and excessive alcohol consumption contribute significantly to the rise in chronic diseases. Patient empowerment and engagement are emphasized, with an emphasis on shared decision-making, patient education, and support networks to improve adherence to treatment plans and overall health outcomes.

## CONFERENCE LEARNING OUTCOMES

At this conference, you will:

- Explore the convergence of technological advances, workforce dynamics, digital transformation, and the pressing issue of environmental warming on our healthcare system today and into the future
- Investigate how digital innovation is transforming patient access, care experiences, and operational efficiencies, highlighting both the opportunities and challenges these technologies present
- Review the evolving needs and expectations of the healthcare workforce
- Understand the health implications of global warming, including the increase in climate-related illnesses, the disruption of food systems and water sources, and the mental health challenges posed by climate crises the importance of addressing public health in the context of climate change

## YOU WILL ALSO LEARN

- The needs and expectations of today's healthcare workers
- Why it is so hard to provide mental health services in the current environment and what the future might look like
- adapting to climate-related health challenges, building resilient healthcare systems
- Why Quantitative Microbial Risk Assessments (QMRA) are utilised to guide water and wastewater system design
- Despite Australia's robust healthcare system, several disparities in quality and access persist, affecting various population groups
- Why the consumer health profile is undergoing significant changes due to a combination of demographic shifts, advancements in technology, evolving lifestyle choices, and increased awareness about health and wellness.
- Why advances in vaccine technology are crucial to limit and prevent infectious diseases around the world
- Why vaccines also have the potential to be used to treat diseases, rather than prevent them
- The 5 Cs (Context, Consistency, Clarity, Congruence and Categories of Concern) and the 5 Fs of the limbic system (Flight, Flight, Faint, Fawn and Freeze) in relation to professional boundaries
- The emergence of new terms such as 'eco-anxiety' and 'solastalgia'
- The intersectionality of climate change and mental health, the repercussions on vulnerable populations while also proposing strategies for mitigation.
- The 'experience of care' – care which is kind, respectful, dignified? Is this arm of care an 'optional extra' or an intricate component of quality maternity care?
- the impact, effectiveness, and challenges of digital transformation in the healthcare sector.
- a range of physiological changes as individuals age, which have an impact on the pharmacological properties of medicines
- the possibilities for personalized medicine and targeted therapies and improved patient outcomes across a wide range of medical conditions
- the critical issue of suicide within the Australian context
- Why drivers such as climate shifts, globalisation, land exploitation and wildlife trade have directly affected the re-emergence of viral zoonotic disease
- The uncertainty and ferocity of global warming is affecting the way the water industry adapts to protect human and environmental health
- The concept of "Brief Interventions" and their potential to enhance patient outcomes.
- Trauma Informed Approach to health care
- The importance of postcodes to assess the risk of Adverse Childhood Events (ACE's) and the link between childhood trauma and poor life expectancy.
- the multifaceted challenges posed by an aging population and the strategies required to address them
- an intervention that didn't just reduce your risk of the leading killers, but also arthritis, osteoporosis, sensory impairments.

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**DAY ONE: 21<sup>st</sup> AUGUST 2025 | DEPART HAMBURG, GERMANY**

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**1900: We set sail**

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

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**1700 – 1800: Conference Registration and Drinks**

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.

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**DAY TWO: 22<sup>nd</sup> AUGUST 2025 | CONFERENCE DAY**

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**0830 – 0900: Welcome to the conference**

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**0900 – 1000: The Evolving Needs and Expectations of the Healthcare Workforce**

*Presenter: Sue Walker | Theme: Workforce Dynamics*

In this session we will explore the changing landscape of healthcare employment, focusing on the needs and expectations of today's healthcare workers. Participants will gain insights into the factors driving these changes and learn strategies to effectively meet and manage the evolving demands of the healthcare workforce.

