

THE PANAMA

Nursing Fundamentals:

*Building Strong Foundations for
Exceptional Health Care*



22 FEB - 09 MAR 2025



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

CONFERENCE SYNOPSIS

Nursing fundamentals refer to the essential principles, skills, and knowledge that form the basis of nursing practice. They encompass a wide range of foundational concepts and abilities that nurses must master to provide patients safe, effective, and therapeutic care. These essential principles change based on the latest research, and this conference will update this core knowledge to reflect what is expected in 2025.

Some of the critical components of nursing fundamentals that our presenter will explore in this conference program include: Patient safety, effective communication, latest infection control guidelines, critical thinking, ethical and legal awareness, cultural competence, leadership and teamwork, and Medication Management.

These key components improve patient outcomes and enhance the overall healthcare experience.

Additionally, our presenter will explore the concepts of finding joy in the work, managing the response to workplace stress, and developing great relationships in the workplace.

This will include a workshop focusing on stress management techniques and strategies to promote the clinician's psychological health.

CONFERENCE LEARNING OUTCOMES

At this Conference, you will:

- Explore workplace issues that impact on job satisfaction and strategies to amend same
- Investigate updates in the fundamentals of Nursing Practice, Nursing Ethics, and Code of Conduct in 2025
- Review core competencies, including basic life support, advanced life support, and medication management
- Understand the concept of incivility and why workplace manners are so important

YOU WILL ALSO LEARN

- How to find joy in your work
- About stress and how it can lead to burnout
- Strategies to get the joy back into your work experience
- Techniques to employ to assist you manage workplace stress
- How to get your voice heard
- About patient safety and what adverse events are trending in 2025
- The latest medications on the market and practice your maths
- How critical thinking can impact your work and how to mentor others
- What's happening in the world of infection control
- What role does leadership play in collaboration and what skills do we need to work effectively as part of a team
- How knowledge of ethical principles and legal responsibilities provides a solid foundation to navigate ethical dilemmas and legal complexities with confidence, ensuring the safety and rights of both the Nurse and the patient.
- About our code of conduct and look at the legal situations that can arise.
- How cultural awareness enhances your work
- Why you need to understand professional boundaries
- How the mandatory notification system works
- Why and how social media can get you into trouble
- A whole lot of concepts that will support your work in 2025 and beyond

DAY ONE: 22nd FEBRUARY 2025 | MIAMI, FLORIDA

1600: We set sail - Make sure you are on deck for the set-sail festivities

1730 – 1830: Conference Registration and Drinks | Venue: Cavern Club, Deck 8

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 and confirm registration details to ensure the correct issuing of their CPD certificate.

1830: Enjoy the dinner options the ship has to offer

DAY TWO: 23rd FEBRUARY 2025 | AT SEA | CONFERENCE DAY

0900 – 0930: Conference Orientation | Sue Walker and Jason Dawson

Meet with Conference Convenors and Facilitators for this orientation session to the conference content. You can also get all your questions answered regarding any optional tours you may have chosen. Find out where our nightly meeting place will be for the group and about our fundraiser for our chosen charity.

0930 – 1030: Scope of Practice | Sue Walker

"While the foundational education of RNs, ENs, NPs and midwives in Australia captures the full breadth of the scope of the profession at the graduate entry level, the scope of practice of individual practitioners is influenced by the settings in which they practise. This includes the health needs of people, the level of competence and confidence of the nurse or midwife and the policy requirements of the service provider. As the nurse or midwife gains new skills and knowledge, their individual scope of practice changes."

In this session we will explore scope of practice and delegation framework.

1030 – 1100: Break

1100 – 1200: The Concept of Incivility

Incivility in healthcare refers to rude or disrespectful behaviour that can disrupt the working environment, impact teamwork, and ultimately affect patient care. Incivility can occur between healthcare professionals, such as doctors, nurses, and support staff, as well as between healthcare workers and patients or their families.

We will explore the Forms of Incivility, causes, Impact, and strategies to address incivility in the workplace.

1200 – 1300: Why Workplace Manners Matter and what do they look like in 2025

Workplace manners, often referred to as workplace etiquette, are the behaviours and practices that promote respect, professionalism, and effective communication in a professional setting. These manners help create a positive and productive work environment, fostering good relationships among colleagues, supervisors, and clients. Let's investigate what they look like in practice and dissect your experience in the workplace.

