

# THE PANAMA

## *Nursing Fundamentals:*

*Building Strong Foundations for  
Exceptional Health Care in 2025*



**22 FEB - 09 MAR 2025**



NURSES FOR  
NURSES  
NETWORK



EDUCATION *at* SEA

## CONFERENCE SYNOPSIS

Nursing fundamentals refer to the essential principles, skills, and knowledge that form the basis of nursing practice. They encompass a wide range of foundational concepts and abilities that Nurses must master to provide patients with safe, effective, and therapeutic care. These essential principles change based on the latest research, and this conference will update this core knowledge to reflect what is expected in 2025.

Our Presenter will explore the key components of nursing fundamentals in this conference program, which include:

Patient safety, effective communication, latest infection control guidelines, critical thinking, ethical and legal awareness, cultural competence, leadership and teamwork, and Medication Management.

These key components improve patient outcomes and enhance the overall healthcare experience.

Additionally, the concept of finding joy in the work and managing the response to workplace stress, as well as developing great relationships in the workplace, will also be explored in the conference program. It will also include a workshop focusing on stress management techniques and strategies to promote the psychological health of the clinician.

This conference also allows you to take your wound management skills to a new level.

Whilst the fundamental principles of wound care remain the same, the complexities of clients with wounds are becoming increasingly challenging with increased expectations on the clinician. The wound management section of this conference will explore wound management in greater depth, looking at the science of wound healing, advanced assessment skills and different technology and adjunct therapies to achieve better healing outcomes.

We will look at wound diagnosis and investigations and dive into different wound types, including wounds with unusual presentation. The wound management section of this conference is for Nurses with a fundamental understanding of wound healing who want to broaden their knowledge and expertise in this specialised field.

## CONFERENCE LEARNING OUTCOMES

At this Conference, you will:

- Explore workplace issues that impact on job satisfaction and strategies to amend same
- Investigate updates in the fundamentals of Nursing Practice, Nursing Ethics, and Code of Conduct in 2025
- Gain an understanding of advanced assessment, wound diagnostics, & updates in best practice wound management
- Investigate adjunct therapies and new technologies to support wound healing

## YOU WILL ALSO LEARN

- How to find joy in your work
- About stress and how it can lead to burnout
- Strategies to get the joy back into your work experience
- Techniques to employ to assist you manage workplace stress
- How to get your voice heard
- About patient safety and what adverse events are trending in 2025
- The latest medications on the market and practice your maths
- How critical thinking can impact your work and how to mentor others
- What's happening in the world of infection control
- What role does leadership play in collaboration and what skills do we need to work effectively as part of a team
- How knowledge of ethical principles and legal responsibilities provides a solid foundation to navigate ethical dilemmas and legal complexities with confidence, ensuring the safety and rights of both the Nurse and the patient.
- About our code of conduct and look at the legal situations that can arise.
- How cultural awareness enhances your work
- Why you need to understand professional boundaries
- How the mandatory notification system works
- Why and how social media can get you into trouble
- About the science of wound healing
- How to undertake a vascular lower limb assessment including the diabetic foot
- Gain an understanding of the management of both venous and arterial leg ulceration
- Investigate adjunct therapies to support wound healing outcomes

- Participate in interactive workshops exploring advanced dressing products
- Explore managing non-viable tissue for wound bed preparation
- Investigate skin integrity issues - the good, the bad and the ugly!
- A whole lot of concepts that will support your work in 2025 and beyond

## DAY ONE: 22<sup>ND</sup> FEBRUARY 2025 | MIAMI, FLORIDA

1730 **We set sail - Make sure you are on deck for the set-sail festivities**

1730 – 1830 **Conference Registration & Drinks | Venue: TBA**

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks & 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: 23<sup>RD</sup> FEBRUARY 2025 | AT SEA | CONFERENCE DAY

0900 – 0930 **Conference Orientation | Sue Walker, Jason Dawson and Louise Webber**

Meet with Conference Convenors & Facilitators for this orientation session to the conference content. You can also get all your questions answered regarding any optional tours you may have chosen. Find out where our nightly meeting place will be for the group & about our fundraiser for our chosen charity.

Then spend the rest of the day orientating yourself with what the venue has to offer.

0930 – 1030 **Scope of Practice | Sue Walker**

“While the foundational education of RNs, ENs, NPs and midwives in Australia captures the full breadth of the scope of the profession at the graduate entry level, the scope of practice of individual practitioners is influenced by the settings in which they practise. This includes the health needs of people, the level of competence and confidence of the nurse or midwife and the policy requirements of the service provider. As the nurse or midwife gains new skills and knowledge, their individual scope of practice changes.”

