



Essentials to Keeping Afloat in Perioperative Nursing

CRUISING THE SOUTH PACIFIC DEPARTING
BRISBANE

13 – 21st March 2026 | 24 CPD Hrs



EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT



Perioperative nursing is a wonderful, dynamic, and challenging nursing speciality. It's a team sport where medical, nursing and ancillary staff are thrust together in a team environment. When this works well, it is a masterpiece to behold; however, when personalities, production pressures and unforeseen circumstances arise, it can be fraught with difficulties.

Perioperative nursing is not always taught in the undergraduate curricula; thus, the importance of post-registration education in this speciality cannot be overestimated. It will also provide valuable learning for surgical ward nurses who want to have a better understanding of the surgical process their patients experience to be able to care for them postoperatively with greater understanding and insight. It is suitable for both novice and experienced nurses.

You will come away educated and empowered and realise that perioperative nurses are really a very unique and talented speciality, and we can make a huge difference to our patient care if we really try.

LEARNING OUTCOMES

At this Conference, participants will:

- Come away from this conference feeling educated, empowered and with a rejuvenated passion for perioperative nursing!
- Explore and more deeply understand the perioperative environment and how this may impact on us as nurses and on adverse events.
- Be provided with evidence-based information about perioperative incidents from a case history perspective and explore how we can prepare and prevent these occurrences.
- Discuss and understand the physiology and treatment of some perioperative emergency situations.

YOU WILL ALSO LEARN

- To appreciate the unique skills of perioperative nurses
- The impact or professionalism or lack thereof in the perioperative environment
- The importance of good leadership and the trait and characteristics of great leaders
- About human factors and situational awareness and how these impact on perioperative outcomes
- The concept of 'Napping on Night Duty'
- About the frequency and evidence related to Retained Surgical Items (RSI) and how to prevent this
- The frequency, causes, and prevention mechanisms of Venous Thromboembolism (VTE)
- The surprisingly serious outcomes from poor prevention and management of Perioperative Inadvertent Hypothermia
- Via past case histories learnings from coronial inquests
- About the triggers, treatments and prevention of Malignant Hyperthermia
- Diagnosis and treatment of perioperative anaphylaxis
- The challenges of Cardiopulmonary Resuscitation (CPR) in the perioperative environment.
- Why we should use evidence-based practice
- Causes prevention and treatment of Compassion Fatigue/ Empathetic Distress Fatigue

"The lectures given by Paula Foran were excellent - very informative and delightfully presented. Paula is clearly very passionate about patient care and has written a multitude of papers on perioperative nursing. She also has served on the ANZCA board and Coroners findings which made her experience very current and profound." – Renae, Perioperative Nursing 2023, Papua New Guinea

DETAILED ITINERARY



DAY 1: 13/03/2026 | DEPART BRISBANE | 1600

1600: We set Sail

Make sure you are on deck to say bon voyage.

1800 - 1900: Conference Registration and Welcome Function

Venue: High Notes Bar, Deck 14 | Partners are Welcome

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: 14/03/2026 | Conference Day | Preparing the Crew for a Harmonious and Happy Cruise | Caribbean Conference Room | Deck 2

0800 – 0900: Professionalism in the Perioperative Environment

Teamwork is an integral part of perioperative nursing; however, several factors can impede this process, having negative effects on patient safety while in the operating suite.

This presentation aims to openly discuss the difficult issues that can prevent the smooth running of an operating suite, disrupt communication and promote poor staff health and morale.

The presentation will define professionalism, discuss language, confidentiality (phone, internet and social media), bitching, white-anting, and setting people up to fail. An appropriate solution to each issue will follow.

0900 – 1000: Leadership in the Operating Suite

Effective leadership in perioperative nursing is vital to steer the ship on the correct and safe path. However, you do not have to be 'in charge' to be a leader. This presentation will discuss leadership theories and the impacts of both good and bad leadership on perioperative practice.

1000 – 1030: Break

1030 – 1130: Human Factors and Situational Awareness

'Human factors' may be defined as the environmental, organisational and job factors and human and individual characteristics that influence behaviour at work in a way that can affect health and safety (Health and Safety Executive United Kingdom 2016).