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**1000 – 1030: Break**

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**1030 – 1130: Shifting from Intention to Impact: Why is it so hard to provide mental health?**

*Presenter: Dr Wendy McIntosh | Theme: Mental Health*

I've been a mental health nurse since 1986. I trained in an asylum in Glasgow, Scotland, and have worked in different mental health units in Australia as an educator, researcher, and clinician. Over the last two decades, I've supported mental health professionals who have experienced burnout and post-traumatic stress disorder from working in mental health. I was part of the mental health workforce that was involved in the deinstitutionalisation of patients from asylums to community and mainstreaming care. Whilst the intention was good, the impact has been devastatingly negative for many patients, their families, and communities.

In early 2024, the International Council of Nurses (ICN) released the Guidelines on Mental Health Nursing; I was part of the working party that contributed to the guidelines because I remain passionate about providing quality care for patients who have a mental illness. The ICN guidelines reported several significant areas of concern, none of which will be a surprise to those working in mental health: lack of government funding, ongoing stigma, lack of trained mental health nurses, and lack of content about mental health nursing in nursing degrees.

The World Health Organisation has recognised mental illness as a pressing and pervasive issue that affects people across life stages from perinatal to death. With approximately 1:8 people in the world living with a mental illness, it is clear that this is a significant global burden of disease that needs to be addressed more effectively. No matter where we work as health professionals, we will deliver care to individuals who experience a mental illness. Let us all get moving on, shifting our intention to a positive impact.

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**1130 – 1230: Public Health and Climate Change: Understanding the Intersections and Implications**

*Presenter: Dr Jenni Judd | Theme: Global Warming*

This presentation will provide a general overview of the importance of addressing public health in the context of climate change. We will discuss how climate change affects public health, particularly the increasing frequency of extreme weather events, heat waves, and air pollution. We will also discuss the relationship between air quality and respiratory health and the impact on respiratory illnesses such as asthma and COPD. The statistics on the rise of air pollution-related health issues.

We will also explore how climate change influences the spread of vector-borne diseases, such as Malaria, Dengue Fever, and Lyme disease. We will also look at the impact of climate change on food security and nutrition from crop failure, malnutrition, and foodborne illnesses. These are important issues for public health. We will explore how climate change affects water quality and availability, as well as the increase of waterborne diseases like cholera and typhoid. Clean water is an important element of public health.

The presentation will also cover the mental health implications of the psychological effects of climate change on public health, such as anxiety, depression, and eco-grief. We will look at the vulnerable populations who will be disproportionately affected by climate-related issues- children, the elderly, and low-income communities, and the reasons for increased vulnerability. Finally, we will discuss strategies for adapting to climate-related health challenges, building resilient healthcare systems, identifying early warning signs, and implementing community-based interventions. We will need to collaborate between the public health and climate change sectors, consider partnerships and initiatives, and emphasise the urgency of addressing public health in climate change mitigation and adaptation efforts.

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### 1230 - 1300: Everything you wanted to ask a Water Engineer but were afraid to Ask!

**Presenter:** *Mark Wiltshire* | **Theme:** *Technological Advances*

Human and environmental health outcomes drive the water industry. Quantitative Microbial Risk Assessments (QMRA) are utilised to guide water and wastewater system design. The QRMA method is a complex and adaptable method to design water infrastructure to achieve health outcomes for any given community and since COVID we are learning a lot. So as engineers, what do we do?

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### 1300: Lunch

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**PM Session: Self-directed CPD Activities | Access via the online library**

#### Disparities in the Australian Healthcare System: Quality and Access

**Presenter:** *Sue Walker* | **Theme:** *Healthcare Quality and Disparities*

Despite Australia's robust healthcare system, several disparities in quality and access persist, affecting various population groups. These disparities are influenced by factors such as socioeconomic status, geography, ethnicity, and access to resources.

#### Changing Consumer Health Profile

**Presenter:** *Sue Walker* | **Theme:** *The Changing Health Consumer Profile*

The consumer health profile is undergoing significant changes due to a combination of demographic shifts, advancements in technology, evolving lifestyle choices, and increased awareness about health and wellness. These changes have far-reaching implications for healthcare providers, policymakers, and the health industry as a whole.

