

NEW ZEALAND

Metabolic Marvels: Unravelling the Mysteries of Diabetes, Diet, and Weight Loss



25 NOV - 05 DEC 2024



NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

CONFERENCE SYNOPSIS

Metabolic syndrome is increasingly common in Australia and is associated with the rise in obesity and lifestyle risk behaviours.

This Metabolic Marvels conference will explore the complex area of metabolic syndrome, examining the contributing co-occurrence of known risk factors and adverse health outcomes on an individual's health and wellbeing. It will also review in depth the complex area of weight management.

Each contributing risk factor will be deliberated including diagnosis, treatment and prevention. These 4 risk factors are:

1. Hypertension
2. Cholesterol and Lipids
3. Insulin resistance / glucose intolerance / Pre-diabetes
4. Obesity

CONFERENCE LEARNING OUTCOMES

In this conference, you will:

- Provide an in-depth understanding of the co-occurrence of known risk factors contributing to metabolic syndrome
- Discuss the importance of early interventions to reduce the risk chronic conditions including cardiovascular disease, Type 2 Diabetes and chronic kidney disease and the necessity for long term monitoring and re-evaluation of treatment
- Gain an understanding of both pharmacological and non-pharmacological interventions for metabolic syndrome
- Provide an insight into treatments and interventions available for weight management

YOU WILL ALSO LEARN

- Explore the risk factors which contribute to metabolic syndrome
- Gain an understanding of treatment and interventions for weight management to reduce health risks (surgical and non-surgical)
- Delve into the psychological impacts of metabolic syndrome
- Gain an understanding of the necessity for early intervention and long term monitoring, and re-evaluation of treatment to improve health outcomes
- Identify those clients at greater risk chronic diseases such as cardiovascular disease and type 2 diabetes
- Gain an insight into cholesterol and lipids and the importance of good and bad fat ratios
- Explore health risks of non-alcoholic fatty liver disease and it's association with metabolic syndrome

OUR PRESENTER

Jules Aitken, RN, CDE, MSc

Jules Aitken is an Endorsed Nurse Practitioner specialising in Diabetes, Metabolic and Chronic Disease and Weight Management. She attained her Masters of Nursing (Nurse Practitioner) at Queensland University of Technology (QUT). She is also a registered Credentialed Diabetes Educator (CDE) registered with the Australian Diabetes Educators Association (ADEA) gaining her Certificate of Diabetes Management at the University of Technology Sydney. She has worked within the Diabetes, Weight Management and Metabolic and Chronic Disease arena for over 20 years.

Working both independently and within specialist clinics, Jules coordinates the care of clients with complex diabetes, metabolic and chronic conditions. She has participated in research projects involving weight management, diabetes, metabolic and chronic diseases and has presented at nursing, allied health, medical and community events at local, State and National level. She is a mentor for diabetes educators with the Australian Diabetes Educators Association and also provides education and mentorship for student nurses, RNs, EENs and other health professionals within private organisations. She is also an member of External Advisory Committee for Queensland's University of Technology Master of Nursing programme.

Jules as is also part of the Global Midwives and Nurses Rotary Group and is currently part of the Leadership team.

THE PROGRAM

DAY ONE: MONDAY 25TH NOVEMBER 2024

1600 **We set sail**
Make sure you are on deck for the set-sail festivities

1700 - 1800 **Conference Registration and Drinks**
Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.

All delegates are required to attend the conference registration session in order to collect their conference pack & confirm registration details to ensure the correct issuing of their CPD certificate.

DAY TWO: TUESDAY 26TH NOVEMBER 2024

0830 – 0930 **Metabolic Syndrome**
It is a cluster of interconnected metabolic disorders that significantly increase the risk of cardiovascular diseases, type 2 diabetes, and other health complications. It is characterized by a combination of several factors including abdominal obesity, high blood pressure, high blood sugar levels, abnormal lipid profile (elevated triglycerides and low HDL cholesterol), and insulin resistance. The presence of multiple risk factors in metabolic syndrome contributes to its adverse health effects.

In this session we will explore the prevalence, diagnosis, and health costs and preventative strategies.

0930 – 1030 **Metabolic Syndrome and the Risk Chronic Health Outcomes**
This session will look at the impact of metabolic syndrome and risk of chronic health conditions and impact on mental health.

1030 – 1100 **Break**

1100 – 1200 **Metabolic Syndrome and Individualising Care**
Exploring the importance individualising care in Metabolic Syndrome management and the role of the Nurse.