'Situational Awareness' is the ability to identify, process, and comprehend the critical elements of information about what is happening to the team with regard to the mission (United States Coastguard 2016).

Recent studies indicate that the leading cause (70%) of perioperative adverse events can be attributed to human factors and lack of team members' non-technical skills, such as poor communication, poor teamwork, poor leadership, poor decision-making, and poor situational awareness.

These topics will be discussed to improve human factors, situational awareness and patient safety.

1130 – 1230: Perioperative Fatigue

Heavy workloads and, in some cases, 'on call' shifts all add to perioperative fatigue.

Long working hours by staff pose the greatest threat to patient safety because fatigue slows reaction time, diminishes attention to detail, decreases energy, and contributes to errors (American Society of Registered Nurses, 2010).

This presentation will describe the circumstances leading to fatigue and highlight the real cost of perioperative fatigue to both perioperative nurses and their patients.

1230 – 1400: Lunch



DAY 2 CONTINUED:

Afternoon Self-directed via the Online Library

This afternoon you have self-directed learning activities that equate to two hours of CPD. 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.

- Asleep on the job: Can night shift napping provide greater safety for both staff and patients?
- Australian College of Perioperative Nurses (ACORN) - Standards on Staffing and Fatigue

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 3: 15/03/2026 | Conference Day | Preparing the Crew for a Safe Passage in Rough Seas | Caribbean Conference Room | Deck 2

Morning Self-directed via the Online Library

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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.

- Standards for Safe and Quality Care in the Perioperative Environment (SSQCPE): Accountable Items
- Review your hospital policy on the assessment, prevention and management of Venous thromboembolism (VTE)

1230 – 1330: Forgotten Something? - Retained Items

Whilst literature often refers to retained items as a 'never event' this occurrence still occurs.

This presentation will look at the prevalence of retained items, and mechanisms that can be put in place to ensure a rigorous and safe counting process.



1330 – 1430: Perioperative Prevention & Management of Venous Thromboembolism

The prevention and management of venous thromboembolism (VTE) is often at odds with hospital guidelines and practice. This presentation will present case histories revealing the real-life impact of VTE, look at how VTE formation occurs, and discuss preventative measures.

1430 – 1500: Break

1500 – 1600: Perioperative Inadvertent Hypothermia (Part 1)

An alteration to a patient's temperature seems like a simple problem however perioperative inadvertent hypothermia has very serious consequences if not detected and treated. This presentation will look at how we take patients temperatures, occurrence, consequences and treatment.

1600 – 1700: Perioperative Inadvertent Hypothermia (Part 2)

This continued presentation will look at consequences and treatment.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.



DAY 4: 16/03/2026 | On Shore in Noumea, New Caledonia | 0700 – 1500

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.

DAY 5: 17/03/2026 | On Shore in Mystery Island, Vanuatu | 0700 – 1630

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.

DAY 6: 18/03/2026 | On Shore in Port Villa, Vanuatu | 0930 – 1700

Explore at your Leisure

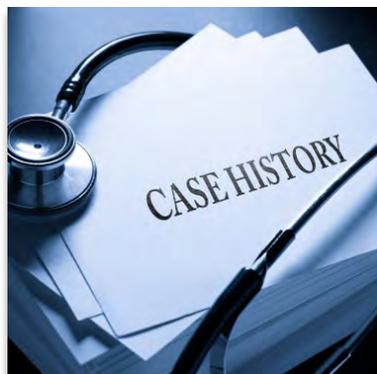
A melting pot of ethnicity and culture, sunny Noumea will quickly win you over with its upbeat city vibe. The capital city of New Caledonia offers some of the best weather in the South Pacific. Noumea's cultural pride shines through in its museums, theatres and art galleries — check out the Jean-Marie Tjibaou Cultural Centre to explore the traditional Kanak culture.

Head to the top of the Noumea Cathedral for views of the island, dotted with palms, hibiscuses and coconut trees. Hop a ferry out to Amedee Island to see its lighthouse and swim with sea turtles.

