

Clinical Assessment of a patient with Cardiac and Respiratory Deterioration

CRUISING TANGALOOMA, MORETON ISLAND
DEPARTING SYDNEY

20-24 June 2027 | 12 CPD Hrs

NURSES FOR NURSES

EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

All nurses in any setting need to be able to recognise a deteriorating patient. It is the nurse who saves the patient because unless the nurse recognises deterioration then no doctor is called.



Would You Recognise the Early Signs of Cardiac or Respiratory Deterioration?
A patient becomes increasingly restless. Their breathing is a little faster than it was an hour ago. Their heart rate has changed. Something isn't quite right.

Would you recognise the significance of these changes? Would you know what to assess next, what the findings might mean and when to escalate your concerns?

Recognising a deteriorating patient is one of the most important responsibilities in nursing. It doesn't matter whether you work in a hospital or community setting. The ability to recognise early warning signs and act appropriately can make a significant difference to patient outcomes.

Clinical Assessment of a Patient with Cardiac and Respiratory Deterioration is a practical, clinically focused conference designed to strengthen your assessment skills and build confidence in recognising patients at risk.

Explore cardiac assessment, important ECG changes including ST elevation, ST depression and T wave inversion, and the clinical signs that may indicate cardiac compromise.

Develop your respiratory assessment skills using the structured ABCDE approach, recognise subtle changes in respiratory function and understand when deterioration requires urgent intervention.

Don't just record the observations. Understand what they're telling you.

Join us to strengthen the clinical assessment skills that underpin safe, effective nursing care.

LEARNING OUTCOMES

At this conference, attendees will:

- Gain expert knowledge and skills in the interpretation of arrythmias leading to sudden cardiac arrest
- Learn to confidently recognise early changes such as ST elevation, ST depression and T wave inversion
- Discuss the general respiratory assessment of a deteriorating patient with respiratory compromise
- Understand key abnormal lung sounds, such as crackles and wheezes and gain knowledge on the underlying disorder

YOU WILL ALSO LEARN

- To recognise a patient deteriorating with a cardiac disorder
- To interpret deterioration of a monitored patient
- The significance of the three potentially serious changes in an ECG such as ST elevation, ST depression and T wave inversion
- To recognise a patient deteriorating with a respiratory disorder or condition
- Examine clinical knowledge of common and emerging respiratory conditions — linking assessment findings to specific disorders, including newer issues such as vaping-related lung injury in younger patients
- The anatomy of the lung fields, examining the lobes and landmarks for auscultation
- To auscultate the lungs and demonstrate understanding and significance of abnormal signs.
- 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

DETAILED ITINERARY



DAY 1: 20/06/2027 | Depart Sydney | 1530

1530: We set Sail
Whether you're departing or arriving in Sydney, you'll be surrounded by icons. The Harbour Bridge and Sydney Opera House provide the perfect backdrop for all your selfies. Make sure you are on deck to say bon voyage.

1700 - 1800: Conference Registration and Welcome Function | Guests 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: 21/06/2027 | Conference Day

Morning Self-directed via the Online Library

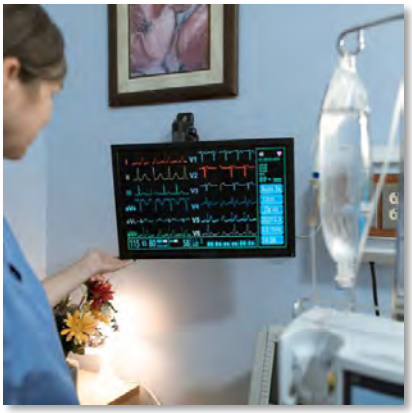
The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.

Master Normal ECG Patterns and Respond Before it's an Emergency
This webinar will provide clear guidance and practical examples as you work step-by-step through the expected level of practice that nurses must be competent in when assessing cardiac rhythms. Participants will be shown how to systematically assess the five key ECG parameters that define normal sinus rhythm.

Developing Assertiveness to use in Challenging Situations
This webinar addresses the obstacle of developing assertiveness to use in challenging situations by combining assertiveness techniques with practical guidance on confidently conveying your opinions and concerns both in the workplace and your personal life.

