



Emergency Care: The Performance Edge

CRUISING THE SOUTH PACIFIC DEPARTING BRISBANE
12-19 February 2027 | 24 CPD Hrs



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

This conference is designed for emergency nurses and paramedics who want more than routine CPD.

Delivered at sea, it combines high-level emergency education with a genuinely memorable experience. The kind of professional development you look forward to, not endure. You'll be surrounded by clinicians who understand the realities of high-pressure work and who are serious about refining their practice.

Across the voyage, you'll revisit and extend essential emergency knowledge: ALS and PALS theory, early recognition of deterioration, clinical decision-making under pressure, human factors, and leadership in unpredictable environments. Sessions are practical, current and grounded in real emergency care and are focused on judgement, prioritisation and performance when it counts.



Just as importantly, this program addresses the parts of emergency work that directly affect clinical safety but are rarely examined in depth.

- Fatigue
- Moral distress
- Team dynamics
- Leadership strain.

We will explore these topics openly and professionally, alongside evidence-informed strategies to strengthen personal sustainability and team performance.



The setting matters.

Time away from your usual environment creates space to think clearly, connect meaningfully and reflect without interruption. Conversations continue beyond the sessions, maybe over dinner or on deck, and in the spaces where real professional insight often happens.

Step out of the learning space and into a floating playground. There are rooftop decks and sunset cocktails, long dinners that turn into laughter-filled debriefs, live music, themed parties, quiet lounges, poolside afternoons and late-night conversations you didn't know you needed. You can dress up, wind down, dance, swim, book a spa treatment, hit the gym, or simply claim a deck chair and watch the horizon roll by. It's the perfect counterbalance to serious education, energy, connection and a proper sense of occasion.

And then there are the ports.

Each destination brings something different: striking coastlines, vibrant local markets, historic streets, fresh seafood, and unexpected adventures. One day you're deep in clinical discussion; the next you're standing somewhere you've never been before, camera in hand and salt in your hair.

It's CPD with atmosphere. Education with a soundtrack. Professional growth wrapped inside a holiday you'll remember long after the certificate is filed away.

Why Attend?

This conference delivers clinically relevant, high-level education in a setting that allows you to focus properly. You'll refine your assessment skills, strengthen your decision-making under pressure, and examine the human factors that influence outcomes in real time. You'll test your thinking, challenge assumptions, and learn alongside experienced clinicians who understand the stakes.

At the same time, you'll step out of the constant noise of the workplace. Time away creates clarity. Conversations deepen. Perspective shifts. You return not just with updated knowledge, but with renewed professional energy and a stronger network.

If you're going to invest time and money in CPD, it should be substantial, energising and memorable. This one is!

LEARNING OUTCOMES

At this Conference, participants will:

- Integrate contemporary ALS and PALS principles into complex, high-pressure emergency scenarios
- Strengthen advanced clinical reasoning and prioritisation in time-critical environments
- Analyse the impact of leadership, communication, and human factors on emergency and prehospital outcomes
- Implement practical, evidence-informed strategies to enhance personal sustainability, team performance, and clinical safety

YOU WILL ALSO LEARN

- Early physiological and behavioural warning signs that precede clinical collapse
- How cognitive bias, fixation and delay contribute to preventable harm
- Structured assessment and escalation frameworks that improve outcomes
- When and how to act decisively before deterioration becomes irreversible
- Accurate recognition of common and high-risk cardiac rhythms
- When monitoring is sufficient and when escalation is critical
- Indicators for urgent intervention versus ongoing observation
- Rapid interpretation skills that hold up under pressure
- How to apply deterioration frameworks to real-world clinical scenarios
- How to identify missed cues and improve future performance
- Embedding reflective thinking into daily practice
- How to conduct structured, psychologically safe debriefs
- Moving from blame to systems-based learning
- Supporting colleagues after critical incidents
- Using debriefing as both a safety strategy and professional obligation
- Rapid identification of life-threatening versus distracting injuries
- Early prioritisation that prevents secondary harm
- Maintaining clarity and discipline in high-stakes environments
- How fatigue, stress and cognitive overload impair performance
- Recognising personal vulnerability in real time
- Closed-loop communication as a clinical safety intervention
- Leading effectively without formal authority
- Managing conflict when emotions and stakes are high
- Maintaining composure while making rapid decisions
- Strengthening team function during escalating situations
- Identifying signs and impacts of moral distress
- Structured approaches to navigating ethical uncertainty
- Balancing professional standards with system constraints
- The difference between appropriate connection and boundary drift
- Early warning signs of boundary vulnerability
- Why high-stress environments increase risk of transgressions
- Applying boundary awareness in complex, real-world situations
- How low-level incivility impacts patient safety and team performance
- Why policy alone does not solve cultural problems
- Building psychological safety in pressured environments
- Early signs of burnout that are commonly normalised
- Sustainable self-care strategies beyond superficial fixes
- Recognising cumulative trauma and processing it effectively
- How insight improves technical performance
- Using mentoring as a professional growth strategy

