

Unveiling the Latest information on Pharmacology in Nursing

Cruising to PNG
departing Brisbane

23 NOV - 04 DEC 2025



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

This groundbreaking conference will bring together the latest innovations, research, and practices in pharmacology and nursing practice. This premier event promises to unveil the importance of pharmacology, offering attendees an exclusive glimpse into the cutting-edge advancements and methodologies set to redefine patient care and medication management.

MediMix 2025 is designed to equip nursing professionals with the knowledge, skills, and confidence to navigate the complexities of modern pharmacology and apply these learnings to enhance patient outcomes.

Whether you're looking to deepen your understanding of drug interactions, explore the latest in drug safety and efficacy, or master the art of patient education and communication, MediMix 2025 offers a comprehensive platform for professional growth and development.

Beyond the educational opportunities, this conference will serve as a vibrant networking hub, connecting nurses with peers, mentors, and industry leaders, fostering collaborations that will shape the future of nursing and pharmacology.

Join us at MediMix 2025 for an unforgettable journey of learning, discovery, and professional empowerment. Embrace the opportunity to be at the forefront of nursing excellence, setting new standards of care and pioneering the integration of pharmacology in nursing practice. The future is bright, and it begins at MediMix 2025.

CONFERENCE LEARNING OUTCOMES

At this conference, you will:

- Explore the latest innovations, research, and practices in pharmacology and nursing practice
- Gain a deeper understanding of common drug interactions, including interactions with complimentary medicines
- Develop expert knowledge to assist in patient education
- Enhance your clinical practice with updated knowledge and skills

YOU WILL ALSO LEARN

- Health indicators in the Asia/Pacific region
- Explore the determinants of healthcare during networking sessions with our PNG Nursing colleagues
- Understand how cultural beliefs impact the way in which health care can be delivered
- Australia's National Medicines Policy
- Issues with tramadol and other opioid medications
- The Quality use of medicines
- Drug Interactions
- The potential of psychedelics for mental health disorders
- Best practice in medication administration and test your knowledge on drug calculations
- To Crush or Not to Crush medication - what is the answer
- The latest updates to the Australian Immunisation Handbook
- Drug therapy to optimise management of diabetes has changed significantly over recent years
- Global burden of preventable medication-related harm in health care
- The significant changes that have occurred in both the Australian Asthma Handbook and COPD-X guidelines within recent years
- Just because it's natural doesn't mean it's safe: Issues with common complementary medicines
- What do Paracetamol and psychopaths have in common
- Registered nurses and medicines regulation
- What the future of Drug delivery looks like

"The presenter was informative, easy to understand and interesting." - Diane

WANT TO DONATE PRODUCTS TO OUR PNG COLLEAGUES?

Over the years we have been visiting the hospitals, we have found that well-meaning people donate large amounts of products that cannot be used at the health facilities.

This can be due to any of the following:

- The product is unknown to local staff and therefore they require education to use it and there is no ongoing supply. So when it runs out what do they do then?
- The products supplied are out of date.
- The products are not suitable to use in a tropical location.
- The items are well worn and not suitable for reuse.
- The products are culturally inappropriate.
- Too many items in large suitcases that are difficult to get off the boat and through customs.

DETAILED ITINERARY

DAY ONE: SUNDAY 23rd NOVEMBER 2025 | DEPART BRISBANE



1600: We set sail:

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

Time TBA: Conference Registration and Drinks

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

DAY TWO: MONDAY 24th NOVEMBER 2025 | CONFERENCE DAY

0800 – 0900: Welcome to the conference – Orientation to Papua New Guinea

The History of Australia's Influence in Papua New Guinea | Sue Walker

"In 1906 the young nation of Australia became a colonial administrator when it assumed responsibility for the external territory of Papua – the southern half of what is now Papua New Guinea" In this session we will explore the Australian influence in PNG from the initial administration role through to independence in September 1975 and the current relationship that Australia has with one of its closest Neighbours.