1300 – 1400: Lunch

Afternoon: Self-directed CPD Activities | Access via the online library

Webinar: Dealing with difficult people and how do I know I'm not the difficult person?

This presentation aims to equip professionals with practical strategies and tools to handle difficult people in the workplace effectively. It will cover various types of challenging behaviours, their impact on the work environment, and actionable techniques to manage and mitigate conflicts.

Webinar: Why Personality Traits Matter

This presentation aims to highlight the critical role that personality traits play in shaping workplace interactions, team dynamics, and overall organizational success. It will delve into understanding different personality traits, how they influence behaviour and performance, and strategies for leveraging this knowledge to enhance workplace effectiveness.

This presentation will provide attendees with valuable insights into the role of personality traits in the workplace, equipping them with the knowledge and strategies to create a more cohesive, motivated, and successful work environment.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY THREE: 24th FEBRUARY 2025 | AT SEA | CONFERENCE DAY

0900 – 1000: Finding Joy in the Work I do

Studies have indicated that joy is an emotional reaction and perspective crucial for our overall health, cognitive capabilities, and professional efficacy. So, how can we discover or rekindle this sense of joy? It doesn't involve pursuing perfection. Rather, research suggests it stems from leveraging our strengths, embracing courage, authenticity, gratitude, and fostering connections. Let's explore!

1000 – 1030: Break

1030 – 1130: Let's Investigate Workplace Stress

Workplace stress refers to the physical and emotional responses that individuals experience when they perceive a discrepancy between the demands of their job and their ability to cope with those demands. It's a common phenomenon in modern work environments and can result from a variety of factors, including high workloads, time pressure, lack of control over tasks, poor communication, job insecurity, lack of support, and conflicting priorities.

1130 – 1300: The Techniques we can employ to Find Joy in the Work and Minimise the Impact of the Work on us

Certainly, finding joy in work and minimizing its negative impact involves a combination of strategies that focus on both individual well-being and optimising the work environment. In this session we will explore how to achieve this.

1300 – 1400: Lunch

Afternoon: Self-directed CPD Activities | Access via the online library

Let's Practice those Techniques!

In this online workshop, we will practice some of those techniques and examine the science supporting their use. A copy of the techniques will be provided in the online library, and you will be asked to practice them during some of your self-directed sessions.

Unlocking the Power of Journaling: Benefits and Daily Integration Strategies

Let's explore journaling – why people find it helpful and how to introduce the practice into your day.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY FOUR: 25th FEBRUARY 2025 | PORT OF CALL: CARTAGENA, COLOMBIA

0700 – 1600: Explore at your Leisure

Discover the Captivating Charms of Cartagena, Colombia! Get ready to embark on a journey through time and immerse yourself in the vibrant colours, rich traditions, and breathtaking views that define this enchanting city.

Afternoon: Self-directed CPD Activities | Access via the online library

Webinar: Review of Basic Life Support

This presentation aims to provide an in-depth understanding of Basic Life Support (BLS) techniques, emphasizing the importance of these life-saving skills in emergency situations. It will cover the fundamentals of BLS, including CPR, AED usage, and how to manage choking incidents, ensuring participants are well-equipped to respond effectively in critical moments.

Webinar: Review of Advanced Life Support

This presentation aims to provide healthcare professionals with a comprehensive understanding of Advanced Life Support (ALS) techniques. It will cover advanced resuscitation skills, airway management, pharmacology, and the integration of team dynamics during complex medical emergencies. The session is designed to enhance the participants' ability to respond effectively to life-threatening situations.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY FIVE: 26th FEBRUARY 2025 | PORT OF CALL: COLON, PANAMA

0830 – 1900: Explore at your Leisure

Colón proudly stands as a gateway to one of the modern world's engineering marvels—the Panama Canal. Stroll through the charming streets of Colón's historic district, where echoes of the past still resonate. Admire the colonial architecture adorned with intricate facades and colourful balconies. Immerse yourself in the rich blend of cultures that have shaped this city.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY SIX: 27th FEBRUARY 2025 | AT SEA | PORT OF CALL: PANAMA AND THE PANAMA CANAL

Experience one of the world's best short cuts! Journey just over 64kms through the Panama Canal for an unforgettable experience. Witness first-hand one of the world's manmade short cuts that has changed travel and the transport of goods worldwide.

