



Tis the Season for Complexity:

UNDERSTANDING THE SOCIAL
PRESSURES AND HIDDEN HEALTH
RISKS THAT SHAPE PATIENT CARE

19 - 27 DECEMBER 2026

SOUTH PACIFIC FROM BRISBANE



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA



Join us for Christmas! Bring your family and friends that you want to spend Christmas with. They get to enjoy the ship while you spend time at the conference. Once the conference day is finished you can spend the rest of the time with them or in the day spa – your choice!! How fabulous!

What's So Good About Waking Up on Christmas Day on a Cruise Ship?

No cooking. No cleaning. No chaos. Your only job is to roll out of bed and decide between eggs benedict or pancakes (or have both!). The crew's handling the feast, not you.

No family drama (unless you packed them). You can choose your company, set your own pace, and avoid the usual Christmas stress—no awkward uncles, no political debates at the table, just sunshine and serenity.



WHAT THIS CONFERENCE IS ABOUT

This conference explores the social, emotional, and behavioural factors that influence patient presentations during high-pressure periods, particularly the festive season. While holidays may seem cheerful on the surface, for many patients, they trigger isolation, grief, financial stress, medication non-adherence, or escalating mental health issues.

Across 18 hours of CPD, nurses will gain practical clinical insight into these often-overlooked influences. With a strong focus on assessment, communication, critical thinking, and risk recognition, this conference prepares nurses to respond safely and compassionately to the complexity behind the presentation.

Who Should Attend?

- Registered and enrolled nurses in acute, aged care, community, and mental health settings
- Nurse practitioners and clinical leaders
- Any nurse looking to improve patient-centred care through better awareness of social and seasonal pressures



LEARNING OUTCOMES

At this Conference, participants will:

- Identify common health risks and social stressors that escalate during high-pressure periods, including social isolation, medication non-adherence, financial strain, and emotional distress, and explain how these influence patient presentation and outcomes.
- Apply clinically appropriate strategies to assess and respond to complex patient needs where psychosocial factors (e.g. grief, substance use, family conflict) impact health behaviour, safety, and continuity of care.
- Demonstrate enhanced communication skills for managing emotionally charged interactions with patients, carers, and families, including strategies for de-escalation, advocacy, and boundary-setting in high-stress environments.
- Incorporate critical thinking and sound clinical judgement when navigating competing priorities in practice, using real-world scenarios to support safe decision-making, accurate documentation, and compassionate, patient-centred care.

"The conference topics were very relevant and interesting. The presenter, Sue, who was running the sessions was awesome. She was professional, interesting to listen to and involved the audience. It was great to mix pleasure with learning and not to feel the pressure of attending a conference."

- Margaret, Nursing Fundamentals, 2025



**DAY 1: 19/12/2026 | Depart Brisbane | 1500**

Whether you're departing or arriving in Brisbane, you'll be surrounded by an offering of adventure and endless amounts of fun. Think sunshine, relaxation and a holiday the whole family will love!

1500: We set Sail: Make sure you are on deck to say bon voyage.

1700 - 1800: Conference Registration and Welcome Function
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.

DAY 2: 20/12/2026 | Conference Day**0830 – 0930: 'Tis the Season for Complexity: What Patients Bring to the Bedside**

A big-picture look at the seasonal patterns that drive presentations. From chronic disease decompensation to social distress, this session sets the tone for the conference and why these matters in your everyday practice.

0930 – 1030: Silent Risks: How Social Isolation and Loneliness Affect Health Outcomes

Focus on older adults, carers, and underserved populations. Includes strategies for recognising subtle signs and making appropriate referrals.

1030 – 1100: Break**1100 – 1230: When Stress Becomes Clinical: Identifying Red Flags in Behaviour and Body**

How stress manifests in physical and emotional symptoms. Case scenarios showing how patients may present with headaches, GI symptoms, or aggression instead of "obvious" stress.

1230 – 1300: Clinician Protect Thyself - Don't Absorb It: How to Keep Other People's Stress from Becoming Yours

Real tactics for working with patients, families, and colleagues who are emotional, reactive, or just draining.

1300 – 1430: Lunch Break**Afternoon Self-directed via the Online Library****Webinar: Understanding Grief in Unexpected Places: Not Every Loss is Obvious**

When grief isn't about death—loss of independence, housing, relationships. How to recognise emotional distress and what support nurses can offer.

Webinar: Documentation and Decision-Making: Protecting Patients and Ourselves

When issues aren't clear-cut, documentation matters. Learn what to record, how to justify action (or inaction), and how to support future care.

1800 – 1900: Networking Session

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 3: 21/12/2026 | Conference Day

Morning Self-directed via the Online Library

Webinar: Deterioration of the Mental Health Status of Patients: Recognising Symptoms and Nursing Interventions

This session will equip participants with the knowledge and skills to identify early signs of mental health deterioration, respond effectively and provide appropriate care to ensure patient safety and well-being.

Mental health deterioration can occur in various health care settings such as acute care, emergency departments, aged care, rehabilitation and community nursing. Early intervention is crucial in preventing escalation of deterioration, reducing harm and improving patient outcomes.