0900 – 1000: Daily Life and Social Customs of Papua New Guinea | Sue Walker

"PNG consists of hundreds of indigenous ethnic groups, scattered among the over 600 islands. Each have their own cultural and language differences. These differences are embedded within the PNG constitution, which expresses a desire for traditional ways of life within various communities to remain the bedrock of PNG society." In this session we will explore social customs and gain an understanding of the people.

1000 – 1030: Break

1030 – 1130: The Health Care System | Sue Walker

"The country's health system is fragile with poor health and immunization outcomes. With an under-five mortality rate of 57 per 1000 live births, an estimated 15,400 children or one in 13 children, die each year in PNG, mostly from preventable diseases." This session will explore the health indicators for the Asia Pacific region, comparing various countries in contrast to PNG and the plans in place to improve the health status of the region and the support provided by Australia.

1130 – 1230: A reflection on our past visits to Alotau and Rabaul Hospitals

What to expect and how to be culturally sensitive when meeting and talking with our PNG Nursing and Midwifery Colleagues.

1230: Lunch



DAY TWO CONTINUED: MONDAY 24th NOVEMBER 2025 | CONFERENCE DAY

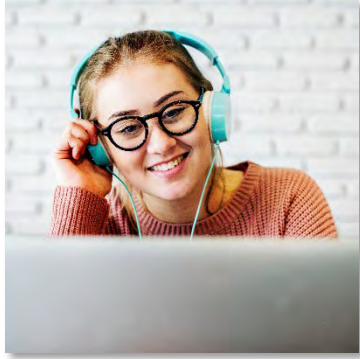
PM Session: Self-directed CPD Activities | Access via the online library

- **Health at a Glance in the Asia/Pacific Region**

This OECD document provides an in-depth understanding of the health indicators of various countries in the region. Once you have read the document, you will have a better understanding of the issues surrounding healthcare delivery in PNG and be able to cross reference this information during the hospital visits that we will complete during this conference.

DAY THREE: TUESDAY 25th NOVEMBER 2025 | CONFERENCE DAY

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



- **National Medicines Policy Synopsis**

"Australia's National Medicines Policy (NMP) is a high-level framework focused on the availability and the use of medicines and medicines-related services. The NMP relates to medicines research and development, manufacture, regulation, evaluation, supply, dispensing, storage and access. It promotes the quality use of medicines and medicines safety by focusing on the current and future health needs of people and the responsibilities of all partners to achieve the best health, social and economic outcomes for all Australians."

- **Podcast: The Purple Pen Podcast Episode 042: Opioids and discharge**

- **Podcast: The Purple Pen Podcast episode 045: Why Tramadol sucks (and Codeine)**

These two podcasts provide some insight into the use of opioids and the issues around their use

1100 – 1230: Lunch

1230 – 1330: Let's Explore the Quality use of Medicines | Amy Gibson

Over 400,000 people present to the Emergency Department each year in Australia for medication-related problems, and over half of these are preventable. In this session, we will explore medication safety, pharmacovigilance, and strategies to optimise medicine use.

1330 - 1430: Drug Interactions: What you don't know, you can't predict | Amy Gibson

Drug interactions may result in adverse effect that range in severity from trivial to life threatening. We will look at the usual suspects when it comes to interactions, and how you can predict and manage the potential adverse effects.

1430 – 1500: Break

1500 – 1600: The Potential of Psychedelics for Mental Health Disorders | Amy Gibson

Psychedelic substances have been used in many cultures for thousands of years but fell out of favour in the late 1960s. Over recent years, interest has resurged, and these substances are showing some potential for managing cases that have proved resistant to standard treatment. This session will provide an overview of the recent research for psychedelics in the management of depression and PTSD and future directions for therapy.

1600 – 1700: Emerging Trends in Pain Management: Beyond Opioids | Amy Gibson

Chronic pain is a major burden on many Australians and opioid therapy continues to be a mainstay of therapy, despite global and local guidelines discouraging their use for chronic non-cancer pain. This session will allow you to become familiar with non-opioid options and their place in therapy.