A vibrant metropolis, historic city and your gateway to tropical adventures - Panama City has it all and it's all waiting for you to discover. Founded in 1519, Panama City is the oldest continuously occupied European settlement on the Americas' Pacific Coast. Lose yourself in the region's dramatic past while touring historic sites intertwined among the buzzing cosmopolitan atmosphere. Visit the world-famous Panama Canal or feel a world away lounging on a pristine beach or hiking among lush rainforest that's home to an assortment of colourful flora and fauna.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY SEVEN: 28th FEBRUARY 2025 | AT SEA | CONFERENCE DAY

0900 – 1000: Communication and Advocacy: Effective Communication is at the Heart of Nursing Fundamentals

Nurses need to communicate with patients, families, and interdisciplinary teams to ensure coordinated and patient-centred care. Moreover, nurses often act as patient advocates, ensuring that patients' voices are heard, and their safety maintained. Let's explore best practice communication strategies.

1000 – 1030: Break

1030 – 1130: Patient Safety: What are the Current Safety Concerns in our Healthcare System

Medication management and incidents continue to be a cause of adverse events as does communication as we have discussed in the previous sessions. Here we will discuss trends in adverse events and how we can modify practice to minimise same.

1130 – 1230: Critical Thinking and Problem Solving

This skill enables the Nurse to analyse complex situations and make informed decisions. This is vital in emergency situations when split-second decisions can impact patient outcomes. How do we cultivate critical thinking and how can we mentor our colleagues in the workplace?

1230 – 1430: Lunch

Afternoon: Self-directed CPD Activities | Access via the online library

Let's Practice those Medication Calculation Skills

There are a number of activities in the online library for you to complete on medication calculations.

Webinar: Medication Management

Test your knowledge of routine medication guidelines that underpin administration practice.

Webinar: Medication Administration

As previously discussed, nurses must be proficient in safely administering medications, including understanding dosage calculations, routes of administration, potential side effects, and drug interactions. In this session, we will explore newly released medications on the Australian market and test our calculation skills.

Webinar: Let's Explore Polypharmacy in the Older Adult

This presentation aims to delve into the complexities of polypharmacy in older adults, examining the risks, underlying causes, and strategies for effective management. It will provide healthcare professionals with insights and practical approaches to optimize medication use in older persons, enhance patient outcomes, and reduce adverse drug events.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY EIGHT: 01st MARCH 2025 | PORT OF CALL: PUNTARENAS, COSTA RICA

0700 – 1800: Explore at your Leisure

Puntarenas, a coastal haven nestled between the Pacific Ocean and lush rainforests. Prepare to be enchanted by the beauty of nature, the warmth of the locals, and a range of exhilarating activities that make this destination a dream come true.

Afternoon: Self-directed CPD Activities | Access via the online library

Webinar: Wounds That Won't Heal

Wound healing can be a challenging, complex process. The expectation is that all wounds will heal in a designated period of time. However, this is not always the case and clinicians are often faced with the challenge of non-healing wounds and increased expectations to "fix" this.

How do we manage these challenges? The challenge is far more than the "hole in the person", it is about "the whole person". We need to understand, assess and translate our knowledge into practice. Not always easy when we are looking at real wounds on real patients with real challenges. A holistic assessment plays an integral approach to the management plan.

This webinar explores the non-healing wound and how to approach this. It is the first part of two webinars looking at person-centred care and achieving the best outcomes.

Webinar: Bringing Clarity and Common Sense to Wound Product Selection

This webinar explores some of the most common dressings available and their mode of action. We will look at different categories and their actions as an approach to wound management. How do you choose a dressing when your "favourite" is not available? Do you know an alternative dressing?

It will take a "product-neutral" approach to product selection and look at choosing dressings according to clinical need. We will also look at the changing needs of a wound and the importance of wound assessment and changing a plan to get the best healing outcomes.