1100 – 1300: Break

1300 – 1400: Telemetry/ Foundational Principles of ECG Monitoring | Monitoring a Patient
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.

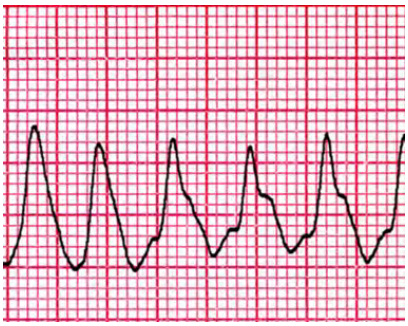
This session is vital to assist with understanding electrophysiology, which is the foundation for interpreting arrhythmias and essential knowledge. It is also a requirement for all nurses working in telemetry units and in critical and coronary care, post-anaesthesia care unit (PACU) and emergency departments.

1400 – 1430: Why Nurses Must Recognise ST Elevation, ST Depression, and T Wave Inversion
Telemetry only protects a patient if the nurse watching it can interpret what it shows, recognition, not just monitoring, is what makes it a safety system. Cardiac ischaemia is time-critical ("time is muscle"), earlier recognition means less permanent heart damage.

Ward patients (vs ICU/CCU) have lower monitoring ratios and often silent/atypical presentations, so the bedside nurse is frequently the first and only person positioned to catch a change early. With higher-risk patients in CCU/ICU/ ED patients are often already having or evolving a cardiac event. These patients can go from stable to peri-arrest in minutes — missed or delayed recognition can precede cardiac arrest, cardiogenic shock, or fatal arrhythmia.

1430 – 1500: Break

DAY 2 CONTINUED:



1500 – 1545: Assessment of a Patient with a Life-threatening
In this session, we will review 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 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. We will also address the characteristics of polymorphic VT (ventricular tachycardia) and link this knowledge to the following presentation.

1545 – 1630: 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.

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: 22/06/2027 | Tangalooma, Moreton Island

0800 – 1800: Explore at Your Leisure
When you step off the ship at Tangalooma on Moreton Island, you have access to a variety of activities that showcase the island's natural beauty and marine life.

Here are a few things you can do:

- Snorkelling at the Tangalooma Wrecks
- A Marine Discovery Cruise
- Wild Dolphin Feeding
- ATV Quad Bike Tours
- Sand Tobogganing and Desert Safari

Remember to check with your cruise line for the availability and booking of these activities, as they may vary depending on the cruise schedule and weather conditions.

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DAY 4: 23/06/2027 | Conference Day



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: Lung Auscultation
This session explores the significance of advanced respiratory assessment, chest landmarks, and auscultation technique.

Anne will address how to recognise a patient with a deteriorating respiratory disorder using the rapid ABCDE airway assessment method. This is the rapid universal assessment technique which will be followed by how to perform the general respiratory assessment of a deteriorating patient with respiratory compromise, exploring the two key adventitious (abnormal) lung sounds — crackles and wheezes. Various lung disorders will be outlined, with assessment findings related to lung auscultation for each.

1030 – 1100: Break

1100 – 1145: Vaping and the Link to Respiratory Disorders in the Youth
This session examines the growing evidence linking vaping (e-cigarette use) to respiratory disorders in young people. It will cover the mechanics of e-cigarette devices and inhaled aerosol constituents, and outline the respiratory conditions increasingly associated with youth vaping — including EVALI (e-cigarette or vaping product use-associated lung injury), airway inflammation, worsening asthma control, and early signs of chronic bronchitis-type symptoms in adolescents.

The aim of the session is to build nurses' awareness of vaping as an emerging respiratory health issue and strengthen their confidence in recognising, assessing, and discussing it with young patients and their families.

1145 – 1230: Conference Summation with Questions and Answers

1230 – 1430: Break

Afternoon Self-directed via the Online Library
The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.



How to Accurately Perform a 12 Lead ECG
This webinar is aimed at raising awareness of the importance of ECG lead placement. If V1 is incorrectly placed on the chest then all the chest leads will be inaccurate. This can lead to patients being misdiagnosed with many cardiac disorders, such as Brugada syndrome, poor r-wave progression and suspicion of ST-elevation myocardial ischemia, pulmonary embolus and bundle branch block.

