

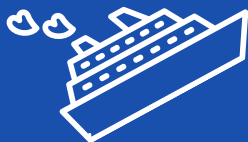
12-20 OCT 2025



THE DETERIORATING PATIENT:

Cardiac and Respiratory Assessment

THE SOUTH PACIFIC FROM SYDNEY



**NURSES FOR
NURSES
NETWORK**



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

Ready to sharpen your skills and boost your confidence in cardiac and respiratory assessment?

Join us for an engaging 8-day conference aboard a fabulous cruise ship. Designed for both novice and experienced nurses—as well as midwives looking to expand their knowledge — this event is all about helping you feel more capable, confident, and prepared in your role.

With healthcare becoming more complex, advanced assessment skills are no longer optional — they're essential for nurses stepping into many varied roles, making critical decisions, and supporting their teams.

This conference offers practical, easy-to-understand strategies that you can start using right away, all in a supportive and enjoyable setting. Relax, recharge, and learn from highly regarded content that has been praised by nurses and midwives for years. Combine professional development with time to connect with peers and soak up the cruising experience.

Step off the ship with more confidence, skills, and clarity to take your practice to the next level.

Advanced assessment skills are essential for nurses because they significantly enhance the quality of patient care, improve patient outcomes, and encourage professional growth. As healthcare becomes more complex, nurses increasingly take on more in-depth assessment and critical thinking roles.

Nurses with advanced assessment skills are more likely to take on leadership roles in clinical settings, such as team leader, clinical nurse specialist, or nurse practitioner. These roles often involve independent decision-making, complex clinical judgment, and collaboration with other healthcare providers.

This conference is for novice and experienced nurses who want to gain confidence in cardiac and respiratory assessment. Its content has been highly evaluated over many years. Midwives would also benefit from this knowledge, as pregnant women have increased co-morbidities that require advanced cardiac knowledge.

The conference commences with cardiac assessment and aims to empower all nurses to perform an expert clinical assessment of a patient deteriorating with cardiac disorders.

Anne will address two vital subjects at length: the interpretation of 12 lead ECGs (electro cardio gram) and life-threatening Long QT interval syndrome. Cardiac auscultation will be demonstrated, and the link to deterioration and scenarios will be explained. We will then explore the significance of advanced respiratory assessment, commencing with an explanation of a variety of respiratory disorders, many of which are life-threatening.

Continuing, we will also discuss the following:

- the increased incidence of vaping by adolescents and the effects on the respiratory system
- the increasing prevalence of COPD (chronic obstructive pulmonary disease) and the nurses'/midwives' responsibilities relating to oxygen administration
- chest auscultation
- interpretation of chest x-rays and
- interpretation of arterial blood gases (ABG)

LEARNING OUTCOMES

At this Conference, participants will:

- Explore the general cardiac assessment of a deteriorating patient with cardiac compromise
- Gain expert knowledge and skills in the interpretation of arrhythmias and 12-lead ECG
- Discuss the general respiratory assessment of a deteriorating patient with respiratory compromise
- Investigate communication skills and tips that will obtain immediate action for your patient from other members of the health care team



YOU WILL ALSO LEARN

- To recognise a patient deteriorating with a cardiac disorder
- To interpret deterioration of a monitored patient
- To recognise a patient deteriorating with a respiratory disorder or condition
- Interesting respiratory conditions such as silicosis, psittacosis and, legionnaires disease, and the deadly emerging C.auris
- To read a chest x-ray
- The presentation on the chest x-ray of a variety of disorders such as: heart failure, pneumothorax, pneumonia and placement of various catheters
- To recognise Becks Triad and relate to the deteriorating patient with a pericardiac effusion
- The anatomy of the lung fields, examining the lobes and landmarks for auscultation
- To auscultate both the lungs and the heart
- The significance of a post- operative patient who develops crackles and shortness of breath
- How syncope or mild fitting can be misdiagnosed and relate this to the Long QT (LQT) interval syndrome
- To perform the clinical assessment of a collapsed patient and address the controversy of performing pulses
- The vital role ward nurses have in managing a patient after an antidepressant overdose and the required knowledge of all nurses in this serious disorder of LQT
- The assessment of chest pain in a pregnant woman or in the post-partum period ANZCOR's (Australian and New Zealand Committee on Resuscitation)
- Resuscitation guidelines relating to PEA (pulseless electrical activity) cardiac arrest
- The common arrhythmia associated with a post op haemorrhage or trauma The significance of recognition of a murmur

DETAILED ITINERARY



DAY 1: 12/10/2025 | Depart Sydney | 1630

1630: We set Sail: Make sure you are on deck to say bon voyage.