1200 – 1300 **Ageing and the Brain and the impact of Metabolic Syndrome**
The relationship between metabolic syndrome, aging, and the brain is complex and still an active area of research. While the mechanisms are not fully understood, there is evidence to suggest that addressing metabolic syndrome through lifestyle changes such as diet, exercise, and weight management could potentially mitigate the risk of cognitive decline in older adults.

1300 – 1400 **Lunch**

Self-directed CPD Activities | Access via the online library

The online library will be available to support your conference experience and will contain various self-directed learning activities. It will be opened before the conference date and two weeks after the conference so that you can complete the activities before, during, or after the event.

1800 – 1900 **End of Day Catch Up**
Join us at a designated bar to catch up and discuss the events of the day.

DAY THREE: WEDNESDAY 27TH NOVEMBER 2024

Self-directed CPD Activities | Access via the online library

The online library will be available to support your conference experience and will contain various self-directed learning activities. It will be opened before the conference date and two weeks after the conference so that you can complete the activities before, during, or after the event.

1200 – 1300 **Lunch**

1300 – 1400 **The Good, the Bad and the Ugly of Lipids and Cholesterol**

This session will explore the following:

- HDL/LDL
- Triglycerides
- Cholesterol
- Cardiac risk

1400 – 1500	Fenofibrates, Statins or Diet: Individualising Cholesterol and Lipid Management This presentation will cover the following topics: <ul style="list-style-type: none"> • Medications • Lifestyle interventions • Rhabdomyolysis
1500 – 1530	Break
1530 – 1630	Non-alcoholic Fatty Liver Disease and Gallbladder Disease Exploring the impact of metabolic disease on the liver and the risks of gallbladder disease.
1630 – 1730	Group Activity - Pitfalls of the Supermarket Shop: Fats and Sugars! In this interactive group activity - we will explore what the supermarket has to offer and the swap choices that can be made so that people continue to enjoy their food but make better choices to assist in the management of metabolic illness.
1800 – 1900	End of Day Catch Up Join us at a designated bar to catch up and discuss the events of the day.

DAY FOUR: THURSDAY 28TH NOVEMBER 2024

FREE DAY Take this day to explore what this fabulous ship has to offer.

1800 – 1900 **End of Day Catch Up**
Join us at a designated bar to catch up and discuss the events of the day.

DAY FIVE: FRIDAY 29TH NOVEMBER 2024 | WELLINGTON

0800 – 1800 **Wellington**
A journey to NZ wouldn't be truly fulfilled without exploring the breezy charm of Wellington. However, don't let the name mislead you, as a voyage to Wellington offers access to some of the most breathtaking experiences imaginable. Embarking on a visit to Wellington entails indulging in the city's renowned nature, culture, shopping, and exhilaration, ensuring an unforgettable adventure.

Optional Tour Available: Ask Education at Sea when you book.

1800 – 1900 **End of Day Catch Up**
Join us at a designated bar to catch up and discuss the events of the day.

DAY SIX: SATURDAY 30TH NOVEMBER 2024 | LYTTTELTON (CHRISTCHURCH)

0800 - 1800 **Lyttelton (Christchurch)**
As you dock at the cruise port of Christchurch in the neighbouring Lyttelton, the awe-inspiring commencement of your Christchurch cruise will foreshadow the incredible day ahead. Immerse yourself in the city's innate beauty, its pristine beaches, and charming bays, or opt for an iconic punt ride along the serene Avon River.

Optional Tour Available: Ask Education at Sea when you book.

1800 – 1900 **End of Day Catch Up**
Join us at a designated bar to catch up and discuss the events of the day.

DAY SEVEN: SUNDAY 01ST DECEMBER 2024 | PORT CHALMERS (DUNEDIN)

0800 – 1600 **Port Chalmers (Dunedin)**
Dunedin places you right in the centre of one of the largest cities on the South Island. It's an ideal way to immerse yourself in the city's culture, history, and architectural wonders. The moment you enter the Dunedin cruise port at Port Chalmers, our intention becomes vividly clear.

Optional Tour Available: Ask Education at Sea when you book.

1800 – 1900 **End of Day Catch Up**
Join us at a designated bar to catch up and discuss the events of the day.