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### 1800 – 1900: Social Get Together – A Bit of Fun and Get to Know Each Other

Conference Facilitators and Presenters will be at the venue and would love to meet with you.

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## DAY THREE: 23<sup>rd</sup> AUGUST 2025 | LERWICK, UK

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### 0900 – 1700: Explore at your Leisure

The northernmost city in Britain, serves as the main port for the Shetland Islands, enveloped by the natural wonders like St. Ninian's Isle. As a captivating stop on MSC Northern Europe Cruises, this city features distinctive sandstone architecture framing its beautiful waterfront.

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## DAY FOUR: 24<sup>th</sup> AUGUST 2025 | CONFERENCE DAY

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### 0830 – 0930: The future of vaccines?

**Presenter:** *Gail Aylmer* | **Theme:** *Technological Advances*

Advances in vaccine technology are crucial to limit and prevent infectious diseases around the world, which still account for around 40% of all recorded deaths globally. Changing how existing vaccines are used, developing new vaccine delivery technologies and generating new vaccines are some of the ways researchers are working to overcome this ongoing challenge and save lives.

Researchers are working on edible plant-based vaccine materials, needle-free skin patches and microneedle injection technologies to get the vaccine through the skin without discomfort. Vaccines also have the potential to be used to treat diseases, rather than prevent them. Such therapeutic vaccines are being targeted at persistent infections, such as shingles and those due to human papilloma virus. They are also being targeted at non-infectious conditions, including autoimmune disorders, tumours, allergies, and drug addiction. This presentation is going to look at some of these new technologies and uses moving forward.

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### 0930 – 1030: The 5 Cs and 5 Fs of Professional Boundaries

**Presenter:** *Dr Wendy McIntosh* | **Theme:** *Workforce Dynamics*

In 2022-2023 AHPRA received 841 complaints about boundary violations including sexual misconduct by health professionals in Australia. That was a 223% increase from three years previously and represented an increase in patients coming forward to report inappropriate behaviour demonstrated by health professionals. Although an integral element in health professional - patient relationships, boundaries are seldom explored through a reflective practice lens.

Since 2005, the presenter has been working with health professionals who have been reported to regulatory bodies for boundary transgressions and she brings a wealth of experiences about the nuances and complexities that are professional boundaries. Historically the focus of professional boundaries has been on professionals and patients however the presenter has working with an increasing number of professionals who have been reported for collegial boundary transgressions.

During this presentation you will hear about the 5 Cs (Context, Consistency, Clarity, Congruence and Categories of Concern) and the 5 Fs of the limbic system (Flight, Flight, Faint, Fawn and Freeze). The presenter will give you some easy-to-remember concepts and strategies to integrate into your practice to ensure your practice is safe when establishing and maintaining professional boundaries with patients and colleagues.

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1030 – 1100: Break

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**1100 – 1200: Climate Change and Mental Health: Understanding the Psychological Impact of Environmental Crises**

**Presenter: Louise Scanlan | Theme: Global Warming**

As global temperatures continue to rise, the impacts of climate change are increasingly evident in severe weather phenomena such as cyclones, floods, heatwaves, and fires, characterised by heightened intensity and frequency, as well as shorter intervals between occurrences.

These effects extend to mental health, affecting individuals and communities, leading to the emergence of new terms such as 'eco-anxiety' and 'solastalgia.' This presentation explores the intersectionality of climate change and mental health, the repercussions on vulnerable populations while also proposing strategies for mitigation.

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**1200 – 1300: Respectful Maternity Care and Birth Trauma**

**Presenter: Rukhsana Aziz | Theme: The Changing Health Consumer Profile and Mental Health**

Respectful Maternity Care is defined as care organised for and provided to all women in a manner that maintains their dignity, privacy and confidentiality, ensures freedom from harm and mistreatment and enables informed choice and continuous support during labour and childbirth.