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.

DAY FOUR: WEDNESDAY 26th NOVEMBER 2025 | ALOTAU

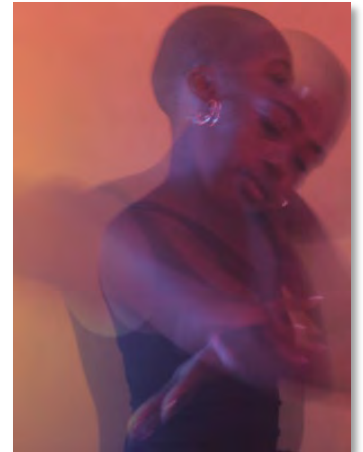
0800 – 1800: Explore at your Leisure

PNG has unique public health challenges, and this visit to Alotau hospital will provide insights into managing maternal and child health in challenging environments as well as the management of acute trauma, mental health, and planned surgical and medical interventions.

This experience will be invaluable for understanding broader public health issues and contributing to global health solutions. This kind of international engagement not only enriches the individual's professional and personal life but also contributes to the broader goal of improving global health standards and outcomes for all.

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.





DAY FIVE: THURSDAY 27th NOVEMBER 2025 | CONFLICT ISLANDS

0800 -1700: Explore at your Leisure

Don't be fooled by the name, this is paradise in the Coral Sea! The Conflict Islands are made up of 21 untouched islands in Papua New Guinea. With spectacular reefs, palm trees and deep blue seas, the Conflict Islands are home an incredible array of marine wildlife.

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.

DAY SIX: FRIDAY 28th NOVEMBER 2025 | EXPLORE SHIP LIFE

Free Day: Take the day to explore what this fabulous ship has to offer.

Time TBA: Global Nurses and Midwives Rotary Club Fundraiser

This afternoon, join us for a fund raiser for the Global Nurses and Midwives Rotary Club.

Time TBA: Networking and Reflection Session

Tonight, we will meet and Network to reflect on our visits to the Alotau hospital and explore clinical practice lessons learnt.

DAY SEVEN: THURSDAY 29th NOVEMBER 2025 | CONFLICT ISLANDS

0800 – 1700: Explore at Your Leisure

Located on Papua New Guinea's northeastern tip, this province - blessed with natural beauty but plagued with an unlucky past - has literally risen from the ashes.

Optional Tour: Visit to Rabaul Hospital and surrounding sites – includes lunch

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.

DAY EIGHT: SUNDAY 30th NOVEMBER 2025 | KIRIWINA ISLAND

0900 – 1700: Explore at your Leisure

Located in Papua New Guinea's Milne Bay Province, Kiriwina is the largest and by far the most populous of the Trobriand Islands, and home to one of the most colourful and fascinating cultures on earth.

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.

DAY NINE: MONDAY 1st DECEMBER 2025 | CONFLICT ISLANDS

0800 – 1700: Revisit the Conflict Islands – it is gorgeous!

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.

DAY TEN: TUESDAY 2nd DECEMBER 2025 | CONFERENCE DAY

0830 – 0930: Drug administration Workshop, including Titration and Calculations | Amy Gibson

This session will review best practice in medication administration. The workshop will also explore the key skill required to safely dispense drugs which is the ability to perform accurate dosage calculations.

0930 – 1030: To Crush or Not to Crush, that is the Question | Amy Gibson

For many reasons, oral dose forms will sometimes require modification but there are many ways to achieve this. We will explore the options for safely administering medicines to those with swallowing difficulties or enteral feeding tubes, including what to mix the crushed or dispersed powder with to optimise safe ingestion.

1030 – 1100: Break

1100 – 1200: Updates to the Australian Immunisation Handbook | Amy Gibson

Vaccination remains a key public health measure and recent developments with RSV, SARS-CoV-2 and zoster vaccines (among others) have resulted in substantial changes to the National Immunisation Program. This session will provide an update to both childhood and adult recommended immunisation schedules, including the use of newer monoclonal antibody therapies.