Webinar: Assertiveness and Personal Boundaries

In this webinar, the two presenters will address how to become assertive in both your personal and work relationships. They will provide practical hints on how to become assertive and establish boundaries.

The two presenters have had many years of experience in teaching assertiveness skills. This is an interesting short webinar that you will enjoy as you listen to the content and role play

1100 – 1230: Lunch Break

1230 – 1400: Substance Use and Domestic Violence: When the Holidays Hurt

Increased risk during festive periods. Recognising subtle indicators, navigating disclosure, and ensuring safety. Includes mandatory reporting guidance.

1400 – 1500: Money, Meds, and Meals: The Cost-of-Living Crisis at the Bedside

How financial pressure leads to rationing meds, poor nutrition, and stress-based decisions. Nurses' role in safe discharge planning and community support signposting.

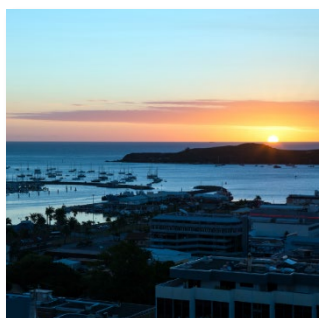
1500 – 1530: Break

1530 – 1700: Managing the Family Fallout: Carers, Conflicts, and Clinical Clashes

Tips for working with overwhelmed families, de-escalating conflict, and keeping care focused. Includes practical communication scripts and boundary-setting techniques.

1800 – 1900: Networking Session

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 4: 22/12/2026 | On Shore in Noumea, New Caledonia

0800 – 1700: Explore at your Leisure

Embark on an unforgettable adventure to the heart of Nouméa, the capital of New Caledonia, on one of our cruise ships. Known as the "Paris of the Pacific," Nouméa boasts more sunny days than any other capital in the South Pacific.

Explore the lively atmosphere of this thriving South Pacific Island and enjoy the fusion of French and Melanesian flavours during our shore excursions. Immerse yourself in Kanak culture through traditional music, dance, and arts and crafts, which reflect New Caledonia's rich heritage.

1730 – 1900: Conference Trivia Night - Ready to put your general knowledge to the test?

Join us for a light-hearted Trivia Night at Sea—a chance to laugh, compete, and support a very good cause. Everyone's welcome: partners, friends, trivia tragics, and lucky guessers alike!

This isn't about nursing know-how (thank goodness! - no clinical knowledge required)—we're talking general knowledge, Aussie culture, music, movies, and maybe a few cheeky surprises.

Why? To support the Global Nurses and Midwives Rotary Club, helping nurses and midwives deliver life-changing healthcare in communities that need it most.

Bring some Aussie dollars with you to show your support. Prizes, bragging rights, and a bit of fun are all up for grabs. You can select your own team or we'll find you one!





DAY 5: 23/12/2026 | On Shore in Mystery Island, Vanuatu

0800 – 1700: Explore at your Leisure

This hidden gem in Vanuatu is exclusively accessible to cruise passengers, offering a truly unique getaway experience.

Though it doesn't have any permanent residents, Mystery Island offers a wealth of shore excursions. The island gained fame after Queen Elizabeth II visited in the 1970s and has since become a highly sought-after destination. With stunning beaches, crystal-clear waters, and some of the best snorkelling spots in the region, a Vanuatu cruise to the South Pacific islands is an absolute must for any traveller.

1800 – 1900: Networking Session

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 6: 24/12/2026 | On Shore in Port Vila, Vanuatu

0800 – 1700: Explore at your Leisure

If there was ever a South Pacific city made for exploring, it's Port Vila. Nestled on the southwestern coast of Efate Island, this vibrant capital of Vanuatu offers a warm welcome the moment you arrive.

From the stunning beaches and crystal-clear waters to the rich cultural experiences and friendly locals, Port Vila has something for everyone. Whether you're after adventure, relaxation, or family-friendly fun, this tropical gem delivers unforgettable moments all year round.

1800 – 1900: Networking Session

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 7: 25/12/2026 | Christmas Day

What's So Good About Waking Up on Christmas Day on a Cruise Ship?

- No cooking. No cleaning. No chaos.
- Your only job is to roll out of bed and decide between eggs benedict or pancakes (or have both!). The crew's handling the feast, not you.
- No family drama (unless you packed them)!
- You can choose your company, set your own pace, and avoid the usual Christmas stress—no awkward uncles, no political debates at the table, just sunshine and serenity.
- Ocean views instead of wrapping paper carnage
- Start the day with a coffee on deck, sea breeze in your hair, and the kind of calm that's usually missing from Christmas morning.
- Santa still finds you - Whether it's the ship's version of Santa or a cheeky surprise at your cabin door, the magic of Christmas travels well, especially on water.
- You actually get to relax.
- No 5 am food preparation. No wrestling with the air fryer. No last-minute gift wrapping. Just a day to unwind, laugh, and enjoy.
- If you are traveling alone, we would have already connected you with fellow attendees to have lunch with over the Christmas holiday.