In this session we will explore scope of practice and delegation framework.

1030 – 1100 **Break**

1100 – 1300 **The Science of Wound Healing: What we know in 2025 | Louise Webber**

In this session we will explore the history of wound management from where we started to where we are in 2025. Gain an understanding of advanced of wound healing - exploring factors that inhibit wound healing. We will investigate the impact of wound exudate and oedema on healing outcomes.

1300 – 1400 **Lunch**

Afternoon **Spend this time checking out what this venue has to offer**

1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**

Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

## DAY THREE: 24<sup>TH</sup> FEBRUARY 2025 | AT SEA | CONFERENCE DAY

0800 – 0900 **Advanced Assessment Day | Louise Webber**

These hands-on sessions are all about advanced vascular assessment. Let's explore patient presentation for arterial and venous disease.

This session will focus on assessing lower leg presentation. You will gain advanced understanding of the differences between arterial and venous disease.

0900 – 1000 **Undertaking Doppler Recording | Louise Webber**

This hands-on workshop provides the opportunity to learn the key components of undertaking doppler recording. Bother theoretically and practically in the workshop.

1000 – 1030 **Break**

1030 – 1130 **The High-risk Foot | Louise Webber**

Let's explore the high-risk foot and understand the importance of advanced assessment and key concepts of care planning and the Nurses role as part of the multidisciplinary team.

1130 – 1330 **Lunch**

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- 1330 – 1430 **Finding Joy in the Work I Do | Sue Walker**  
Studies have indicated that joy is an emotional reaction & perspective crucial for our overall health, cognitive capabilities, & professional efficacy. So, how can we discover or rekindle this sense of joy? It doesn't involve pursuing perfection. Rather, research suggests it stems from leveraging our strengths, embracing courage, authenticity, gratitude, & fostering connections. Let' explore!
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- 1430 – 1530 **Let's Investigate Workplace Stress | Sue Walker**  
Workplace stress refers to the physical & emotional responses that individuals experience when they perceive a discrepancy between the demands of their job & their ability to cope with those demands. It's a common phenomenon in modern work environments & can result from a variety of factors, including high workloads, time pressure, lack of control over tasks, poor communication, job insecurity, lack of support, & conflicting priorities.
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- 1530 – 1600 **Break**
- 1600 – 1700 **The Techniques we can Employ to Find Joy in the Workplace & Minimise the Impact of the Work on us | Sue Walker**  
Certainly, finding joy in work & minimising its negative impact involves a combination of strategies that focus on both individual well-being & optimising the work environment. In this session we will explore how to achieve this.
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- Self-directed Activity: Let's Practice Those Techniques: A Workshop of Discovery | Sue Walker | Accessed via the Online Library**  
In this session, we will practice some of those techniques and look at the science that supports their use.
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- 1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**  
Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

#### DAY FOUR: 25<sup>TH</sup> FEBRUARY 2025 | PORT OF CALL: CARTAGENA, COLOMBIA

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- 0700 – 1700 Discover the Captivating Charms of Cartagena, Colombia! Get ready to embark on a journey through time & immerse yourself in the vibrant colours, rich traditions, & breathtaking views that define this enchanting city.
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- Self-Directed Activities | Louise Webber and Sue Walker | Accessed via the Online Library**  
You have access to this library for two weeks prior & two weeks after the conference.
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- 1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**  
Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

#### DAY FIVE: 26<sup>TH</sup> FEBRUARY 2025 | PORT OF CALL: COLON, PANAMA

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- 0900 – 2000 Colón proudly stands as a gateway to one of the modern world's engineering marvels—the Panama Canal. Stroll through the charming streets of Colón's historic district, where echoes of the past still resonate. Admire the colonial architecture adorned with intricate facades & colourful balconies. Immerse yourself in the rich blend of cultures that have shaped this city.
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- 1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**  
Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

#### DAY SIX: 27<sup>TH</sup> FEBRUARY 2025 | At Sea | PORT OF CALL: TRANSIT PANAMA CANAL

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- Experience one of the world's best short cuts! Journey just over 64kms through the Panama Canal for an unforgettable experience. Witness first-hand one of the world's manmade short cuts that has changed travel and the transport of goods worldwide.
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- 1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**  
Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