Clinicians can perceive provision of clinical care as the *main* arm of providing quality clinical care – but what about 'experience of care' – care which is kind, respectful, dignified? Is this arm of care an 'optional extra' or an intricate component of quality maternity care?

1-3 women in Australia describe their birth experience as traumatic. Birth trauma is a woman's experience of interactions and/or events related to childbirth that cause overwhelming distress and reactions leading to short and/or long-term negative impacts on a woman's health and wellbeing.

After 38 years in the Midwifery profession Rukhsana is preparing to transition to retirement but is in wonderment at the rise of birth trauma and the emotionally charged discombobulated state of clinicians and women / families receiving maternity care in Australia. Having worked in hospitals for 45 years she is ending her career delving into understanding birth trauma, trauma informed care and provision of respectful maternity care.

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**1300: Lunch**

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**PM Session: Self-directed CPD Activities | Access via the online library**

**How Successful has the Digital Transformation that Supports Virtual Health Care Been?**

**Presenter: Sue Walker | Theme: Digital Transformation and Virtual Care**

This session will examine the impact, effectiveness, and challenges of digital transformation in the healthcare sector. The session will provide insights into the advancements in virtual health care, assess its success, and discuss the future trajectory of digital health initiatives.

**Aged Care Polypharmacy**

**Presenter: Amy Gibson | Theme: Aging Population**

Polypharmacy is increasingly common in the ageing population. There are a range of physiological changes as individuals age, which have an impact on the pharmacological properties of medicines. The more medicines are used, the higher the incidence of risk of interactions and adverse effects.

With over half of Australia's residential aged care population known to have at least one medication related problem, it is vital to know the medicines that are most commonly implicated in adverse effects. Using a case-based approach, the most commonly reported issues with psychotropic medicines, opioids, antihypertensives and diuretics will be explored.

Polypharmacy also has implications for skin integrity, hydration and nutrition, as well as falls risk.

Being able to recognise the highest risk medicines as well as combinations that may be problematic allows for closer screening of adverse effects.

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**1800 – 1900: Social Get Together – A Bit of Fun and Get to Know Each Other**

Conference Facilitators and Presenters will be at the venue and would love to meet with you.

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**DAY FIVE: 25<sup>th</sup> AUGUST 2025 | REYKJAVÍK, ICELAND**

**Explore at your Leisure**

Reykjavík, the northernmost capital city in the world, is a vibrant, compact port filled with Viking museums, retail outlets, and a dynamic ambiance. This destination on the MSC Northern Europe Cruises itinerary offers access to several attractions close by, such as the geothermal Blue Lagoon, a breathtaking waterfall, and serene lakes.

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**DAY SIX: 26<sup>th</sup> AUGUST 2025 | REYKJAVÍK, ICELAND**

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**Explore at your Leisure**

Discover the magic of Reykjavík, Iceland's vibrant capital where nature meets culture. Wander through charming streets, visit the iconic Hallgrímskirkja for panoramic views, and explore world-class museums. Enjoy the city's dynamic culinary scene and legendary nightlife. Just a short drive away, marvel at the stunning landscapes of the Golden Circle. Whether you're chasing the Northern Lights or enjoying the Midnight Sun, Reykjavík promises an unforgettable adventure.

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**1800 – 1900: Social Get Together – A Bit of Fun and Get to Know Each Other**

Conference Facilitators and Presenters will be at the venue and would love to meet with you.

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**DAY SEVEN: 27<sup>th</sup> AUGUST 2025 | ISAFJÖRDUR, ICELAND**

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**Explore at your Leisure**

Nestled on the banks of Skutulsfjörður, at the northwestern tip of Iceland, Ísafjörður is a historic town featured in the MSC Northern Europe Cruises lineup. Close to it, the spear-like island of Vigur stands as an untouched haven, inhabited by puffins, gulls, and a charming colony of sea lions.