DAY TEN CONTINUED: TUESDAY 2nd DECEMBER 2025 | CONFERENCE DAY

1200 – 1300: Therapeutic Update & Workshop: Type 2 Diabetes | Amy Gibson

Over time, type 2 diabetes can cause serious damage to the body, with the potential for neurological, vascular, renal and ophthalmic complications. Although lifestyle management remains critical for good control, medications will be required for most to reach glycaemic treatment targets. Drug therapy to optimise management of diabetes has changed significantly over recent years, with the emergence of new classes of drugs.

This session will provide insight into these new classes of medicines, and explore the hype versus the evidence for using Ozempic. We will also provide the opportunity for hands-on experience with various devices that are currently most widely used for delivering insulin and non-insulin injectable therapy.

1300 – 1430: Lunch

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

- Review the Immunisation Handbook, with particular attention paid to the sections on:
 - Vaccine preventable diseases
 - Catch-up Vaccination
 - NIP Schedule
- Global Burden of Preventable Medication-related Harm in Health Care: A Systematic Review
 “Medication-related harm is considered preventable if it occurs as a result of an identifiable, modifiable cause and its recurrence can be avoided by appropriate adaptation to a process or adherence to guidelines. Understanding the prevalence, nature and severity of preventable medication-related harm is critical for setting targets for clinically relevant, implementable improvements in patient safety.

This report presents an updated systematic review and meta-analysis of studies of the prevalence, nature and severity of preventable medication-related harm in the international literature including in low- and middle-income countries (LMICs). The main target audience is policy makers, health care leaders, researchers and academics, practicing clinicians and advocacy groups on medication safety.”

1800 – 1900: Networking Session

Conference Facilitators and Presenters will be at the venue and would love to meet with you and reflect on today's education.

DAY ELEVEN: WEDNESDAY 3rd DECEMBER 2025 | CONFERENCE DAY

0830 – 0930: Therapeutic Update & Workshop: COPD and Asthma | Amy Gibson

About a third of Australians have been diagnosed with asthma or COPD. These conditions have a significant impact on physical, psychological and social wellbeing. Significant changes have occurred in both the Australian Asthma Handbook and COPD-X guidelines within recent years with a large range of inhaler devices and formulations now available. Patient education remains a key component of managing both asthma and COPD.

This session will provide an update to management options for these chronic respiratory diseases, with an opportunity to learn about the various types of inhaler devices for enhanced patient education and interaction.

0930- 1030: Just Because it's Natural Doesn't Mean It's Safe: Issues with Common Complementary Medicines | Amy Gibson

Many patients choose to use complementary medicines in addition to prescribed therapy, and there is a prevailing attitude among many that because they are 'natural' and usually available for purchase without a script, they are completely safe. This is not the case, with many supplements having documented interactions with prescription medicines which in some cases can be life threatening.

We'll look at the more commonly used herb and vitamin supplements and the evidence (or lack of) for their use and the potential interactions and side effects that may present.

1030 – 1100: Break

1100 – 1200: What does Paracetamol & Psychopaths have in Common: It's all to do with the Empathy Centre | Amy Gibson

The defining feature of a psychopath is that they have no functioning empathy centre in the brain so are unable to perceive the pain, whether physical or psychological, that they inflict on their victim. Interestingly, paracetamol also impacts the empathy centre of the brain. So, if someone is ordered QID paracetamol over an extended period - do they adopt the traits of a psychopath?



DAY ELEVEN CONTINUED: WEDNESDAY 3rd DECEMBER 2025 | CONFERENCE DAY

1200 – 1300: Conference Summation - All your burning questions answered | Amy Gibson

Throughout the conference attendees have been given the opportunity to post questions to the presenters. In this session we will explore those questions as part of the conference summation.