*"I highly recommended a cruising conference with nurses for nurses as it allows for you to obtain your yearly continuing professional development. Not only do you get to learn about your own field of nursing, but you also get to learn about other areas of nursing. In addition, networking is a great way to see opportunities." -
Carla, Public Health, Cruising Asia*

DETAILED ITINERARY

DAY 1: 12/02/2027 | Depart Brisbane | 1600



1600: We set Sail

Make sure you are on deck to say bon voyage.

1800 - 1900: 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: 13/02/2027 | Conference Day

0800 – 1000: What is Emergency Care? | Recognition of the Deteriorating Patient

Emergency care is not defined by location. It's defined by decision-making under pressure. In this two-hour session, we examine what truly constitutes emergency care across hospital and prehospital settings, and why early recognition of deterioration remains one of the most critical determinants of patient outcomes.

Participants will explore subtle physiological and behavioural warning signs that precede collapse, strengthen systematic assessment and escalation practices, and examine how cognitive bias, fixation and delayed decision-making contribute to preventable harm. Grounded in real clinical scenarios, this session sharpens clinical vigilance, reinforces structured thinking, and builds the confidence to act early and decisively when it matters most.

1000 – 1030: Break

1030 – 1230: Recognition of the Deteriorating Patient Continued | Cardiac Rhythm Interpretation

Accurate rhythm recognition is a core emergency skill but interpretation without clinical context is not enough. This two-hour session strengthens participants' ability to recognise common and high-risk cardiac rhythms, while linking ECG findings directly to patient presentation and haemodynamic status.

The focus moves beyond pattern spotting to clinical judgement: when to monitor, when to escalate, and when urgent intervention is required. Through applied case discussion, attendees will refine rapid interpretation skills and build confidence in making timely, evidence-informed decisions in high-pressure situations.



1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes.

You will be provided with 3 case studies and a reflective template to explore in relation to the deteriorating patient.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

"Nurses for nurses go above and beyond to provide information, resources that are up to date and relevant to current practices. Being able to do study, up date skills and knowledge outside the normal learning environment makes it even more interesting and worthwhile." - Carla, Beyond the Bet, Cruising Sydney to Melbourne

DAY 3: 14/02/2027 | Conference Day

Morning Self-directed via the Online Library

You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes.



Debriefing and Learning from Incidents

Incidents are inevitable in emergency care — learning from them is not automatic. This two-hour session focuses on purposeful clinical debriefing as a structured tool for improving performance, strengthening teams and supporting wellbeing. Participants will examine how to conduct effective debriefs after adverse events and near misses, moving beyond blame toward meaningful analysis and system learning.

The session also addresses the emotional impact of critical incidents and practical approaches to supporting staff in the aftermath. Grounded in real-world practice, this discussion reinforces debriefing as both a safety strategy and a professional responsibility.

1100 – 1230: Lunch

1230 – 1430: Trauma Assessment and Early Priorities

In major trauma, the first minutes shape the outcome. This session focuses on structured trauma assessment and the critical priorities that guide early management. Participants will revisit the principles of the primary survey plus the trauma specific primary survey, refine rapid prioritisation skills, and strengthen their ability to identify life-threatening injuries whilst recognising distracting injuries, before they are missed.

The session also examines the role of clear, disciplined closed loop communication within the trauma team, ensuring information is shared efficiently, roles are understood, and decisions are made without delay. Practical, scenario-based discussion will reinforce systematic thinking, team coordination and confident early intervention in high-stakes situations.

1430 – 1500: Break

1500 – 1700: Human Factors in Emergency Care

Clinical skill does not operate in isolation, it operates within systems, under pressure, and through human limitation. This session examines the impact of fatigue, stress and cognitive load on performance in emergency and prehospital environments.

Participants will explore how system design, workflow pressures and team dynamics contribute to error, even among experienced clinicians. The session focuses on practical strategies to recognise vulnerability, reduce risk and strengthen safety behaviours in real time. Grounded in contemporary human factors science, this discussion reinforces that improving outcomes requires attention not only to what we know, but to how we function when it matters most.



1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 4: 15/02/2027 | On Shore in Mystery Island, Vanuatu | 0700 – 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. 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 presenters and other attendees to discuss the events of the day and get to know each other. The conference Facilitators and Presenter will be at the venue to answer any of your queries.