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**DAY EIGHT: 28<sup>th</sup> AUGUST 2025 | AKUREYRI, ICELAND**

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**Explore at your Leisure**

Akureyri, a captivating port town in Iceland's north, is distinguished by its expansive fjord and stunning mountainous scenery. As a highlight of MSC Northern Europe Cruises, it serves as a prime gateway to explore the nearby natural marvels, including the magnificent Godafoss Waterfall.

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**DAY NINE: 29<sup>th</sup> AUGUST 2025 | CONFERENCE DAY**

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**AM Session: Self-directed CPD Activities | Access via the online library**

**The Future of Pharmacology**

**Presenter: Amy Gibson | Theme: Advancements in Pharmacology**

including biologics and nanotechnology, have expanded the possibilities for personalized medicine and targeted therapies and improved patient outcomes across a wide range of medical conditions.

**Suicide in Australia**

**Presenter: Sue Walker | Theme: Mental Health**

This one-hour presentation, titled "Suicide in Australia," will delve into the critical issue of suicide within the Australian context. It will cover the current statistics, risk factors, and underlying causes, as well as the impact on communities. The session will also explore prevention strategies, the effectiveness of current interventions, and future directions to address this pressing public health concern.

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**1100 – 1300: Lunch**

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**1300 – 1400: Zoonotic Diseases: The Present and the Future Perspective**

**Presenter: Gail Aylmer | Theme: Global Warming**

Of the thousands of pathogens known to infect humans, >70% are zoonotic and viral in nature. Worryingly, the 21st century has seen a drastic increase in the emergence and re-emergence of viral zoonotic disease.

Even though humans and animals have coexisted for millennia, environmental changes that have been caused or influenced by humans have severely increased interactions between the two populations, thereby increasing the risk of disease spill-over.

Drivers such as climate shifts, globalisation, land exploitation and wildlife trade have directly affected the re-emergence of viral zoonotic disease. This presentation will discuss these issues and look at possible future impact on global health, economy and safety.

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**1400 – 1500: Session TBA – Abstracts Welcome**

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**1500 – 1530: Break**

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## 1530 – 1600: Climate Resilience in the Water Industry

**Presenter:** *Mark Wiltshire* | **Theme:** *Global Warming*

Human and environmental health outcomes drive the water industry. These guide what we do as engineers to design water and wastewater systems. The uncertainty and ferocity of global warming is affecting the way the water industry adapts to protect human and environmental health.

As these health outcomes converge, our water industry is striving for new and more resilient ways to adopt to global warming such as more water storages, protecting infrastructure in the face of frequent and increasing natural disasters, micropollutants and adoption of the circular economy to improve carbon footprint.

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## 1600 – 1700: Session TBA – Abstracts Welcome

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## 1800 – 1900: Social Get Together – A Bit of Fun and Get to Know Each Other

Conference Facilitators and Presenters will be at the venue and would love to meet with you.

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## DAY TEN: 30<sup>th</sup> AUGUST 2025 | KIRKWALL, UK

### Explore at your Leisure

Kirkwall, the principal town of the Orkney Islands, situated in Scotland's Northern Isles, is a prominent stop on MSC Northern Europe Cruises. It is renowned for its UNESCO World Heritage Site, which consists of a Neolithic ceremonial complex.

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## DAY ELEVEN: 31<sup>st</sup> AUGUST 2025 | KIRIWINA ISLAND

## 0830 – 0930: Brief Interventions: An Important Tool for Health Practitioners and Chronic Disease Management

**Presenter:** *Dr Jenni Judd* | **Theme:** *Chronic Disease Management*

This presentation will define Brief Interventions and their potential to enhance patient outcomes. We will look at the conversational use of brief interventions to encourage patients to address areas of risk. We will discuss a brief overview of the history of brief interventions in healthcare settings, with the idea of motivating behaviour change, increasing awareness, and providing support for clients, particularly those with chronic diseases.

This presentation will discuss the diverse range of health issues where brief interventions are effective. Such issues as substance use disorders, smoking cessation, mental health concerns, chronic disease management. There are strong evidence-based approaches for conducting brief interventions. Used in screening, brief advice, motivational interviewing, and cognitive behavioural techniques.