1300 – 1430: Lunch

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

- **A Bitter Pill to Swallow: Registered Nurses and Medicines Regulation in Remote Australia** | Katie R Pennington GDipRemoteHlthPrac, Masters in Public Health Candidate, Kim D Clark PhD, Senior Lecturer Public Health, Sabina Knight MTH, Professor, Director, Mount Isa Centre for Rural and Remote Health
- "Access to essential medicines is a human right and an objective of the National Medicines Policy in Australia. Health workforce distribution characteristics in remote Australia implies registered nurses (RNs) may find themselves responsible for a broader range of activities in the medication management cycle than they would be elsewhere in the nation. The regulation of health professionals and their training requirements provides essential but complex protections for the public. This study aimed to examine national legislation and regulations concerning the use of medications from a nursing perspective, focusing on the context of health service delivery in remote areas."
- **National Medicines Policy**
"National Medicines policy is about improving the health of Australians, making sure that Australia's investment in medicines is an investment in the health of the community."
- **The Future of Drug Delivery**
Drug delivery technologies have been proven to improve treatment outcomes in many ways, including enhancing therapeutic efficacy, reducing toxicity, increasing patient compliance, and enabling entirely new medical treatments. As the therapeutic landscape has evolved from small-molecule drugs to a new generation of therapeutics including proteins, peptides, monoclonal antibodies, nucleic acids, and even live cells, drug delivery technologies have also evolved to meet their unique delivery needs.

1800 – 1900: Conference Farewell Event | Venue: TBA

Share a drink and farewell friends and colleagues.

DAY TWELVE: THURSDAY 4th DECEMBER 2025 | BRISBANE | 0800

Disembark – Safe travels!

OUR PRESENTER



AMY GIBSON, BPharm GCertHlthProfEd MCLinPharm

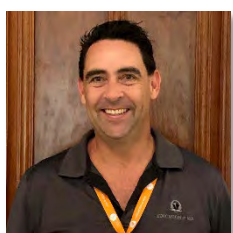
Amy is a credentialed clinical pharmacist with experience across a range of sectors including community pharmacy, corporate pharmacy operations, multidisciplinary teams, residential aged care and general practice where she is currently positioned as a practice pharmacist and manager.

As a general practice pharmacist, Amy works with GPs to enhance quality use of medicines at both a patient and practice level. She has a strong patient-centred focus and believes in empowering patients to make informed choices about their healthcare needs through education and advocacy.

Amy has completed post-graduate studies in clinical pharmacy and education and has held her consultant pharmacist credentials for more than a decade.

OUR FACILITATORS

Jason Dawson, RN., BACH NURSING



Jason Dawson is a Registered Nurse from the Gold Coast Queensland. Whilst studying his bachelor of Nursing at Southern Cross University he developed an interest in mental health and has been working in this field of nursing since completing his studies in 2008.

In 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 the opportunity to update and improve their skills in diverse and unique locations.

The Nurses for Nurses Network & Education at Sea | Departing Brisbane Cruising to PNG | 24 CPD Hours
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OUR FACILITATORS CONTINUED

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”.

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
- Conference presenters who 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 Registration Reception including complimentary drinks where you can meet other Conference Attendees and network with Conference Convenors and Conference Presenters
- A Conference pack that includes a notepad, pen, lanyard (this is important on a cruise ship 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 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

REGISTRATION COST

Conference registration and deposits are being handled by Education at Sea.

\$1290.00

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

This is a fabulous program! To secure your place at this Conference you need to 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.

VENUE

Carnival Luminosa | <https://www.carnival.com.au/cruise-ships/carnival-luminosa>

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 (Select Option 3)

enquiries@nfnn.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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- "Health at a Glance in the Asia/Pacific Region"

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1330 - 1430: Drug Interactions: What you don't know, you can't predict

1430 – 1500: Break

1500 – 1600: The Potential of Psychedelics for Mental Health Disorders

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1800 – 1900: Networking Session

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- National Medicines Policy
- The Future of Drug Delivery

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