#### DAY SEVEN: 28<sup>TH</sup> FEBRUARY 2025 | AT SEA | CONFERENCE DAY

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- 0800 – 0900 **Communication & Advocacy: Effective Communication is at the Heart of Nursing Fundamentals | Sue Walker**  
Nurses need to communicate with patients, families, & interdisciplinary teams to ensure coordinated & patient-centred care. Moreover, nurses often act as patient advocates, ensuring that patients' voices are heard, & their safety maintained. Let's explore best practice communication strategies.
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0900 – 1000	<b>Patient Safety: What are the Current Safety Concerns in our Healthcare System   Sue Walker</b> Medication management & incidents continue to be a cause of adverse events as does communication as we have discussed in the previous sessions. Here we will discuss trends in adverse events & how we can modify practice to minimise same.
1000 – 1030	<b>Break</b>
1030 – 1130	<b>Medication Administration   Sue Walker</b> Nurses must be proficient in safely administering medications, - as previously discussed - including understanding dosage calculations, routes of administration, potential side effects, & drug interactions. In this session we will explore newly release medications on the Australian market & test our calculation skills.
1130 – 1230	<b>Critical Thinking &amp; Problem Solving   Sue Walker</b> This skill enables the Nurse to analyse complex situations & make informed decisions. This is vital in emergency situations when split-second decisions can impact patient outcomes. How do we cultivate critical thinking & how can we mentor our colleagues in the workplace?
1230 – 1430	<b>Lunch</b>
1430 – 1530	<b>Common Skin Conditions that Clinicians Ignore or Get Wrong - Let's explore!   Louise Webber</b> In this session we will explore Incontinence Associated Dermatitis (IAD), Medical Adhesive-Related Skin Injuries (MARS), and Cellulitis. These conditions associated with wound management are misdiagnosed, managed inappropriately, and overlooked.
1530 – 1630	<b>Common Skin Conditions   Louise Webber</b> This session explores the treatment of common skin conditions using topical applications. Let's look at what's old, what's new, and what's best practice. <b>Self-Directed Activities   Louise Webber   Accessed via the Online Library</b> You have access to this library for two weeks prior & two weeks after the conference.
1800 – 1900	<b>Social Get Together – a bit of fun &amp; get to know each other   Venue: TBA</b> Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

## DAY EIGHT: 01<sup>ST</sup> MARCH 2025 | PORT OF CALL: PUNTARENAS, COSTA RICA

0700 – 1700	Puntarenas, a coastal haven nestled between the Pacific Ocean & lush rainforests. Prepare to be enchanted by the beauty of nature, the warmth of the locals, & a range of exhilarating activities that make this destination a dream come true. <b>Self-Directed Activities   Sue Walker and Louise Webber   Accessed via the Online Library</b> You have access to this library for two weeks prior & two weeks after the conference.
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## DAY NINE: 02<sup>ND</sup> MARCH 2025 | AT SEA | CONFERENCE DAY

0800 – 0900	<b>What's in a Name?   Part One   Louise Webber</b> A patient is discharged into your care with a prescription for a certain product as part of their wound plan. What do you do when you don't stock the product?
0900 – 1000	<b>What's in a Name?   Part Two   Louise Webber</b> A patient is discharged to your service with a directive for compression – is the order appropriate, is it safe, do you have it available.
1000 – 1030	<b>Break</b>
1030 – 1130	<b>What's in a Name?   Part Three   Louise Webber</b> To debride or not to debride – that is the question. A patient is discharged to your service with a directive for wound bed preparation. How will you debride – how will you cleanse – how will you dress. A hands-on workshop looking at cleansing and debriding.
1130 – 1330	<b>Lunch</b>
1330 – 1430	<b>Leadership &amp; Team Collaboration   Sue Walker</b> Healthcare is a collaborative effort, & communication skill & a teamwork mindset is necessary for effective collaboration with other healthcare professionals. What role does leadership play in collaboration & what skills do we need to work effectively as part of a team.