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 7: 19/03/2026 | Conference Day | Man the Lifeboats: Emergencies Situation at Sea | Caribbean Conference Room | Deck 2



0800 – 0900: Case Histories from the Coronial Inquests Informing our Perioperative Practice

This presentation will look at published case histories of incidents that have occurred in the perioperative environment with a view to learning in hindsight.

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1000 – 1030: Break

1030 – 1130: Malignant Hyperthermia

Malignant Hyperthermia is an uncommon disorder of skeletal muscle, with autosomal dominant inheritance, involving abnormal skeletal muscle calcium metabolism (Chan et al. 2017). Rapid recognition, and management is required to treat and manage this life-threatening situation. Definitions, underlying physiology and treatment will be presented.

DAY 7 CONTINUED:

1130 – 1230: Perioperative Anaphylaxis

Although infrequent, potentially catastrophic anaphylactic reactions may occur anytime during the perioperative period thus anaphylaxis continues to be a major concern for all perioperative staff.

The effective anticipation, prevention, and treatment of these reactions represent real challenges for all medical and nursing staff who must work in close cooperation during these events (Mertes & Florvaag 2016).

This presentation will explain the pathophysiology behind anaphylaxis and discuss current evidence-based practice for the treatment and management of this emergency.



1300 – 1500: Lunch

Afternoon Self-directed via the Online Library

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- ANZCA Anaphylaxis
- MHANZ: Malignant Hyperthermia Resource Kit

1800 – 1900: Networking Session

Join presenters and other attendees to discuss the events of the day and get to know each other.

"Brilliant! Dr Foran is an inspiration to nursing. Extremely interesting and engaging. All of it was fabulous but lovely to meet Sue and Paula and make new friends. Recommend to anyone in Periop environment. Thank you." – Meeghan, Perioperative Nursing 2023, Papua New Guinea

DAY 8: 20/03/2026 | Conference Day | Caribbean Conference Room | Deck 2

Morning Self-directed via the Online Library

This morning you have self-directed learning activities that equate to two hours of CPD. 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.

- CPR Guidelines for Adults
- CPR Guidelines for Children

1230 – 1330: CPR in the OR: A Case History Approach

Cardiopulmonary arrest may occur at any stage of the perioperative journey. Whilst all nurses are trained in the basic life support and often also advanced life support, this presentation will offer specific understanding of this emergency occurrence and management in the OR by taking a case history approach.

1330 – 1430: Compassion Fatigue and Evidenced Based Practice

This presentation will look at how evidence inform our practice, and the lack thereof can be detrimental to ourselves, our patients and contribute to compassion fatigue. Strategies for preventions and care will also be discussed.

1430 – 1500: Break

DAY 8 CONTINUED:

1500 – 1600: Putting it All Together

An opportunity to ask any further questions from the seminar learnings and to discuss how this education provided may be able to change practice on return to the perioperative environment.

1800 – 1900: Farewell Function | Venue: High Notes Bar, Deck 14 | Partners are Welcome

Join presenters and other attendees to discuss the events of the day and get to know each other.

DAY 9: 21/03/2026 | Arrive Brisbane

Disembark – safe travels!

OUR PRESENTER

DR PAULA FORAN, PhD., R.N., FACORN, FACPAN



Dr Paula Foran comes from a perianaesthesia nursing background and has many publications to her credit including published nursing articles and several book chapters. Paula has been a guest speaker and presented keynote presentations at national & international conferences. She has been awarded the 'Most Popular Presenter' for her keynote address at the International Collaboration of Perianaesthesia Nurses, and Best Oral Paper award at the European Operating Room Nurses conference in The Hague.

Paula completed her research PhD in 2012 and is an adjunct lecturer with the University of Tasmania. Paula currently sits on the 'Victorian Perioperative Council' and the Anaesthesia case review sub-committee in morbidity and mortality for the Department of Health.

She is also a sub-editor for the Journal of Perioperative Nursing and manages the column, 'Emerging Scholars' where Paula assists postgraduate students to see their publications come to fruition.

In her spare time, Paula is a registered Marriage Celebrant and MC!

"I thoroughly enjoyed the entire conference and am so happy I participated. Please thank Paula for being such an engaging presenter and for sharing her wealth of experience. Excellent week thank you." – Catherine, Perioperative Nursing 2023, Papua New Guinea

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.