DAY 5: 16/02/2027 | On Shore in Noumea, New Caledonia | 0700 – 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.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 6: 17/02/2027 | Conference Day



0800 – 1000: Communication and Leadership Under Pressure

In emergency environments, communication is a clinical intervention. This session focuses on the disciplined communication and leadership behaviours that directly influence patient outcomes.

Participants will revisit closed-loop communication and its role in reducing error, explore how to lead effectively without formal authority, and develop strategies for managing conflict when emotions and stakes are high. Drawing on real emergency and prehospital scenarios, the session strengthens clarity, decisiveness and composure ensuring teams function effectively even when pressure escalates.

1000 – 1030: Break

1030 – 1230: Ethics and Moral Distress

Emergency care is full of decisions that are clinically clear but ethically complex. This session examines the ethical tensions that arise in high-pressure environments including resource limitations, end-of-life decisions, competing priorities, and system constraints.

Participants will explore the concept of moral distress, how it presents in emergency and prehospital clinicians, and its impact on professional responsibility and wellbeing. Through case-based discussion, the session will identify practical coping strategies and structured approaches to navigating ethical uncertainty while maintaining professional integrity and clinical standards.

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

This self-directed activity will focus on understanding yourself as a professional This self-exploration exercise will have you asking deep questions of yourself. This exercise will then be explored in the first session on day 7.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other. The conference Facilitators and Presenter will be at the venue to answer any of your queries.



DAY 7: 18/02/2027 | Conference Day

Morning Self-directed via the Online Library

Professional Boundaries

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

Professional boundaries are about safety, the safety of the professional and the safety of the patient. Few organisations, however, offer education or training that dives deep into the importance of boundaries to protect vulnerabilities in professionals that could lead to boundary transgressions.



The Concept of Incivility

Incivility in healthcare is often minimised as stress, personality differences, or “just the culture.” Yet research shows that low-level rudeness, dismissive communication, eye-rolling, exclusion, and unaddressed tension create measurable harm, reducing psychological safety, increasing errors, and driving staff disengagement.

This session examines how incivility develops, how it can escalate into bullying when ignored, and why formal policies alone rarely resolve the problem.

Participants will explore the organisational drivers of incivility, including workload pressure, hierarchy, leadership behaviour, and poorly designed systems.

1100 – 1230: Lunch

1230 – 1430: Self Care, Career Sustainability and Real-Life Post-Traumatic Growth

Emergency clinicians are trained to manage crisis but rarely trained to manage the cumulative impact of it. This session takes an honest look at burnout recognition, the early warning signs that are often normalised, and the long-term consequences of ignoring them.

Participants will explore practical, sustainable self-care strategies that extend beyond surface-level fixes, alongside structured approaches to planning a long career in high-acuity environments. The session also examines real-life post-traumatic growth and how challenging experiences, when processed well, can strengthen insight, boundaries and professional depth. Grounded, realistic and clinically relevant, this session focuses on sustaining performance without sacrificing yourself in the process.

1430 – 1500: Break

1500 – 1700: Reflective Practice and Professional Identity

Technical skill alone does not define a clinician, insight does. This session explores structured clinical reflection as a deliberate tool for strengthening judgement, resilience and professional identity. Participants will examine how experience shapes practice, how to critically analyse complex clinical moments without defensiveness, and how reflection can translate into measurable improvements in performance.

The session also addresses the role of mentoring, both giving and receiving, as a cornerstone of professional growth in emergency and prehospital environments. Practical frameworks will be provided to ensure reflection moves beyond thought and becomes embedded in everyday clinical practice.

1800 – 1900: Farewell Function

Join presenters and other attendees to discuss say your final farewells.

DAY 8: 19/02/2027 | Arrive Brisbane

0630: Disembark – safe travels!

“This was my first time attending the conference, and it was such a unique experience. I’ve always loved traveling to different countries, but this time was different—I gained so much knowledge while growing in my nursing career. It showed me that it’s possible to learn, explore, and connect with like-minded nurses. I can’t wait to do more conference around the world.” - Roselle, Cardiac Assessment of the Deteriorating Patient, Cruising the South Pacific

OUR PRESENTERS



Lucy Osborn, RN, GradCertPaediatricNg (CritCare), Research (Hons) PhD Candidate, FACN

Lucy Osborn brings experience across clinical practice, academia and national leadership, with a strong reputation for delivering engaging, high-impact education for nurses at every stage of their career. She is currently undertaking a PhD focused on nursing competence assessment and recently delivered the keynote address at the 2025 Australian College of Nursing (ACN) Nurses Forum. Lucy is also the youngest Fellow in ACN's history — a distinction that reflects her commitment to leadership, mentorship and professional advocacy.

