



# The Public Health Perspective

ESSENTIAL INFORMATION FOR EVERY NURSE

---

ASIA: THAILAND, VIETNAM &  
MALAYSIA FROM SINGAPORE

---

17 - 30 January 2026 | 24 CPD Hrs



NURSES FOR  
NURSES  
NETWORK



EDUCATION *at* SEA



## WHAT THIS CONFERENCE IS ABOUT

---

Every Nurse is part of the public health story. This Conference cuts through the noise to deliver what matters — practical, need-to-know public health insights that shape the work you do every day. Whether you work in a hospital, clinic, community, or specialty area, this event reveals how public health impacts your work and equips you with the knowledge to stay ahead.

From tackling infectious diseases to navigating mental health challenges and addressing health inequities, you'll gain the tools to connect the dots between patient care and the bigger picture. No fluff, no jargon — just real-world, essential knowledge to elevate your practice and your impact.

Step into the future of nursing with a fresh perspective that's relevant, actionable, and designed for every Nurse.



## LEARNING OUTCOMES

---

By the end of the Conference, participants will:

- Understand Public Health's Relevance Across All Nursing Specialties
- Recognise how public health principles directly influence patient care, clinical decision-making, and healthcare systems, regardless of specialty.
- Identify and address key public health challenges practical and insights into tackling major issues such as infectious diseases, chronic conditions, mental health disparities, and health inequities.
- Translate public health strategies into actionable steps to enhance both individual patient care and broader community health outcomes.

## YOU WILL ALSO LEARN

---

- What public health is and how these principles impact everyday practice
- Global and local health systems
- Emerging trends in health care and how to lead change
- How to equip yourself with the tools and confidence to navigate future challenges and responses during care
- Practical strategies for addressing socio-economic and environmental influences on health outcomes
- Disparities in healthcare access and outcomes
- How public health initiatives drive systemic improvements in healthcare delivery
- About managing outbreaks and vaccine-preventable illnesses.
- How mental health intersects with nursing care across all settings
- About trauma informed care
- How patients and communities affected by addiction
- How cultural understanding in improving patient care and outcomes
- About climate change, pollution, and sustainable practices in healthcare
- How telehealth, mobile apps, and digital records are transforming public health
- Strategies for delivering effective healthcare in underserved areas
- Effective communication strategies to address vaccine hesitancy and misinformation
- How using public health statistics and trends to improve patient outcomes
- How Nurses leading public health initiatives and shaping policies
- Strategies to navigate complex ethical dilemmas in diverse healthcare settings
- Practical approaches to advocating for patients, communities, and systemic change
- About successful collaborations that improved public health outcomes
- About public health principles and individual nursing specialties
- How to integrate public health knowledge into everyday practice

## DETAILED ITINERARY



### DAY 1: 17/01/2026 | Depart Singapore | 1900

#### **TBA: 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.

#### **1900: We set Sail**

Make sure you are on deck to say goodbye to Singapore.

### DAY 2: 18/01/2026 | Conference Day | Understanding the Public Health Perspective

#### *Theme: Laying the Foundation for Public Health in Nursing*

#### **0830 – 0930: What is Public Health? A Fresh Perspective for All Nurses**

This session will present an overview of public health and its role across nursing disciplines, using real-world examples of how public health principles impact everyday practice.

#### **0930 – 1030: Social Determinants of Health: The Forces Shaping Your Patients' Lives**

Our presenter will explore practical strategies for addressing socio-economic and environmental influences on health outcomes.

#### **1030 – 1100: Break**

#### **1100 – 1200: Public Health Systems: How They Work and Why They Matter**

At the end of this session, you will have an understanding of global and local health systems and how they support nursing practice.

#### **1200 – 1300: Health Equity in Action: Ensuring Fair Outcomes for All Patients**

Prevention is political! During this session our presenter will explore case studies that address disparities in healthcare access and outcomes.

#### **1300 – 1500: Break**

#### **Afternoon Self-directed via the Online Library**

#### **Community Health Starts Here: The Nurse's Role in Population Health**

This Conference session will explore the connections between individual care and community health outcomes.

#### **The Bigger Picture: Public Health and Its Impact on Healthcare Systems**

This session will take a closer look at how public health initiatives drive systemic improvements in healthcare delivery.

#### **1800 – 1900: Networking Session**

### DAY 3: 19/01/2026 | On Shore in Phuket, Thailand | 0700 – 1900

Phuket is a tropical escape with gorgeous beaches, clear blue waters, and a laid-back vibe that makes you feel like you're on a real holiday.