We will look at the benefits of Brief interventions for patients and health care practitioners, particularly improved health outcomes, increased patient engagement, and time efficiency. We will discuss strategies for integrating brief interventions into clinical practice and incorporating them into routine appointments, using electronic health records, and training staff. Brief interventions emphasise the importance of effective communication using active listening, empathy, and nonjudgmental approaches.

In the last part of the presentation, we will consider some case studies, the ethical considerations when conducting brief interventions, confidentiality, informed consent, and cultural sensitivity. Finally, we will look at further training opportunities and resources for health practitioners.

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## 0930 – 1030: Session TBA – Abstracts Welcome

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## 1030 – 1100: Break

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## 1100 – 1200: Trauma Informed Approach: Health Professionals it is Time to Listen and Act

**Presenter:** *Dr Wendy McIntosh* | **Theme:** *Mental Health*

According to Bessel van der Kolk, one of the world's experts in trauma *"When the trauma is over your body continues to relive it"*. As health professionals we see and experience trauma being relived in so many ways such as a range of mental illness including depression, anxiety and post-traumatic stress disorder and chronic medical conditions such as gastrointestinal, immunological, cardiac and obesity issues.

Research, education and discussions on Trauma Informed Approach emerged over 30 years ago and yet it is only recently that there has been a real impetus to integrate trauma across all health systems from peri natal through to terminal care and other systems including prisons, drug and alcohol and in schools.

In this presentation you will learn of the importance of postcodes to assess the risk of Adverse Childhood Events (ACE's) and the link between childhood trauma and poor life expectancy. You will learn strategies that can easily be integrated into your practice to decrease the risk of re-traumatisation of the patients and you as a nurse.

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## 1200 – 1230: Conference Summary

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## 1230: Lunch



### The Unique Challenges of an Aging Population for Healthcare

*Presenter: Sue Walker | Theme: Aging Population*

In this session we will explore the multifaceted challenges posed by an aging population and the strategies required to address them. The session aims to provide healthcare professionals, policymakers, and stakeholders with a comprehensive understanding of these challenges and practical solutions to improve care for older adults.

### Getting Healthier as You Get Older

*Presenter: Dr Michael Greger | Theme: Chronic Disease Management*

Imagine if there were an intervention that didn't just reduce your risk of the leading killers, but also arthritis, osteoporosis, sensory impairments. Because risks tend to double every seven years - like if the average 65-year-old had the health of a 58-year-old? Slowing aging by even just seven years could cut everyone's risk of death, frailty, and disability in half. That's why I wrote *How Not to Age*.

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### 1800 – 1900: Conference Farewell Event

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

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## DAY TWELVE: 01<sup>st</sup> SEPTEMBER 2025 | HAMBURG, GERMANY

0700: Disembark – Safe travels!

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### OUR PRESENTERS

#### Gail Aylmer

Gail has worked for the last 10 years as a Public Health Nurse within the Communicable Disease team of a Queensland Public Health Unit. Gail has a diverse employment history working primarily in Australia plus also spent 18mths working as an Agency Nurse in England.

Over the last 3 decades, she has held positions as a Nurse Academic, Nurse Educator, Infection Control CNC, Surgical Unit Clinical Nurse and Clinical Nurse at Tuberculosis Control Units both in Brisbane and London. During her career, Gail worked in nursing administration as an (acting) Nursing Director for a period in excess of one year. Gail holds a Bachelor of Nursing Degree, a Master of Nursing Degree (Advanced Practice) and a Master of Mental Health Nursing Degree. Gail is an authorised Immunisation Program Nurse and has a Certificate in Training and Assessment.

Gail has travelled extensively over the last 4 decades and in 2016 developed and led a Nurses for Nurses Study Tour to India. This tour was bursting with fabulous experiences and attendees 'saw the real India' encountering some of the more interesting and important public health issues within India.

Gail's other special interests include immunisation across the lifespan, communicable and infectious diseases. She feels strongly about supporting and advocating for the nursing profession, in particular, frontline nurses believing they are the absolute heroes of healthcare.