Her areas of expertise include nursing leadership, paediatric and neonatal intensive care, emergency practice, health equity and system-level advocacy. Lucy's presentations are dynamic, evidence-based and grounded in contemporary nursing realities. Whether leading a workshop or addressing a national audience, she creates space for reflection, critical thinking and professional confidence — leaving nurses clearer in their purpose and energised in their practice.



Jackson Sorati, RN, ParaMed, GradCert Tertiary Education and Learning

Jackson Sorati is a dual-qualified Registered Nurse and Advanced Life Support Paramedic with extensive experience across emergency, paediatric and prehospital care.

He currently works as a Registered ALS Paramedic with Ambulance Victoria and worked as a Registered Nurse in the Emergency Department at The Royal Children's Hospital for over 5 years prior.

Jackson holds a Bachelor of Paramedicine/Bachelor of Nursing from Australian Catholic University and a Graduate Certificate in Learning and Teaching (Higher Education) from Swinburne University of Technology. His clinical expertise includes advanced paediatric emergency care, ultrasound-guided peripheral IV cannulation, trauma team training and high-acuity decision-making in complex, high-stress environments.

Alongside his frontline roles, Jackson is a Sessional Teacher at Swinburne University, where he facilitates clinical learning environments, writes and delivers simulation scenarios, convenes first-year subjects and mentors undergraduate and graduate students. He is committed to developing confident, capable clinicians through practical, engaging education.

Jackson also serves as a Light Cavalry Scout with combat medical aid training in the Royal Australian Armoured Corps (Australian Defence Force), where he has demonstrated leadership under pressure, including service during Operation Bushfire Assist. His military background reinforces his commitment to teamwork, initiative, respect and calm performance in demanding environments.

Across clinical practice, education and service, Jackson brings a grounded, high-performance perspective to emergency care — combining technical skill, leadership and a deep commitment to patient-centred practice.

VENUE

Royal Caribbean's Quantum of the Seas

There's something for everyone on this incredible ship, from the adrenaline rush of the skydiving simulator to the fun of spontaneous parades and live entertainment. When it's time to recharge, enjoy a wide range of dining options, including relaxed, family-style meals at Jamie's Italian by Jamie Oliver and a more refined experience at the Chef's Table.



REGISTRATION COSTS

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

INCLUSIONS

- An extensive Conference program based on current best practice that meet
- 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 Presenter
- Conference Pack which includes a pen, bag and lanyard (this is important on a cruise ship to attach your room key, which becomes your lifeline on a ship)
- The opportunity to meet as a group in 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

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@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.

CONDENSED ITINERARY

DAY 1: 12/02/2027 | Depart Brisbane | 1600

1600: We set Sail

1800 – 1900: Conference Registration and Welcome Function

DAY 2: 13/02/2027 | Conference Day

0800 – 1000: What is Emergency Care? & Recognition of the Deteriorating Patient

1000 – 1030: Break

1030 – 1230: Recognition of deteriorating patient cont. plus Cardiac Rhythm Interpretation

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

- Reinforcing the learnings of this morning
- Case studies and a reflective template to explore in relation to the deteriorating patient.

1800 – 1900: Networking Session

DAY 3: 14/02/2027 | Conference Day

Morning Self-directed via the Online Library

- Debriefing and Learning from Incidents

1100 – 1230: Lunch

1230 – 1430: Trauma Assessment and Early Priorities

1430 – 1500: Break

1500 – 1700: Human Factors in Emergency Care

1800 – 1900: Networking Session

DAY 4: 15/02/2027 | Mystery Island, Vanuatu

0700 – 1700: Explore at your Leisure

1800 – 1900: Networking Session

DAY 5: 16/02/2027 | Noumea, New Caledonia

0700 – 1700: Explore at your Leisure

1800 – 1900: Networking Session

DAY 6: 17/02/2027 | Conference Day

0800 – 1000: Communication and Leadership Under Pressure

1000 – 1030: Break

1030 – 1230: Ethics and Moral Distress

1230 – 1430: Lunch

Afternoon Self-directed via the Online Library

- Focus on understanding yourself as a professional

1800 – 1900: Networking Session

DAY 7: 18/02/2027 | Conference Day

Morning Self-directed via the Online Library

- Professional Boundaries
- The Concept of Incivility

1100 – 1230: Lunch

1230 – 1430: Self Care, Career Sustainability and Real-Life Post-Traumatic Growth

1430 – 1500: Break

1500 – 1700: Reflective Practice and Professional Identity

1800 – 1900: Farewell Function

DAY 8: 19/02/2027 | Arrive Brisbane

0630: Disembark - safe travels!