DAY EIGHT: MONDAY 02ND DECEMBER 2024 | CRUISE FIORDLAND NATIONAL PARK

1400 – 1800 Cruising Fiordland National Park

Embarking on a cruise through Fiordland National Park will transport you into some of the most awe-inspiring and pristine wilderness regions and terrains globally. This journey ventures into the 1.2-million-hectare world heritage site of Fiordland National Park, characterized by picturesque mountains, lakes, fiords, and lush rainforests.

1800 – 1900 End of Day Catch Up

Join us at a designated bar to catch up and discuss the events of the day.

DAY NINE: TUESDAY 03RD DECEMBER 2024

0830 – 0930 Metabolic Disease and Diabetes

In this session we will investigate:

- Insulin resistance / glucose intolerance / pre-diabetes
- Polycystic Ovarian Syndrome and metabolic disease
- Genetic risk diabetes
- Gestation diabetes, metabolic disease and diabetes

0930 – 1030 Treatment for Pre-diabetes / Insulin Resistance

The treatment for pre-diabetes and insulin resistance typically involves a combination of lifestyle changes, medication (in some cases), and regular monitoring.

In this session you will gain an understanding that Pre-diabetes is a condition in which blood sugar levels are higher than normal but not high enough to be diagnosed as type 2 diabetes. Insulin resistance refers to a condition in which the body's cells do not respond effectively to insulin, resulting in elevated blood sugar levels. Both conditions are closely related and often go hand-in-hand. Here's what you need to know!

1030 – 1100 Break

1100 – 1200 Obesity: An Overview

Obesity is a complex and chronic medical condition characterized by an excessive accumulation of body fat, which can have negative effects on health. It is typically measured using the Body Mass Index (BMI), which is calculated by dividing a person's weight in kilograms by the square of their height in meters. An individual with a BMI of 30 or higher is considered obese. – but is this correct and is this all there is to it.

1200 – 1300 Surgical and Non-surgical Interventions for Weight Loss

Both weight loss surgery and non-surgical interventions have their own benefits and risks. In this session we will cover weight loss surgery and non-surgical interventions for weight loss that are in use now and what the future may hold.

1300 – 1400 Lunch

Self-directed CPD Activities | Access via the online library

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End of Day Catch Up

Join us at a designated bar to catch up and discuss the events of the day.

DAY TEN: WEDNESDAY 04TH DECEMBER 2024

Self-directed CPD Activities | Access via the online library

The online library will be available to support your conference experience and will contain various self-directed learning activities. It will be opened before the conference date and two weeks after the conference so that you can complete the activities before, during, or after the event.

1200 – 1300 Lunch

1300 – 1400 Weight Loss Medications and Lifestyle Interventions for Weight Loss

Gain an insight into medications prescribed to assist with weight loss and the health benefits of lifestyle interventions for weight loss and weight loss maintenance.

1400 – 1500	Obesity and Infertility / Menopause and Weight Loss This session will look at the impact of obesity on infertility and the challenges of weight loss post menopause.
1500 – 1530	Break
1530 – 1630	Psychology, Obesity, and Weight Loss Does losing weight provide the answers to improved mental health? Exploring the long-term psychological impacts of weight gain and weight loss.
1630 – 1730	Weight Loss Maintenance Exploring the challenges of weight loss maintenance in the longer term, including the following: <ul style="list-style-type: none"> • Weight loss maintenance strategies • Cosmetic surgery • Factors affecting weight loss maintenance
1800 – 1900	Farewell Function Join us for a Conference farewell drinks function to celebrate our time together.

DAY ELEVEN: THURSDAY 05TH DECEMBER 2024

0630 Disembark Sydney - safe travels!

CONFERENCE INCLUSIONS

- An extensive Conference program based on current best practice
- Education content that meets the same exacting standards as anything offered in an Australian land-based program
- Conference Presenter that is a recognised expert in her field and 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
- A Conference pack that includes a notepad, pen, lanyard (this is important on a cruise ship to attach your room key, which becomes your lifeline on a ship) and additional information to support a fantastic Conference experience
- The opportunity to meet as a group in various Conference open forums, in one of the many fabulous locations on the ship
- A complimentary farewell drinks and canapes 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 for you to include in your CPD Evidence Portfolio

CONFERENCE REGISTRATION - \$1190.00

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

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

This is a fabulous program – to secure your place at this Conference you need to contact Education at Sea to find out about all the cabin options available.

Once you have paid your deposit, your registration is confirmed, and you can start planning your Conference getaway.

EDUCATION AT SEA CONTACT DETAILS

02 7908 7774 | enquiries@educationatsea.com.au | www.educationatsea.com.au

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