It's a food lover's dream, with everything from delicious street food to fresh seafood right by the ocean. Whether you want to relax, explore, or dive into some adventure, there's something for everyone here.

#### **1800 – 1900: Networking Session**

"The presenter, Wendy was very knowledgeable and engaging. She understood the audience and knew what they were talking about."

Christine, How to Regain Professional Authority through Effective Communication, Hobart, 2024



#### DAY 4: 20/01/2026 | On Shore in Langkawi, Malaysia 0700 – 1900

Langkawi is a stunning island in Malaysia that offers a perfect mix of natural beauty and laid-back charm. With its white sandy beaches, turquoise waters, and lush rainforests, it's the ideal spot for both relaxation and adventure. Take a ride on the famous Langkawi Sky Bridge for breathtaking views, explore the island's waterfalls and mangroves, or simply unwind on a quiet beach.

1800 – 1900: Networking Session



#### DAY 5: 21/01/2026 | On Shore in Penang, Malaysia 0700 – 1700

Penang, often called the "Pearl of the Orient," is a vibrant mix of culture, history, and incredible food. Known as Malaysia's foodie capital, it's the perfect place to indulge in mouthwatering street food like char kway teow, laksa, and satay. Beyond the flavours, Penang offers a rich heritage, with George Town's colourful streets, colonial architecture, and iconic street art providing endless charm.

1800 – 1900: Networking Session



#### DAY 6: 22/01/2026 | On Shore in Kuala Lumpur (Port Klang), Malaysia | 0700 – 1600

Kuala Lumpur, Malaysia's bustling capital, is a city of contrasts where modern skyscrapers meet historic temples and vibrant street markets. Just a short drive from Port Klang, it's home to iconic landmarks like the Petronas Twin Towers, bustling shopping districts like Bukit Bintang, and cultural gems like the Batu Caves.

1800 – 1900: Networking Session

#### DAY 7: 23/01/2026 | Conference Day | Addressing Public Health Challenges Across Disciplines *Theme: Applying Public Health Principles in Practice*

##### 0830 – 0930: Infectious Diseases: Lessons Every Nurse Should Know

This session will present data and insights from managing outbreaks and vaccine-preventable illnesses.

##### 0930 – 1030: Chronic Disease Prevention: A Universal Nursing Priority

Our presenter will explore practical strategies for addressing socio-economic and environmental influences during this session.

##### 1030 – 1100: Break

##### 1100 – 1200: Mental Health as a Public Health Issue: Trauma-informed Care | Part One

This session will examine how mental health intersects with nursing care across all settings.

##### 1200 – 1300: Mental Health as a Public Health Issue: Trauma-informed Care | Part Two

This session will examine how mental health intersects with nursing care across all settings.

##### 1300 – 1500: Break

#### Afternoon Self-directed via the Online Library

##### Tackling Addiction: A Public Health Approach to Substance Use Disorders

This Conference session will explore evidence-based strategies to support patients and communities affected by addiction.

##### Cultural Competence and Public Health: Meeting Diverse Needs

This session will take a closer look at the importance of cultural understanding in improving patient care and outcomes.

##### 1800 – 1900: Networking Session

## DAY 8: 24/01/2026 | On Shore in Ho Chi Minh City (Phu My), Vietnam 1145 – All day

### Conference Day | Innovations and Emerging Trends in Public Health

*Theme: Preparing Nurses for Future Healthcare Challenges*

#### 0800 – 0900: Environmental Health: The Growing Impact on Nursing

During this session, our presenter will focus on climate change, pollution, and sustainable practices in healthcare.

#### 1000 – 1100: Digital Health and Public Health: Tools for the Modern Nurse

This session will explore how telehealth, mobile apps, and digital records are transforming public health.

#### 1100 – 1200: Global Health Perspectives: Connecting Local and Global Efforts

This session will examine how Nurses contribute to addressing global challenges like pandemics and migration.

#### Afternoon Self-directed via the Online Library

#### Rural and Remote Health: Bridging the Care Gap

During this session, you will explore strategies for delivering effective healthcare in underserved areas.

#### Vaccine Advocacy: Building Trust and Confidence in Communities

This Conference session will explore effective communication to address vaccine hesitancy and misinformation.

#### Public Health Data: How It Shapes Care Decisions

This session will take a closer look at using public health statistics and trends to improve patient outcomes.

#### Explore Ho Chi Minh City

Ho Chi Minh City is a vibrant mix of history and modern energy. Explore landmarks, savour street food like pho, and experience the buzz of markets and bustling streets. It's a city full of life and unforgettable charm.



#### 1800 – 1900: Networking Session

## DAY 9: 25/01/2026 | On Shore in Ho Chi Minh City (Phu My), Vietnam

Continue to explore this vibrant city.