**Prof. Jenni Judd**, Professorial Research Fellow, Central Queensland University

Jenni holds a Doctor of Health Science (DHSc -Deakin), a Master of Public Health (MPH -JCU), a Master of Education (Deakin) and a 4-year Diploma of Health and Physical Education (Wollongong).

Jenni is an applied health promotion and public health researcher and is recognised for her research in rural, remote, and regional health, First Nations health and education, mental health, health services and emerging infectious diseases. Before joining the university in 2006, Jenni spent over 27 years in the public sector in the Departments of Health and Education in the Northern Territory. She has been successful in over \$5.9m in competitive research funding and published over 100 publications, including 4 Edited Books, 5 book chapters and more than 90 peer-reviewed publications in national/international journals. She has completed over 21 Higher-degree research students (15 PhDs, 4 Masters of Research students and 2 Graduate Certificates in Research). She mentors and supports supervisors of Indigenous Scholars.

#### Louise Scanlan

Louise is an occupational therapist and mental health clinician committed to promoting psychological recovery and resilience in communities impacted by disasters. As a regional adversity clinician, Louise collaborates with affected communities to build mental health literacy, and develop tailored interventions that prioritise psychological well-being, fostering healing and hope in the wake of trauma. She holds a Masters in Public Health, and lives in Queensland, Australia with her wife and their spoilt rescue cat, Mischief.

## **Mark Wiltshire**

Mark is an environmental engineer with over 25 years' experience in the water industry. He has worked in technical, business development, project and managerial capacities in water utilities and the private sector. Over this time, he has been involved in the many different aspects of the water industry including stakeholder engagement, managing water infrastructure, delivering water recycling schemes and other water technologies.

Mark's work in community engagement, spans decades and he has been responsible for delivering community change programs to reduce water consumption and environmental pollution. He is an avid traveller, a lover of cruising and has a keen interest for human health through water.

## **Rukhsana Aziz**

Rukhsana is a Pakistani, Scottish Australian AND a Midwife who completed her Nursing and Midwifery trainings by 1987 in Scotland. In 38 years; Midwifery has taken her from Glasgow to London, USA, The Channel Island, to 3 different regions of Saudi Arabia, to Brisbane (tertiary and regional) as well as remote Northern

Territory and remote Queensland. During 27 years of practice in Australia, Rukhsana completed Rural and Isolated Practice Nursing R.I.P.R.N., Sexual Health Practice, Immunisation for nurses and then took a BIG leap of faith and entered university study and has achieved a Master of Clinical Health Practice degree at Griffith University.

After 19 years with Queensland Health amongst the most treasured moments include the development of and sustained Midwifery Group Practice in Goondiwindi now running for 17 years enabling rural women to birth and receive care closer to home, achieving Midwifery Unit Manger status and experiencing the role of Director of Midwifery in FNQ. Of all the locations that Rukhsana has practiced in the last 27 years Goondiwindi, Thursday Island, Doomadgee and Borroloola will always rank in the top 5!

Rukhsana has been invited to speak at a variety of Australian College Of midwives (ACM)conferences over the years, Global Nurses and Midwives Rotary Club (GNMRC) and has participated in expert clinician panels for Perineal Injury during birth and Induction of labour as well as a variety of Maternity and Neonatal Guidelines with the Queensland Clinical Guidelines team. Rukhsana is part of the LEAPP (Living Evidence for Australian Pregnancy & Postnatal Care)) team developing evidence based clinical recommendations for pregnancy and postnatal care.

As Rukhsana transitions to retirement she has mixed emotions about the discombobulated state of Maternity Services in Australia because whilst there definitely has been progress – there is rising rates of birth trauma, disrespectful maternity care and women continue to have no local services or have to travel for miles to receive maternity services.

**Dr 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), twenty-five 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.

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.

**Sue Walker**, RN, BN, BN (ADMIN), MPH, MACN, Specialist Nurse Educator

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".

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