DAY NINE: 02nd MARCH 2025 | AT SEA | CONFERENCE DAY

0900 – 1000: Leadership and Team Collaboration

Healthcare is a collaborative effort, and communication skill and a teamwork mindset is necessary for effective collaboration with other healthcare professionals. What role does leadership play in collaboration and what skills do we need to work effectively as part of a team.

1000 – 1030: Break

1030 – 1130: Standards for Practice

The practice of a Registered Nurse (RN) revolves around individual-focused and evidence-grounded approaches, encompassing preventive, healing, developmental, supportive, recuperative, and palliative aspects. RNs engage in therapeutic and expert connections with individuals, as well as with families, groups, and communities. Let's explore the Standards!

1130 – 1300: Ethical and Legal Considerations

Knowledge of ethical principles and legal responsibilities provides a solid foundation to navigate ethical dilemmas and legal complexities with confidence, ensuring the safety and rights of both the Nurse and the patient. In this session we will explore our code of conduct and look at the legal situations that can arise.

1300 – 1400: Lunch

Afternoon: Self-directed CPD Activities | Access via the online library

Webinar: Infection Control

Nurses play a pivotal role in preventing healthcare-associated infections and promoting preventive strategies. In this session, we will explore the latest concepts and developing issues of concern for the healthcare setting.

Webinar: Common Mental Health Conditions

This presentation aims to provide healthcare professionals with a thorough understanding of common mental health conditions, including their symptoms, diagnosis, and management. The session will cover a range of disorders, highlighting evidence-based treatments and strategies for supporting patients' mental well-being.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY TEN: 03rd MARCH 2025 | PORT OF CALL: PUERTO QUETZAL, GUATEMALA

0700 – 1800: Explore at our Leisure

Discover the hidden gem of Central America – Puerto Quetzal, a captivating destination where natural beauty meets cultural richness.

Unwind on sun-kissed beaches that stretch along the Pacific Ocean. Feel the soft sand between your toes as you listen to the rhythmic sound of the waves. Whether you're seeking a tranquil spot to read a book or an active beach for water sports, Puerto Quetzal's coastline has it all.

Afternoon: Self-directed CPD Activities | Access via the online library

Webinar: Anaphylaxis Update

Anaphylaxis is a severe form of allergic reaction and can be life-threatening. It is increasing in incidence and caused by many common triggers. It is the nurses / midwife's responsibility to be able to identify the presentation of an anaphylactic reaction in a patient and have the knowledge required to initiate immediate interventions based on the current guidelines. This webinar explores the current guideline for the management of anaphylaxis.

Webinar: The Difference between Dementia, Delirium, and Depression

In this Webinar, we will explore the difference between Dementia, Delirium, and Depression.

Expert knowledge is required to differentiate between these three conditions that can have similar symptoms to the untrained eye. Poor outcomes occur for the client when treatable symptoms are left untreated as they are thought to be an expected part of the condition.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY ELEVEN: 04th MARCH 2025 | AT SEA | CONFERENCE DAY

1030 – 1130: Mandatory Notifications and a little bit on the use of Social Media

In order to safeguard the public against potential harm, registered health professionals and their employers are obligated to submit mandatory notifications in specific, restricted situations. This obligation is a legal mandate outlined in the National Law.

In this session we will explore the issues of social media and our responsibility as clinicians.

There will be a conference summation with the opportunity for a Q&A. We will finish with a big deep breath (meditation strategy) as we head back into the workforce refreshed and reinvigorated.

1130 – 1230: Cultural Competence

Exceptional healthcare requires cultural competence—sensitivity and respect for diverse backgrounds and beliefs. Nursing fundamentals emphasize cultural awareness, enabling nurses to provide care that is respectful and tailored to individual needs.

1230 – 1330: Lunch

Afternoon: Self-directed CPD Activities | Access via the online library

Podcast: What does the nursing workforce of the future look like?

This presentation aims to explore the evolving landscape of the nursing profession, highlighting the trends, innovations, and challenges that will shape the nursing workforce of the future. It will provide insights into the skills and competencies needed, the impact of technology, and strategies to address workforce shortages and improve job satisfaction.

Podcast: How will Artificial Intelligence impact health care delivery into the future?