1700 - 1800: Conference Registration and Welcome Function | The Grand Piano Bar | Deck 5

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: 13/10/2025 | Conference Day | The Cool Lounge and Bar | Deck 5

0830 – 0900: Welcome to the Conference and Housekeeping

During this session we will discuss the goals of the seminar days to come.

0830 – 1000: Telemetry/ECG Interpretation | Foundational Principles of ECG Monitoring | Monitoring a Patient in Critical Care and Ward Telemetry Units In this session, there will be a discussion of the five foundations of interpretation of sinus rhythm. Anne will explain this easily and simply if this is new to you, and if you are experienced, it will be valuable revision.

When there is an understanding of the cardiac complex: waves, segments and timing intervals, the nurse can grasp more complex arrhythmias and changes. By recognising sinus rhythm, nurses can quickly determine that the heart is functioning normally and allow them to identify deviations from normal. Nurses have a vital role in early identification, which can prompt timely intervention to prevent complications. Knowing that sinus rhythm is the normal rhythm provides a baseline and is a requirement for working in these areas.

This session is vital to assist with understanding electrophysiology, which is the foundation for interpreting arrhythmias and essential knowledge. It is also a requirement for all nurses working in telemetry units and in critical and coronary care, post-anaesthesia care unit (PACU) and emergency departments.

1000 – 1030: Break

DAY 2 CONTINUED:

1030 – 1130: Assessment of A Patient with a Life-Threatening Arrhythmia

In this session, we will discuss the difference between the two classifications of cardiac arrest, examining the Fast and Slow arrhythmias and linking them to the classification of ANZCOR of shockable or non-shockable cardiac arrest. Anne will clearly demonstrate how to distinguish between the two classifications quickly.

In this session, we will also explore how to perform an accurate clinical assessment of a collapsed patient. In a cardiac arrest with PEA presentation, the nurse must be confident in performing a carotid pulse and differentiate between a syncope and a cardiac arrest.



The focus will be on a cardiac arrest relating to hypovolemia, blood loss post-op and the link to PEA and the responsibility of the nurse to assess accurately. We will also address the characteristics of polymorphic VT (ventricular tachycardia) and link this knowledge to the following presentation.

1130 – 1300: Interpretation of LQT Interval Syndrome

In this critical session, we will examine sudden cardiac death in the youth. We will explore hereditary LQT interval syndrome and how it often presents with syncope or fitting.

Followed by the responsibilities of ward nurses, relating to the acquired LQT interval through an overdose of antidepressants and other medications. This information is now considered essential knowledge for all ward nurses who are using telemetry to monitor a patient after an antidepressant overdose, including critical care, coronary care and ED nurses.

Anne will then link back to the previous session on understanding the interesting characteristics of polymorphic VT. Again, this knowledge is essential for all nurses who monitor patients.

1300 – 1500: Lunch Break

Afternoon Self-directed via the Online Library

- Cardiac Crosswords: Test your knowledge of cardiac terminology and concepts in a fun and engaging format
- Arrhythmia Interpretation Quiz: Challenge yourself with a comprehensive quiz to strengthen your arrhythmia interpretation skills

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: 14/10/2025 | Conference Day | The Cool Lounge and Bar | Deck 5

Morning Self-directed via the Online Library

- Cardiac Interpretation Quiz: Identify and label the five values found in normal sinus rhythm and then challenge yourself to strengthen your MI interpretation found in the 12 Lead ECG exercise
- Cardiac Quiz: Test your knowledge

1300 – 1500: Lunch Break

1230 – 1400: Interpretation of A 12 Lead ECG

In this session, we will examine how a patient with Acute Coronary Syndrome presents and the gender issues on presentation. In this very important session, we will learn to recognise the difference between angina and anterior and inferior MI on the 12 lead ECG.

Recognising myocardial infarctions (MIs) on a 12-lead ECG is a crucial skill for nurses because it enables early detection of potentially life-threatening cardiac events and ensures timely interventions that create better outcomes. Early intervention is essential in the treatment of a myocardial infarction.

The quicker the MI is recognised, the faster treatment can be initiated to restore blood flow and minimise heart muscle damage. Nurses are often the first healthcare providers to assess a patient, and their ability to recognise MI signs on an ECG can expedite the diagnostic process and potentially reduce the risk of long-term damage or death. The session will also include the correct placement of ECG leads. Incorrect placement can result in misleading ECG readings, leading to errors in diagnosis and potentially compromising patient care.

"Omg Anne, words cannot explain how easily you describe ECG and how easy you make it to remember."

