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Jules Aitken



# Metabolic Marvels:

Unravelling the Mysteries of Diabetes, Diet, and Weight Loss

*Cruising NZ departing Sydney*

*25 Nov - 05 Dec 2024 | 24 CPD Hours*



(24 CPD Hours)

## The Presenter:



Jules Aitken

### **JULES AITKEN**

RN, CDE, MSc

Jules Aitken is an Endorsed Nurse Practitioner specialising in Diabetes, Metabolic and Chronic Disease and Weight Management. She attained her Masters of Nursing (Nurse Practitioner) at Queensland University of Technology (QUT).

She is also a registered Credentialed Diabetes Educator (CDE) registered with the Australian Diabetes Educators Association (ADEA) gaining her Certificate of Diabetes Management at the University of Technology Sydney. She has worked within the Diabetes, Weight Management and Metabolic and Chronic Disease arena for over 20 years.

Working both independently and within specialist clinics, Jules coordinates the care of clients with complex diabetes, metabolic and chronic conditions. She has participated in research projects involving weight management, diabetes, metabolic and chronic diseases and has presented at nursing, allied health, medical and community events at local, State and National level.

Jules is a mentor for diabetes educators with the Australian Diabetes Educators Association and also provides education and mentorship for student nurses, RNs, EENs and other health professionals within private organisations. She is also a member of External Advisory Committee for Queensland's University of Technology Master of Nursing programme.

Jules is also part of the Global Midwives and Nurses Rotary Group and is currently part of the Leadership team.

***Jules looks forward to sharing not only her many years of clinical experience but also to facilitating opportunities for attendees to share experiences and challenges with each other. There will be lots of fun to be had within the learning environment.***





# Itinerary

Date	Time	Presentation
Day 01: 25/11/2024	1600 1700 - 1800	Set sail from Sydney Conference Welcome and Registration Function
Day 02: 26/11/2024	Free Day 1800 - 1900	Take the day to explore the ship End of day catch up
Day 03: 27/11/2024	1800 - 1900	Self-directed CPD Activities   Access via the online library End of day catch up
Day 04: 28/11/2024	Conference Day  1800 - 1900	Sessions included today: <ul style="list-style-type: none"> <li>• Metabolic Syndrome</li> <li>• Metabolic Syndrome and the Risk Chronic Health Outcomes</li> <li>• Metabolic Syndrome and Individualising Care</li> <li>• Ageing and the Brain and the impact of Metabolic Syndrome</li> <li>• The Good, the Bad and the Ugly of Lipids and Cholesterol</li> <li>• Fenofibrates, Statins or Diet: Individualising Cholesterol and Lipid Management</li> </ul> End of day catch up
Day 05: 29/11/2024	0800 - 1800 1800 - 1900	Wellington: Explore this port of call End of day catch up
Day 06: 30/11/2024	0800 - 1800 1800 - 1900	Lyttelton (Christchurch): Explore this port of call End of day catch up
Day 07: 01/12/2024	0800 - 1600 1800 - 1900	Port Chalmers (Dunedin): Explore this port of call End of day catch up
Day 08: 02/12/2024	Conference Day  1400 - 1800 1800 - 1900	Sessions included today: <ul style="list-style-type: none"> <li>• Metabolic Disease and Diabetes</li> <li>• Treatment for Pre-diabetes / Insulin Resistance</li> <li>• Obesity: An Overview</li> <li>• Surgical and Non-surgical Interventions for Weight Loss</li> </ul> Cruising Fiordland National Park End of day catch up
Day 09: 03/12/2024	0800 - 1700  1800 - 1900	Sessions included today: <ul style="list-style-type: none"> <li>• Non-alcoholic Fatty Liver Disease and Gallbladder Disease</li> <li>• Group Activity - Pitfalls of the Supermarket Shop: Fats and Sugars! – From Day Three</li> <li>• Weight Loss Medications and Lifestyle Interventions for Weight Loss</li> <li>• Obesity and Infertility / Menopause and Weight Loss</li> <li>• Psychology, Obesity, and Weight Loss</li> <li>• Weight Loss Maintenance</li> </ul> End of day catch up
Day 10: 04/12/2024	1800 - 1900	Self-directed CPD Activities   Access via the online library Farewell Reception
Day 11: 05/12/2024	0600	Disembark Sydney - safe travels!