

# WELCOME!



## The Public Health Perspective: Essential Information for Every Nurse

CRUISING ASIA DEPARTING SINGAPORE | 17-30 JAN 2026

**Welcome to the Nurses for Nurses Network and Education at Sea's *The Public Health Perspective: Essential Information for Every Nurse Conference*.** We trust you will find this conference interesting and relevant to you.

#### DURING THE CONFERENCE

We have provided a folder containing a notepad and a pen for your convenience.

#### HOW TO CONTACT THE CONFERENCE CONVENORS

Jason Dawson and Brent Jones | Education at Sea

The Conference Convenors are available to you during Conference program hours to answer any questions you may have. Any changes to the Conference program will be communicated to the group at the beginning of the first face to face session of the day and at the end of the last face to face session of the day.

As a Conference Attendee, it is your responsibility to make yourself available for these sessions to be aware of any changes. In the case of an emergency that occurs outside of the Conference program hours, please contact our office/s, who will send through your message.

#### AFTER THE CONFERENCE

1. Your Certificate of Completion will be available to you online at the Nurses for Nurses Network website.
2. You will also receive an email with a link to an online evaluation form.

We would appreciate it if you took a few minutes to provide us with some feedback, as it only helps to make CPD events better for everyone who attends.

#### HOW TO COLLECT YOUR CPD CERTIFICATE

1. You will receive an email when your certificate is available. Click the link in the email to retrieve it or Login to <https://nfnn.com.au/nurses-for-nurses-network-account-dashboard/>
2. Enter your username and password  
(Your login details were provided to you via email, please advise the office if you did not receive these.)
3. Click the Event CPD Certificates link on the left-hand side
4. Download and print if required
5. Online Library

The online library will be available to you until the 15/01/2026.

Scan the QR code to view the library or use the link below:  
<https://nfnn.com.au/the-public-health-perspective-asia-online-library/>



#### OFFICE CONTACT

Don't hesitate to get in touch for further information.

<p>Payments   Receipts   Refunds   Travel Arrangements Education at Sea 02 7908 7774 <a href="mailto:enquiries@educationatsea.com.au">enquiries@educationatsea.com.au</a> BH: Mon – Fri   1000 - 1700</p>	<p>Program   Online Library   Certificates The Nurses for Nurses Network 07 4151 3884 (Select Option 3) <a href="mailto:enquiries@nfnn.com.au">enquiries@nfnn.com.au</a> BH: Mon – Thu   0900 - 1500</p>
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## DAY 1: 17/01/2026 | DEPART SINGAPORE | 1900

1800 - 1900: Conference Registration and Drinks | Venue: Bali Room, East Indies Conference Center, Deck 6  
1900: We set sail

## DAY 2: 18/01/2026 | CONFERENCE DAY | UNDERSTANDING THE PUBLIC HEALTH PERSPECTIVE

Morning: Self-directed CPD Activities | Access via the online library

- **Community Health Starts Here: The Nurse's Role in Population Health**
- The Bigger Picture: Public Health and Its Impact on Healthcare Systems

1200 – 1330: Lunch  
1330 – 1430: What is Public Health? A Fresh Perspective for All Nurses  
1430 – 1530: Social Determinants of Health: The Forces Shaping **Your Patients' Lives**  
1530 – 1630: Public Health Systems: How They Work and Why they Matter  
1630 – 1730: Health Equity in Action: Ensuring Fair Outcomes for All Patients  
1800 – 1900: Networking Session

## DAY 3: 19/01/2026 | ON SHORE IN PHUKET, THAILAND

0700 – 1900: Explore at your leisure  
1800 – 1900: Networking Session

## DAY 4: 20/01/2026 | ON SHORE IN LANGKAWI, MALAYSIA

0700 – 1900: Explore at your leisure  
1800 – 1900: Networking Session

## DAY 5: 21/01/2026 | ON SHORE IN PENANG, MALAYSIA

0700 – 1700: Explore at your leisure  
1800 – 1900: Networking Session

## DAY 6: 22/01/2026 | ON SHORE IN KUALA LUMPUR (PORT KLANG), MALAYSIA

0700 – 1600: Explore at your leisure  
1800 – 1900: Networking Session

## DAY 7: 23/01/2026 | CONFERENCE DAY | ADDRESSING PUBLIC HEALTH CHALLENGES ACROSS DISCIPLINES

Morning: Self-directed via the Online Library

- Infectious Diseases: Lessons Every Nurse Should Know
- Tackling Addiction: A Public Health Approach to Substance Use Disorders
- Cultural Competence and Public Health: Meeting Diverse Needs