1430 – 1530	<b>Ethical &amp; Legal Considerations   Sue Walker</b> Knowledge of ethical principles & legal responsibilities provides a solid foundation to navigate ethical dilemmas & legal complexities with confidence, ensuring the safety & rights of both the Nurse & the patient. In this session we will explore our code of conduct & look at the legal situations that can arise.
1530 – 1600	<b>Break</b>
1600 – 1700	<b>Standards for Practice   Sue Walker</b> The practice of a Registered Nurse (RN) revolves around individual-focused & evidence-grounded approaches, encompassing preventive, healing, developmental, supportive, recuperative, & palliative aspects. RNs engage in therapeutic & expert connections with individuals, as well as with families, groups, & communities. Let's explore the Standards!
	<b>Self-directed Activity: Infection Control   Sue Walker   Accessed via the Online Library</b> Nurses play a pivotal role in preventing healthcare-associated infections and promoting preventive strategies. In this session we will explore the latest concepts and developing issues of concern for the health care setting.
1800 – 1900	<b>Social Get Together – a bit of fun &amp; get to know each other   Venue: TBA</b> Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.
<b>DAY TEN: 03<sup>RD</sup> MARCH 2025   PORT OF CALL: PUERTO QUETZAL, GUATEMALA</b>	
0700 – 1700	Discover the hidden gem of Central America – Puerto Quetzal, a captivating destination where natural beauty meets cultural richness.  Unwind on sun-kissed beaches that stretch along the Pacific Ocean. Feel the soft s& between your toes as you listen to the rhythmic sound of the waves. Whether you're seeking a tranquil spot to read a book or an active beach for water sports, Puerto Quetzal's coastline has it all.
	<b>Self-Directed Activities   Sue Walker and Louise Webber   Accessed via the Online Library</b> You have access to this library for two weeks prior & two weeks after the conference.
1800 – 1900	<b>Social Get Together – a bit of fun &amp; get to know each other   Venue: TBA</b> Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.
<b>DAY ELEVEN: 04<sup>TH</sup> MARCH 2025   AT SEA   CONFERENCE DAY</b>	
0800 – 0900	<b>Cultural Competence   Sue Walker</b> Exceptional healthcare requires cultural competence—sensitivity & respect for diverse backgrounds & beliefs. Nursing fundamentals emphasize cultural awareness, enabling nurses to provide care that is respectful & tailored to individual needs.
0900 – 1000	<b>Let's Explore Professional Boundaries   Sue Walker</b> In nursing, professional boundaries are established as safeguards that preserve the balance between the authority of the professional & the vulnerability of the client. These boundaries delineate the distinctions between a professional, therapeutic connection & a non-professional or personal association between a nurse & an individual under their care. When a nurse breaches these boundaries, they typically engage in actions that lack professionalism & exploit the authority within the relationship.
1000 – 1030	<b>Break</b>
1030 – 1130	<b>Mandatory Notifications and a Little bit on the use of Social Media   Sue Walker</b> In order to safeguard the public against potential harm, registered health professionals & their employers are obligated to submit mandatory notifications in specific, restricted situations. This obligation is a legal mandate outlined in the National Law.  In this session we will explore the issues of social media & our responsibility as clinicians. There will be a conference summation with the opportunity for a Q&A. We will finish with a big deep breath (meditation strategy) as we head back into the workforce refreshed & reinvigorated.
1130 - 1330	<b>Lunch</b>
1330 – 1530	<b>The Trifecta in Advanced Wound Management   Louise Webber</b> In this session we explore the advanced wound therapies of hyperbarics, maggots, and radiation. You will gain an understanding of the technology, application, and management strategies for the chosen modality.
1530 – 1600	<b>Break</b>

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1600 – 1700 **Let's Bring it all Together | Louise Webber**  
We will discuss key learnings of the conference and answer any outstanding wound care questions you may have.

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**Self-Directed Activities | Louise Webber | Accessed via the Online Library**  
You have access to this library for two weeks prior & two weeks after the conference.

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1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**  
Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

### DAY TWELVE: 05<sup>TH</sup> MARCH 2025 | PORT OF CALL: MANZANILLO, MEXICO

1245 – 2000 Experience paradise in Manzanillo, promises a harmonious blend of natural beauty, vibrant culture, & unforgettable adventures. Discover why Manzanillo is a traveller's paradise where relaxation & excitement come together in perfect harmony.

### DAY THIRTEEN: 06<sup>TH</sup> MARCH 2025 | PORT OF CALL: PUERTO VALLARTA, MEXICO

0700 – 1500 Puerto Vallarta: Where the charm of old-world Mexico meets the allure of a tropical paradise. Immerse yourself in the heart of Mexico's cultural tapestry. Wander through cobblestone streets in the charming Old Town, known as "Zona Romantica," where art galleries, boutiques, & local markets await.