#### 1800 – 1900: Networking Session

## DAY 10: 26/01/2026 | Conference Day | Leadership, Ethics, and Advocacy in Public Health

*Theme: Empowering Nurses to Make a Difference*

#### 0830 – 0930: Leadership in Public Health: Inspiring Change Across Disciplines

This session will explore various stories of Nurses leading public health initiatives and shaping policies.

#### 0930 – 1030: Ethical Challenges in Public Health Nursing

This session will explore how Nurses navigate complex ethical dilemmas in diverse healthcare settings.

#### 1030 – 1100: Break

#### 1100 – 1200: Advocacy in Action: Influencing Policy for Better Health Outcomes

This session will examine practical approaches to advocating for patients, communities, and systemic change.

#### 1200 – 1300: Collaboration Across Disciplines: The Power of Interdisciplinary Teams

This session will highlight successful collaborations that improved public health outcomes.

#### 1300 – 1500: Break

#### Afternoon Self-directed via the Online Library

#### Public Health in Your Specialty: Making It Relevant to Your Role

Our presenter will connect the dots between public health principles and individual nursing specialties during this session.

#### The Future of Public Health: How Nurses Can Lead the Way

This session will reflect on strategies for integrating public health knowledge into everyday practice.

#### 1800 – 1900: Networking Session





## DAY 11: 27/01/2026 | On Shore in Sihanoukville, Cambodia 0800 – 1700 (Tender Port)

Sihanoukville, Cambodia, is a coastal getaway known for its beautiful beaches, turquoise waters, and laid-back vibe. It's a gateway to stunning islands like Koh Rong and Koh Rong Samloem, perfect for snorkelling, diving, or simply relaxing. With its mix of local culture, fresh seafood, and scenic sunsets, Sihanoukville offers a peaceful escape with a touch of adventure.

**1800 – 1900: Networking Session**

## DAY 12: 28/01/2026 | On Shore in Ko Samui, Thailand 0800 – 1700 (Tender Port)

Koh Samui is a perfect stop for cruise travellers, offering a mix of relaxation and adventure. Step off the ship and head to its stunning beaches, like Chaweng or Lamai, for sun and sea. Explore iconic landmarks such as the Big Buddha or the picturesque waterfalls or indulge in fresh Thai seafood at a beachfront restaurant. Whether you're seeking serenity or excitement, Koh Samui is an unforgettable island escape.

**1800 – 1900: Networking Session**

## DAY 13: 29/01/2026 | On Shore in Bangkok (Laem Chabang), Thailand | 0600

Bangkok, accessible from the port of Laem Chabang, is a bustling city that blends vibrant culture, rich history, and modern energy. From the stunning Grand Palace and Wat Arun to the lively markets and delicious street food, the city offers endless exploration. Take a boat ride along the Chao Phraya River or shop at iconic spots like Chatuchak Market.

**1800 – 1900: Networking Session**

**TBA: Farewell Reception**

Join our presenters and other attendees to say a final goodbye to friends old and new.

## DAY 14: 30/01/2026 | Disembark Bangkok (Laem Chabang), Thailand | 0800

**0800: Safe travels!**

## OUR PRESENTER

**DR WENDY MCINTOSH, RGN, RMHN, GRAD. DIP MH, MN, CERT IV WORKPLACE ASSESSMENT and 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 her work 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.

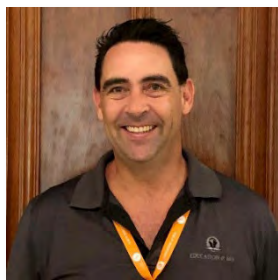
Wendy continually integrates the learning and insights she gains from her work within professional boundaries. She has developed internet training tools and education packages for individuals and organisations and delivers webinars for organisations.

With the assistance of six podcast episodes titled 'Professional Boundaries', explores and guides listeners on their personal and reflective journey through boundaries.

## OUR CONVENOR

---

### JASON DAWSON



Jason is 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

---

\$1390.00 incl GST (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

## VENUE

---



### Norwegian Sun

This elegant ship provides a refined atmosphere with accommodations ranging from luxurious Suites to Family Balconies. Enjoy lively entertainment from the poolside to the casino or relax at the award-winning Mandara Spa®. Diverse dining options, including Cagney's Steakhouse and the Great Outdoors buffet, guaranteeing a culinary adventure for every palate.