DAY SEVEN CONTINUED:

1730 – 1830: Networking Session

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 8: 26/12/2026 | Conference Day



1000 – 1130: The Art of Noticing: Enhancing Clinical Observation and Assessment

Revisiting foundational skills through the lens of complexity. How to spot what others miss—body language, environment, patient language cues.

1130 – 1230: Keeping It Human: Compassionate Care in a Complex World

How nurses can maintain clarity, care, and clinical integrity in the face of rising demand and complexity. A practical, professional, and empowering close to the conference.

Morning Self-directed via the Online Library

Webinar: When the Behaviour Is the Symptom: Clinical Reasoning in Agitation and Escalation

Not all aggression is aggression. This session helps nurses identify medical, cognitive, or emotional causes behind challenging behaviours especially common in ED, mental health, and aged care.

1230 – 1430: Lunch Break

Afternoon Self-directed via the Online Library

Webinar: Culture, Celebration and Care: Being Mindful of Diverse Beliefs in High-Stress Periods

Not all patients celebrate Christmas, and not all cultures respond to stress the same way. This session explores culturally safe communication and supporting diverse patients with dignity.

Webinar: Dementia, Delirium and Depression: What's the Difference

This session will explore the distinct features of each condition, providing practical strategies to improve assessment and clinical decision-making. By strengthening our ability to differentiate between dementia, depression, and delirium, we enhance patient safety, reduce hospital stays, and improve overall quality of life for those in our care.

Healthcare professionals are in a unique position to make a difference—understanding these conditions is not just about knowledge, but about ensuring better outcomes for every patient, every time.

1800 – 1900: Farewell Function

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 9: 27/12/2026 | Brisbane

Disembark Sydney – safe travels!

“Sue discussed all the topics in a manner that made it easy to understand and related it to our nursing background. Sue spoke clearly and included us all; I thoroughly enjoyed all the sessions. I think this is a great way to earn CPD and use professional development leave. I intend to present an in-service on my experience to encourage others to do the same.”

- Rosalyn, Stress Management and Burnout for Healthcare Workers, 2025



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 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.

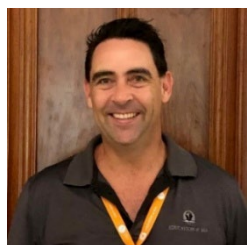
Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

“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”.

OUR CONVENOR

JASON DAWSON, RN



Jason is a registered nurse from the Gold Coast, Queensland. Whilst studying for his Bachelor of Nursing at Southern Cross University, he developed an interest in mental health and has worked in this field of nursing for many years since completing his studies in 2008. During 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, Midwives, Allied Health Professionals and Teachers/Educators the opportunity to update and improve their skills in diverse and unique locations.

REGISTRATION COSTS

\$990.00 incl GST (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

VENUE

Carnival Encounter

The Carnival Encounter is a vibrant, family-friendly cruise ship offering fun-filled holidays across stunning destinations. With exciting onboard entertainment, diverse dining options, and activities for all ages—from waterslides and live shows to relaxing spa treatments—it's the perfect escape for travellers seeking both adventure and relaxation at sea.



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 who is excited to be able to share their 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 function including complimentary drinks where you can meet other conference attendees and network with conference convenors and conference presenter
- A conference pen and lanyard (this is important on a cruise ship to attach your room key, which becomes your lifeline on a ship) additional information to support a fantastic conference experience
- The opportunity to meet as a group at various conference networking sessions, in one of the many fabulous locations on the ship
- A complimentary farewell drinks function held on the last night of the conference to celebrate new friendships and information gained
- A conference transcript that identifies each session including the session synopsis and session presenter
- A Certificate of Completion identifying the CPD hours attached to the conference program for you to include in your CPD Evidence Portfolio

OFFICE CONTACT

Payments | Receipts | Refunds | Travel Arrangements

Education at Sea

02 7908 7774

enquiries@educationatsea.com.au

BH: Mon – Fri | 1000 - 1700

Program | Online Library | Certificates

The Nurses for Nurses Network

07 4151 3884

enquiries@nfn.com.au

BH: Mon – Thu | 0900 - 1500

INSURANCE

The Nurses for Nurses Network and Education at Sea 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.

DISCLAIMER

The opinions and statements of facts expressed in the Papers in these proceedings are those of the Authors and do not necessarily represent those of the Nurses for Nurses Network (NfNN), the editors, the organising committee or the supporters of this Conference. The organisers can accept no responsibility for errors or omissions in the individual papers. Sessions are correct at time of publication. Sessions are subject to change without notice due to circumstances beyond the control of the organisers. NfNN reserves the right to alter charges, cancel, postpone, change or withdraw the product or service at any time.



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IMPORTANT!

Christmas Cruises Sell Fast — Don't Miss Out!

Historically, Christmas-time cruises book out fast — and this will be no different.

If you'd love to be part of this fantastic Cruise Conference, all you need is a small deposit to secure your spot.

The best part? You can pay the rest off over time. Easy!