Liz, Telemetry & ECG Interpretation, 2024

DAY 3 CONTINUED

1400 – 1430: Continuing Interpretation of A 12 Lead ECG – SCAD (Spontaneous Coronary Artery Dissection)

It is important for midwives to have the advanced knowledge and skills to assess and recognise SCAD. It is a potentially life-threatening condition, primarily in young women, often those who are pregnant, have recently given birth, or are in the postpartum period. Recognising SCAD is crucial for midwives and emergency nurses, due to its unique presentation, the significant risks it poses to both the mother and foetus, and the potential for timely intervention.

1430 – 1500: Break

1500 – 1630: Cardiac Auscultation and the Recognition of a Deteriorating Patient

In this session, we will explore how cardiac auscultation is a vital skill for all nurses who monitor patients with cardiac disorders. It is a requirement of all higher-level nurses especially in coronary care, ED (emergency department) and ward nurses in cardiothoracic units. There will be an exploration of clinical skills and the practical application. If you are interested in improving your assessment skills, these sessions will be crucial for you. They are explained in a straightforward way to enhance your learning and leave you feeling more confident as you apply skills to listen to heart sounds.

1630 – 1700: Cardiac Auscultation and the Link to Murmurs

This session will link with the cardiac auscultation session and will assist you with understanding the causes and significance of murmurs. They are abnormal sounds produced by turbulent blood flow within the heart. They are often a sign of an underlying heart problem. While some murmurs may be innocent (e.g., functional murmurs in children or pregnant women), many murmurs indicate structural issues such as stenosis or regurgitation of heart valves. Identifying murmurs early allows nurses to detect potential cardiac issues before they worsen. Early recognition can lead to prompt referral to a physician for further evaluation and treatment.

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: 15/10/2025 | 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.

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 5: 16/10/2025 | On Shore in Mystery Island, Vanuatu | 0900 – 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: 17/10/2025 | On Shore in Lifou, New Caledonia | 0700 – 1500

Explore at your Leisure

A visit to Lifou allows you to experience a land of scenic contrast and natural beauty. Crystal clear waters, white sands, and the awe-inspiring beauty of the coral reefs are only part of the story. On Lifou, you can swim with the very friendly fish in the marine reserve, visit the tranquil secret grotto, and bask in the serenity of the tropical paradise.

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: 18/10/2025 | Conference Day | The Cool Lounge and Bar | Deck 5

0800 – 0900: Chronic Obstructive Pulmonary Disease (COPD)

Nurses play an essential role in identifying early signs of COPD. Early detection is crucial because it allows for interventions that can slow the progression of the disease and improve the quality of life. The incidence of COPD is rapidly increasing throughout the world, making it essential that every nurse knows about this progressive lung disease.

Anne will examine the dangers of administering a high percentage of oxygen to a patient with COPD and will address how you can utilise the steps of controlled oxygen management.

Nurses in cardiology would also be interested in learning about the link between right heart failure and COPD. This session also applies to nurses in other areas as COPD is becoming recognised as one of the most common co-morbidities.

0900 – 1030: Interesting Variety of Respiratory Disorders

In this session, we will explore a variety of uncommon respiratory disorders, many of which are life-threatening. Deterioration in these conditions must be identified early.

It will be interesting to examine Candida Auris disorder, which is increasing slowly throughout the world but has a very high mortality rate.

We will also examine the potential dangers associated with inhaling potting mix, working with birds and the increasing prevalence in young people vaping is becoming a public health issue.

Healthcare professionals must understand the dangers of vaping and its connection to respiratory disorders to protect patients' lung health, especially as vaping becomes more widespread.

"I have been told by several work colleagues how great Anne's courses are. I was not disappointed at all. I would have to say as a first time attendee at one of Anne's courses, this is the best presentation I have ever been to..... I will certainly be back for more."

Karen, Deteriorating Patient with Respiratory Conditions, 2023

Test	Result	Unit	Reference Range
CO-Oximetry			
Hb	11.5	g/dL	11.7 - 17.8
O ₂ Hb	95.9	%	95.0 - 100.0
COHb	1.2	%	0.0 - 3.0
MetHb	0.5	%	0.0 - 1.5
HHb	2.4	%	1.0 - 5.0
sO ₂	97.6	%	94.0 - 98.0
Derived			
BEecf	-2.4	mmol/L	-2.0 - 3.0
BE(B)	-1.7	mmol/L	-2.0 - 3.0
Ca ⁺⁺ (7.4)	1.16	mmol/L	-
AG	10	mmol/L	-
sO ₂ (c)	95.9	%	-
HCO ₃ std	23.6	mmol/L	-

1030 – 1100: Break

1100 – 1230: Arterial Blood Gas Analysis

In this session, we will explore how knowledge of the interpretation of ABG assists with recognising a deteriorating patient.