VENUE

Royal Caribbean's Voyager of the Seas

Voyager of the Seas is brimming with exciting experiences that will ignite your sense of adventure. While onboard, you can enjoy vibrant junkanoo parades along the Promenade, savour delicious Asian cuisine at Izumi, and indulge in thrilling activities across every deck. From riding the waves on the FlowRider surf simulator to gliding around the ice-skating rink at night, there's something for everyone.

UNLEASH ADVENTURE ON EVERY LEVEL

Elevate your excitement with the Rock-Climbing Wall, master the FlowRider, or enjoy some ice time with skate sessions. Challenge yourself with a round of mini golf or dive into your ultimate getaway, where you're in charge of how to make the most of your day.



HOW TO DRESS ON A CRUISE SHIP



Most cruise lines offer a casual atmosphere onboard. Casual attire is the norm during the day, and there is no formal dress code at night. However, many passengers choose to change into something slightly less casual for dinner.

At least once per sailing, during which passengers are encouraged to dress up. While you rarely see tuxedos or evening gowns, suits and cocktail dresses are quite common.

Additionally, ships usually host several themed nights, such as White Parties, '70s, or '80s Night, Hawaiian or even Mexican during each sailing. It's a good idea to bring along a few themed items.

NB: Closer to your sail date you will be able to see what the exact theme nights are being held via your cruise companies app.

INCLUSIONS

- An extensive Conference program based on current best practice that meet
- A Conference presenter who is excited to be able to share her 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

REGISTRATION COSTS

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

OFFICE CONTACT

Payments | Receipts | Refunds | Travel Arrangements
Education at Sea | 02 7908 7774
enquiries@educationatsea.com.au
BH: Mon – Fri | 1000 - 1700

Program | Online Library | Certificates
The Nurses for Nurses Network | 07 4151 3884
enquiries@nfn.com.au
BH: Mon – Thu | 0900 - 1500

INSURANCE

The Nurses for Nurses Network and Education at Sea strongly recommends customers take out travel insurance at the time of registration for an event to cover any unforeseen circumstances that may prevent them attending and thus incurring any financial loss.

DISCLAIMER

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

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CONDENSED ITINERARY

DAY 1: 13/03/2026 | Depart Brisbane | 1600

1530: We set Sail

1800 - 1900: Conference Registration and Welcome Function
Venue: High Notes Bar, Deck 14 | Partners are Welcome

DAY 2: 14/03/2026 | Conference Day

Preparing the Crew for a Harmonious and Happy Cruise

0800 – 0900: Professionalism in the Perioperative Environment

0900 – 1000: Leadership in the Operating Suite

1000 – 1030: Break

1030 – 1130: Human Factors and Situational Awareness

1130 – 1230: Perioperative Fatigue

1230 – 1400: Lunch Break

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1800 – 1900: Networking Session

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Preparing the Crew for a Safe Passage in Rough Seas

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- Review your hospital policy on the assessment, prevention and management of Venous thromboembolism (VTE)

1100 – 1230: Lunch

1230 – 1330: Forgotten Something? - Retained Items

1330 – 1430: Perioperative Prevention & Management of Venous Thromboembolism

1430 – 1500: Break

1500 – 1600: Perioperative Inadvertent Hypothermia (Pt 1)

1600 – 1700: Perioperative Inadvertent Hypothermia (Pt 2)

1800 – 1900: Networking Session

DAY 4: 16/03/2026 | Mystery Island, Vanuatu

0700 – 1630: Explore at your Leisure

1800 – 1900: Networking Session

DAY 5: 17/03/2026 | Noumea, New Caledonia

0700 – 1500: Explore at your Leisure

1800 – 1900: Networking Session

DAY 6: 18/03/2026 | Port Villa, Vanuatu

0930 – 1700: Explore at your Leisure

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DAY 7: 19/03/2026 | Conference Day

Man the Lifeboats: Emergencies Situation at Sea

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1500 – 1600: Putting it All Together

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DAY 9: 21/03/2026 | Arrive Brisbane

0630: Disembark - safe travels!