### DAY FOURTEEN: 07<sup>TH</sup> MARCH 2025 | PORT OF CALL: CABO SAN LUCAS, MEXICO

0700 – 1500 Prepare to be awestruck by the stunning landscapes that surround Cabo San Lucas. From the dramatic rock formations of Land's End to the golden sand dunes, every vista is a work of art that will take your breath away.

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**Self-Directed Activities | Sue Walker and Louise Webber | Accessed via the Online Library**  
You have access to this library for two weeks prior & two weeks after the conference.

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1800 – 1900 **Social Get Together – a bit of fun & get to know each other | Venue: TBA**  
Each night conference Facilitators & Presenters will be at the venue & would love to meet with you.

### DAY FIFTEEN: 08<sup>TH</sup> MARCH 2025 | AT SEA | FREE DAY

Take the day to time to practice your meditation & mindfulness strategies & indulge in some self-care so that you are ready to get back into the real world after this fabulous conference experience.

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1800 – 1900 **Farewell Function | Venue: TBA**  
Take this opportunity to enjoy a complimentary Drinks & Canapes function as the conference draws to a close & we say farewell to new friends & colleagues – safe travels home.

### DAY SIXTEEN: 09<sup>TH</sup> MARCH 2025 | ARRIVE LOS ANGELES, CALIFORNIA

0700 **Disembark - Safe travels!**  
City of Angels, where the allure of Hollywood, the stunning coastline, & a vibrant cultural scene converge to create an experience like no other. Get ready to explore the diverse neighbourhoods, iconic landmarks, & endless entertainment options that make Los Angeles a must-visit destination. Remember to keep your eye out you may just spot a celebrity!

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## OUR PRESENTERS

**Louise Webber**, Masters of Nursing Science (Nursing Practitioner), BA (Hons), RN

Louise has over 25 years of experience in Wound Management and established her Private Practice (Wound Therapies) in 2014.

She has worked in several public hospitals and Community settings in Australia and overseas. She currently works collaboratively with several Aged Care Providers and private hospitals and runs her specialist community wound clinic.

Louise was previously an Honorary Clinical Fellow for Australian Catholic University and continues to participate in research projects with a leading Queensland University.

Louise is passionate about wound care and strives for best practices. Additionally, she has participated in several international working groups for Pressure Injuries and Leg ulcers and frequently presents at workshops, conferences & seminars.

She is a mum of two, loves the Sunny Coast lifestyle and attempting to play golf!

## Sue Walker, RN, BN, BN (ADMIN), MPHC, MACN Specialist Nurse Educator

Sue is the director & 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 & Health Administration, a Masters Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, & Training & Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, & Clinical Supervisor.

Sue has extensive experience as a clinician, educator, & senior manager. She has presented at local & international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do & 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 & Loss, & Workplace Bullying.

Sue is passionate about making a difference in how the community & Nurses experience the healthcare system.

“Nurses are the backbone of the healthcare system & work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional & community expectations Nurses & Midwives need to acknowledge their unique contribution to health care delivery & assert their collective strength to safeguard the community & ensure their ongoing professional needs are recognised & 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 & skill of the individual Nurse will have the greatest influence on the happiness & health outcomes of each & every client”.

**THE VENUE** - Norwegian Bliss departing Miami, Florida

## 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
- A Conference Presenter who is an expert in her field & is excited to be able to share her skill, knowledge, & 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 & network with Conference Convenors & Conference Presenter/s
- A Conference pack that includes a notepad, pen, lanyard (a must on to attach your room key, which becomes your lifeline on a ship) & 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 & Canapes Function held on the last night of the Conference to celebrate new friendships & information gained
- A Conference Transcript that identifies each session held at the Conference, including the session synopsis & synopsis
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio

## CONFERENCE REGISTRATION - \$1290.00 | HANDLED BY OUR CONFERENCE PARTNER – EDUCATION AT SEA.

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

This is a fabulous program – to secure your place, contact Education at Sea to find out about all the cabin options available. Once you have paid your deposit, your registration is confirmed, & you can start planning your Conference getaway.

### WHAT ARE YOU WAITING FOR?

Send Education at Sea a no obligation enquiry.

### EDUCATION AT SEA CONTACT DETAILS

02 7908 7774 | [enquiries@educationatsea.com.au](mailto:enquiries@educationatsea.com.au) | [www.educationatsea.com.au](http://www.educationatsea.com.au)

## INTEREST FREE PAYMENT PLANS ARE AVAILABLE – ask Education at Sea for more details

*The Nurses for Nurses Network 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 & thus incurring any financial loss.*

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