



ONCE IN A  
LIFETIME  
EXPERIENCE



Sue Walker



# Nursing Fundamentals Unleashed: Building Strong Foundations for Exceptional Health Care

*Cruising The Panama Canal departing Miami  
22 Feb - 09 Mar 2025 | 39 CPD Hours*



(39 CPD Hours)

## The Presenter:

**SUE WALKER**, RN, BN, BN (ADMIN), MPH, 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 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”.





# Itinerary

Date	Time	Presentation
Day 01: 22/02/2025	1600 1730 - 1830	Set sail from Miami, Florida Conference Welcome and Registration Function
Day 02: 23/02/2025	0900 - 0930 0930 - 1300  1800 - 1900	Conference Orientation Sessions included today: <ul style="list-style-type: none"> <li>• Scope of Practice</li> <li>• The Concept of Incivility</li> <li>• Why Workplace Manners Matter and what do they look like in 2025</li> </ul> Self-directed activities included: <ul style="list-style-type: none"> <li>• Dealing with difficult people and how do I know I'm not the difficult person?</li> <li>• Why Personality Traits Matter</li> </ul> Catch up on the day at a designated venue
Day 03: 24/02/2025	0800 - 1700  1800 - 1900	Sessions included today: <ul style="list-style-type: none"> <li>• Finding Joy in the Work I do</li> <li>• Let's Investigate Workplace Stress</li> <li>• The Techniques we can Employ to Find Joy in the Work and Minimise the Impact of the Work on us</li> </ul> Self-directed activities included: <ul style="list-style-type: none"> <li>• Let's Practice those Techniques!</li> <li>• Unlocking the Power of Journaling: Benefits and Daily Integration Strategies</li> </ul> Catch up on the day at a designated venue
Day 04: 25/02/2025	0700 - 1600  1800 - 1900	Cartagena, Colombia: Explore this port of call Self-directed activities included: <ul style="list-style-type: none"> <li>• Review of Basic Life Support</li> <li>• Review of Advanced Life Support</li> </ul> Catch up on the day at a designated venue
Day 05: 26/02/2025	0830 - 1900 1800 - 1900	Colón, Panama: Explore this port of call Catch up on the day at a designated venue
Day 06: 27/02/2025	1800 - 1900	Transit the Panama Canal Catch up on the day at a designated venue
Day 07: 28/02/2025	0800 - 1630  1800 - 1900	Sessions included today: <ul style="list-style-type: none"> <li>• Communication &amp; Advocacy</li> <li>• Patient Safety</li> <li>• Medication Administration</li> <li>• Critical Thinking &amp; Problem Solving</li> </ul> Self-directed activities included: <ul style="list-style-type: none"> <li>• Let's Practice those Medication Calculation Skills</li> <li>• Medication Management</li> <li>• Let's Explore Polypharmacy in the Older Adult</li> </ul> Catch up on the day at a designated venue





# Itinerary Continued

Date	Time	Presentation
Day 08: 01/03/2025	0700 - 1800	Puntarenas, Costa Rica: Explore this port of call Self-directed activities included: <ul style="list-style-type: none"> <li>• Wounds That Won't Heal</li> <li>• Bringing Clarity and Common Sense to Wound Product Selection</li> </ul>
	1800 - 1900	Catch up on the day at a designated venue
Day 09: 02/03/2025	0800 - 1700	Sessions included today: <ul style="list-style-type: none"> <li>• Leadership &amp; Team Collaboration</li> <li>• Ethical &amp; Legal Considerations</li> <li>• Standards for Practice</li> </ul> Self-directed activities included: <ul style="list-style-type: none"> <li>• Infection Control</li> <li>• Common Mental Health Conditions</li> </ul>
	1800 - 1900	Catch up on the day at a designated venue
Day 10: 03/03/2025	0700 - 1800	Puerto Quetzal, Guatemala: Explore this port of call Self-directed activities included: <ul style="list-style-type: none"> <li>• Anaphylaxis Update</li> <li>• The Difference between Dementia, Delirium, and Depression</li> </ul>
	1800 - 1900	Catch up on the day at a designated venue
Day 11: 04/03/2025	0800 - 1700	Sessions included today: <ul style="list-style-type: none"> <li>• Let's Explore Professional Boundaries</li> <li>• Mandatory Notifications</li> <li>• A Little bit on the use of Social Media</li> </ul> Self-directed activities included: <ul style="list-style-type: none"> <li>• Let's test your knowledge of Professional Boundaries, Mandatory Notifications, and Use of Social Media</li> <li>• What does the nursing workforce of the future look like?</li> <li>• How will Artificial Intelligence impact health care delivery into the future?</li> </ul>
	1800 - 1900	Catch up on the day at a designated venue
Day 12: 05/03/2025	Free Day	Enjoy a day to yourself to practice your mindfulness and meditation
Day 13: 06/03/2025	0700 - 1500	Puerto Vallarta, Mexico: Explore this port of call
Day 14: 07/03/2025	0700 - 1400	Cabo San Lucas, Mexico: Explore this port of call Self-directed activities included: <ul style="list-style-type: none"> <li>• The Importance of Accepting Constructive Feedback</li> <li>• The Techniques we can Employ to Find Joy in the Work and Minimise the Impact of the Work on us</li> </ul>
	1800 - 1900	Catch up on the day at a designated venue
Day 15: 08/03/2025	Free Day	Enjoy a day to yourself to practice your mindfulness and meditation
	1800 - 1900	Farewell Reception
Day 16: 09/03/2025	0700	Los Angeles, California: Disembark - safet travels!