Advanced Life Support
his is an important and extremely vital webinar for all nurses. Data is indicating an increasing incidence of cardiac arrests occurring in general wards. It is not just essential knowledge for nurses from critical care, and emergency departments but recommended for Ward Nurses, Psychiatric Nurses, and Midwives.

1700 – 1800: Farewell Function | Guests Welcome
Our last night together, so it's a time to celebrate what we have learnt, the new friends we have made, and the fabulous profession of Nursing. Complimentary drinks will be served, and you are welcome to bring your travelling companion with you.

DAY 5: 24/06/2027 | Sydney

Disembark – safe travels!

"*Travel education with nurses for nurses and education at sea is a wonderful experience. For me personally, it allows me to have my family with me or the feeling of safety and company if I am travelling solo.*"
- Carla, Public Health, Cruising Asia

OUR PRESENTER

Anne Evans-Murray, R.N., BHIthSc, 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 not only understand and retain what she presents but also enjoy the learning experience. She has extensive teaching experience, including over 26 years lecturing for Gold Coast Health District and Griffith University, as well as more than 10 years lecturing students at Bond University.

Anne was also the Program Convenor of the Master of Critical Care Nursing at Griffith University, where she led the development of the course as its principal author.

Anne is a frequent presenter at workshops, conferences and seminars throughout Australia and New Zealand on subjects such as high dependency nursing, cardiac arrhythmias and ECG interpretation, chest X-ray interpretation, clinical assessment of the deteriorating patient, assertion training and leadership. She also conducts accredited Advanced Life Support training for nurses, doctors and paramedics.

Anne has a passionate commitment to empowering clinical staff through increased awareness and knowledge of the critically ill patient's condition, enabling timely interventions that improve 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 used as a textbook at many universities throughout Australia.

REGISTRATION COSTS

Contact the Team at Education at Sea for a personalised quote.

General Registration: $990.00 | Non-practising Nurse: $290.00

(NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

We've realised that many past customers still want to travel with us. We have created a customer classification called Non-Practising Nurse. It is for Retired Nurses who want to travel with our group but no longer need CPD hours. They like to travel with like-minded people, people who get them because they have had similar experiences, and there is a shared connection that creates friendships quickly. Also, travelling as part of a group provides an extra level of support and safety.

The non-practicing registration is only available for our cruise conferences, as the study tours are all-inclusive.

INCLUSIONS

General registration includes:

- A comprehensive conference program based on current best practice and meets the same exacting standards as anything offered in an Australian land-based program
- Access to experienced presenters eager to share their skills, knowledge, and passion with attendees
- Welcome function with drinks (travelling companions welcome)
- Farewell function with drinks (travelling companions welcome)
- Conference pack including a bag, pen, and lanyard (plus lanyards for guests) (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
- Access to an online conference library with educational content, allowing you to complete pre-conference learning activities and tailor your own learning experience
- A conference transcript outlining each session, including session synopses and presenter details
- The opportunity to meet as a group in various conference open forums, in one of the many fabulous locations on the ship
- A Certificate of Completion for you to include in your CPD Portfolio

INCLUSIONS

Non-practising nurse registration includes:

- Inclusion in the Education at Sea / Nurses for Nurses travel group
- Welcome drinks on the first night at the registration function for you and your travelling companion
- Conference pack including a bag, pen, and lanyard (plus lanyards for guests)
- Access to any networking events held onboard
- Opportunity to book shore tours, including hospital visits
- Ability to attend a maximum of five conference sessions that pique your interest – you may not need CPD points, but you could still be interested in various health related topics
- Farewell function on the final night for you and your travelling companion
- Subscription to newsletters to stay informed about future travel events

Additional Information:

- There is no additional charge for your travelling companion

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.

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!

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.

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

CONDENSED ITINERARY

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1530: We set Sail
1700 - 1800: Conference Registration and Welcome Function

DAY 2: 21/06/2027 | Conference Day

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- Developing Assertiveness to use in Challenging Situations

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- Advanced Life Support

1700 – 1800: Farewell Function

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Disembark Sydney – safe travels!

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