Interpreting arterial blood gases is a critical skill for nurses, providing essential information about a patient's respiratory, metabolic, and acid-base status. Nurses who can accurately interpret ABGs are better equipped to identify abnormalities, intervene appropriately, and monitor the effectiveness of treatments, ensuring optimal patient outcomes.

All these sessions are aimed at increasing the nurse's knowledge and becoming confident using the practical tips demonstrated by the presenter. The presenter will demonstrate easy steps to demystify the interpretation of arterial blood gas analysis.

1230 – 1500: Lunch Break

DAY 7 CONTINUED:

Afternoon Self-directed via the Online Library

- Respiratory Assessment and Disorders Crossword: Test your knowledge of respiratory terminology and concepts in a fun and engaging format.
- ABG Interpretation Scenario and Quiz: Challenge yourself with a comprehensive quiz to strengthen your ABG interpretation skills.

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 8: 19/10/2025 | Conference Day | The Cool Lounge and Bar | Deck 5

Morning Self-directed via the Online Library

- Clinical Scenario of a patient with COPD: Access the Australian Commission on Safety and Quality in Health Care, 2024: Clinical standards and test yourself in the quiz to see if you can answer the questions relating to administration of oxygen to a patient with COPD
- Access and view the webinar: Assertiveness and Boundaries with Anne Evans-Murray and Sue Walker. Challenge yourself after the webinar and self-reflect on your communication skills.

1100 – 1230: Lunch Break

1230 – 1430: Lung Auscultation This session explores the significance of advanced respiratory assessment and the chest landmarks and demonstrates the auscultation technique.

Anne will explain the general respiratory assessment of a deteriorating patient with respiratory compromise. She will examine the significance of the two adventitious (abnormal) lung sounds, focusing on crackles and wheezes. Various lung disorders will be outlined, with an assessment relating to lung auscultation. The aim of the session is to ensure the nurse develops knowledge and gains confidence in their assessment skills.

1430 – 1500: Break

1500 – 1700: Chest X-Ray Interpretation

This last session is interesting as we will examine some of the disorders identified, and you will be shown what they look like on the chest x-ray. The session will commence with examining the landmarks of a normal chest x-ray and the concept of density. We will explore how density changes in the chest x-ray when a patient develops deterioration due to various conditions such as heart failure, pneumothorax and pneumonia.

Anne will demonstrate how to assess the correct placement of the nasogastric tube and central venous line and recognise deterioration in a patient with an NG (nasal gastric) tube placed into the trachea and right lung. This session aims to empower you to recognise signs on the chest x-ray of deterioration and then link these changes to your new knowledge of abnormal lung sounds. Abnormal lung sounds and chest x-ray changes occur together. This is a very empowering last session!

1800 – 1900: Farewell Function | The Grand Piano Bar | Deck 5

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: 20/10/2025 | Sydney

Disembark Sydney – safe travels!

“An important week of learning presented by (Anne) someone who is very engaging and full of knowledge. I've learnt so much about the importance of identifying early warning signs of a deteriorating pt and ultimately how to be a better nurse.”

Georgia, Deteriorating Patient with Respiratory Conditions, 2023

OUR PRESENTER

Anne Evans-Murray, R.N., BHlthSc, MACCCN, Grad.Dip Ed, MEd, Dip Counselling, GradCertCritCare, CertIV Training and Assessment, CertIV in Mediation



Anne has a passion for teaching, which she does in an unpretentious way that ensures you will understand and retain what she presents and enjoy this learning experience. She has extensive experience, over 26 years lecturing for Gold Coast Health District and Griffith University. Currently, she is a guest lecturer at Bond University medical school.

Anne is a frequent presenter at workshops, conferences & seminars throughout Australia & New Zealand on subjects such as high dependency nursing, cardiac arrhythmias & ECG interpretation, chest x-rays interpretation, clinical assessment of the deteriorating patient, assertion training and leadership.

She conducts accredited advanced life support training for nurses, doctors, and paramedics. Anne is passionate about empowering all clinical staff through increased awareness and knowledge of the critically ill patient's condition so that timely intervention is implemented, which will benefit patient outcomes.

She is the author of three books: "ECGs Simply", "Interpretation of Chest X-rays Simply" and 'Uncomplicating Life, Simply'. Her ECG book is a textbook sold in many universities in Australia.

REGISTRATION COSTS

\$1290.00 incl GST (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

VENUE

Carnival Splendor

The Carnival Splendor is a floating paradise of fun and relaxation, perfect for all ages. With space for over 3,000 guests, it offers cozy staterooms, dazzling shows, a comedy club, and even poolside movies under the stars. Add in thrilling water slides, delicious dining options, and spa retreats, and you've got everything you need for an unforgettable adventure at sea!



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.

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1000 – 1300: Break

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0800 – 1700

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0630: Disembark - safe travels!