This webinar aims to explore the transformative potential of Artificial Intelligence (AI) in healthcare delivery, examining how AI technologies are poised to revolutionize various aspects of healthcare. The session will cover current applications, future trends, and the challenges and opportunities that AI presents for healthcare professionals and organisations.

Webinar: Let's Explore Professional Boundaries

This webinar will introduce participants to the nuances and complexities of professional boundaries. Thought you knew all about professional boundaries? Let your comfort zone be pushed in this webinar.

Let's test your knowledge of Professional Boundaries, Mandatory Notifications, and Use of Social Media

There will be a number of quizzes and puzzles in the online library to test your knowledge. You can also take them back to the workplace and test the knowledge of your peers.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY TWELVE: 05th MARCH 2025 | AT SEA | FREE DAY

Enjoy a day to yourself to practice your mindfulness and meditation

DAY THIRTEEN: 06th MARCH 2025 | PORT OF CALL: PUERTO VALLARTA, MEXICO

0700 – 1500: Explore at your Leisure

Puerto Vallarta: Where the charm of old-world Mexico meets the allure of a tropical paradise. Immerse yourself in the heart of Mexico's cultural tapestry. Wander through cobblestone streets in the charming Old Town, known as "Zona Romantica," where art galleries, boutiques, and local markets await.

DAY FOURTEEN: 07th MARCH 2025 | PORT OF CALL: CABO SAN LUCAS, MEXICO

0700 – 1400: Explore at your Leisure

Prepare to be awestruck by the stunning landscapes that surround Cabo San Lucas. From the dramatic rock formations of Land's End to the golden sand dunes, every vista is a work of art that will take your breath away.

Afternoon: Self-directed CPD Activities | Access via the online library

Video: The Importance of Accepting Constructive Feedback: A Path to Personal and Professional Growth

This presentation aims to highlight the critical role that accepting constructive feedback plays in personal and professional development. It will cover the benefits of feedback, common barriers to accepting feedback, and practical strategies for embracing feedback to foster growth and improvement.

Podcast: The Techniques we can Employ to Find Joy in the Work and Minimise the Impact of the Work on us

This podcast will explore what we can do to find Joy in the Work we do from small changes that can impact workplace culture to what you can do to recharge your energy.

1800 – 1900: Join us at the designated meeting spot to catch up and discuss the events of the day

The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY FIFTEEN: 08th MARCH 2025 | AT SEA | FREE DAY

Take the day to time to practice your meditation and mindfulness strategies and indulge in some self-care so that you are ready to get back into the real world after this fabulous conference experience.

1800 – 1900: Farewell Function | Venue: Cavern Club, Deck 8

Join us for a Conference farewell drinks function to celebrate our time together. Conference photo will be taken (via iPhone!) if you are interested during this event.

DAY SIXTEEN: 09th MARCH 2025 | ARRIVE LOS ANGELES, CALIFORNIA

0700: Disembark - Safe travels!

City of Angels, where the allure of Hollywood, the stunning coastline, and a vibrant cultural scene converge to create an experience like no other. Get ready to explore the diverse neighbourhoods, iconic landmarks, and endless entertainment options that make Los Angeles a must-visit destination. Remember to keep your eye out you may just spot a celebrity!

CONFERENCE 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
- A Conference Presenter 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 Facilitators and Conference Presenter
- A Conference pack that includes a notepad, pen, lanyard (a must on 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 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
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for your CPD Portfolio

OUR PRESENTER

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 Masters 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”.

THE VENUE

Norwegian Bliss departing Miami, Florida

CONFERENCE REGISTRATION - \$1290.00 | HANDLED BY OUR CONFERENCE PARTNER – EDUCATION AT SEA.

(Please Note: Conference registration does not include accommodation or travel costs.)

This is a fabulous program – to secure your place, contact Education at Sea to find out about all the cabin options available. Once you have paid your deposit, your registration is confirmed, and you can start planning your Conference getaway.

WHAT ARE YOU WAITING FOR?

Send Education at Sea a no obligation enquiry.

EDUCATION AT SEA CONTACT DETAILS

02 7908 7774 | enquiries@educationatsea.com.au | www.educationatsea.com.au

INTEREST FREE PAYMENT PLANS ARE AVAILABLE – ask Education at Sea for more details

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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