## INCLUSIONS

---

- An extensive Conference program based on current best practice
- Conference Presenters that are 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 Conference Transcript that identifies each session held at the Conference including the session synopsis and session presenter
- A Certificate of Completion identifying the CPD hours for you to include in your CPD Evidence Portfolio

## 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.

## CONDENSED ITINERARY

### DAY 1: 17/01/2026 | Depart Singapore | 1900

TBA: Conference Registration and Welcome Function

1900: We set Sail Make sure you are on deck to say

### DAY 2: 18/01/2026 | Conference Day | Understanding the Public Health Perspective

0830 – 0930: What is Public Health? A Fresh Perspective for All Nurses

0930 – 1030: Social Determinants of Health: The Forces Shaping Your Patients' Lives

1030 – 1100: Break and Networking

1100 – 1200: Public Health Systems: How They Work and Why They Matter

1200 – 1300: Health Equity in Action: Ensuring Fair Outcomes for All Patients

1300 – 1500: Break and Networking

Afternoon Self-directed via the Online Library

- Community Health Starts Here: The Nurse's Role in Population Health
- The Bigger Picture: Public Health and Its Impact on Healthcare Systems

1800 – 1900: Networking Session

### DAY 3: 19/01/2026 | On Shore in Phuket, Thailand

0700 – 1900: Explore at your leisure

1800 – 1900: Networking Session

### DAY 4: 20/01/2026 | On Shore in Langkawi, Malaysia

0700 – 1900: Explore at your leisure

1800 – 1900: Networking Session

### DAY 5: 21/01/2026 | On Shore in Penang, Malaysia

0700 – 1700: Explore at your leisure

1800 – 1900: Networking Session

### DAY 6: 22/01/2026 | On Shore in Kuala Lumpur (Port Klang), Malaysia

0700 – 1600: Explore at your leisure

1800 – 1900: Networking Session

### DAY 7: 23/01/2026 | Conference Day | Addressing Public Health Challenges Across Disciplines

0830 – 0930: Infectious Diseases: Lessons Every Nurse Should Know

0930 – 1030: Chronic Disease Prevention: A Universal Nursing Priority

1030 – 1100: Break and Networking

1100 – 1200: Mental Health as a Public Health Issue: Trauma-informed Care | Part One

1200 – 1300: Mental Health as a Public Health Issue: Trauma-informed Care | Part Two

1300 – 1500: Break and Networking

Afternoon Self-directed via the Online Library

- Tackling Addiction: A Public Health Approach to Substance Use Disorders
- Cultural Competence and Public Health: Meeting Diverse Needs

1800 – 1900: Networking Session

### DAY 8: 24/01/2026 | On Shore in Ho Chi Minh City (Phu My), Vietnam | 1145 – All day

#### Conference Day | Innovations and Emerging Trends in Public Health

0800 – 0900: Environmental Health: The Growing Impact on Nursing

1000 – 1100: Digital Health and Public Health: Tools for the Modern Nurse

1100 – 1200: Global Health Perspectives: Connecting Local and Global Efforts

Afternoon Self-directed via the Online Library

- Rural and Remote Health: Bridging the Care Gap
- Vaccine Advocacy: Building Trust and Confidence in Communities
- Public Health Data: How It Shapes Care Decisions

1800 – 1900: Networking Session

### DAY 9: 25/01/2026 | On Shore in Ho Chi Minh City, Vietnam

Explore at your leisure

1800 – 1900: Networking Session

### DAY 10: 26/01/2026 | Conference Day | Leadership, Ethics, and Advocacy in Public Health

0830 – 0930: Leadership in Public Health: Inspiring Change Across Disciplines

0930 – 1030: Ethical Challenges in Public Health Nursing

1030 – 1100: Break and Networking

1100 – 1200: Advocacy in Action: Influencing Policy for Better Health Outcomes

1200 – 1300: Collaboration Across Disciplines: The Power of Interdisciplinary Teams

1300 – 1500: Break and Networking

Afternoon Self-directed via the Online Library

- Public Health in Your Specialty: Making It Relevant to Your Role
- The Future of Public Health: How Nurses Can Lead the Way

1800 – 1900: Networking Session

### DAY 11: 27/01/2026 | On Shore in Sihanoukville, Cambodia

0800 – 1700: Explore at your leisure

1800 – 1900: Networking Session

### DAY 12: 28/01/2026 | On Shore in Ko Samui, Thailand

0800 – 1700: Explore at your leisure

1800 – 1900: Networking Session

### DAY 13: 29/01/2026 | On Shore in Bangkok (Laem Chabang), Thailand | 0600 – All day

0600: Explore at your leisure

TBA: Farewell Reception

### DAY 14: 30/01/2026 | Disembark Bangkok (Laem Chabang), Thailand | 0800

0800: Safe travels!