1200 – 1330: Lunch  
1330 – 1430: Mental Health as a Public Health Issue: Trauma-informed Care | Part One  
1430 – 1530: Mental Health as a Public Health Issue: Trauma-informed Care | Part Two  
1530 – 1630: Chronic Disease Prevention: A Universal Nursing Priority  
1630 – 1730: Digital Health and Public Health: Tools for the Modern Nurse  
1800 – 1900: Networking Session

## DAY 8: 24/01/2026 | ON SHORE IN HO CHI MINH CITY (PHU MY), VIETNAM | ARRIVE: 1145 CONFERENCE DAY | INNOVATIONS AND EMERGING TRENDS IN PUBLIC HEALTH

Morning: Self-directed via the Online Library

- Rural and Remote Health: Bridging the Care Gap
- Vaccine Advocacy: Building Trust and Confidence in Communities
- Public Health Data: How It Shapes Care Decisions
- Environmental Health: The Growing Impact on Nursing
- Global Health Perspectives: Connecting Local and Global Efforts

1145 Explore this port at your leisure  
1800 – 1900: Networking Session

DAY 9: 25/01/2026 | ON SHORE IN HO CHI MINH CITY, VIETNAM | DEPART: 1900

All Day Continue to explore this port at your leisure  
1800 – 1900: Networking Session

DAY 10: 26/01/2026 | CONFERENCE DAY | LEADERSHIP, ETHICS, AND ADVOCACY IN PUBLIC HEALTH

Morning: Self-directed CPD Activities | Access via the online library

- Public Health in Your Specialty: Making It Relevant to Your Role
- The Future of Public Health: How Nurses Can Lead the Way

1200 – 1330: Lunch  
1330 – 1430: Leadership in Public Health: Inspiring Change Across Disciplines  
1430 – 1530: Ethical Challenges in Public Health Nursing  
1530 – 1630: Advocacy in Action: Influencing Policy for Better Health Outcomes  
1630 – 1730: Collaboration Across Disciplines: The Power of Interdisciplinary Teams  
1800 – 1900: Networking Session

DAY 11: 27/01/2026 | ON SHORE IN SIHANOUKVILLE, CAMBODIA

0800 – 1700: Explore this port at your leisure  
1800 – 1900: Networking Session

DAY 12: 28/01/2026 | ON SHORE IN KO SAMUI, THAILAND

0800 – 1700: Explore this port at your leisure  
1800 – 1900: Networking Session

DAY 13: 29/01/2026 | ON SHORE IN BANGKOK (LAEM CHABANG), THAILAND | ARRIVE: 0600

All Day Explore this port at your leisure  
1800 – 1900: Farewell Function | Venue: Bali Room, East Indies Conference Center, Deck 6

DAY 14: 30/01/2026 | DISEMBARK BANGKOK (LAEM CHABANG), THAILAND | DISEMBARK: 0800

0800: Disembark – Safe Travels!!

## HOW TO DRESS ON A CRUISE

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.*

### The Nurses for Nurses Network

Upcoming Events



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### Education at Sea

Upcoming Events



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# CONFERENCE TRANSCRIPT

## The Public Health Perspective: Essential Information for Every Nurse

Presenter: Dr Wendy McIntosh | 17-30 January 2026

### What is Public Health? A Fresh Perspective for All Nurses

This session will present an overview of public health and its role across nursing disciplines, using real-world examples of how public health principles impact everyday practice.

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### **Social Determinants of Health: The Forces Shaping Your Patients' Lives**

Our presenter will explore practical strategies for addressing socio-economic and environmental influences on health outcomes.

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### Public Health Systems: How They Work and Why They Matter

At the end of this session, you will have an understanding of global and local health systems and how they support nursing practice.

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### Health Equity in Action: Ensuring Fair Outcomes for All Patients

Prevention is political! During this session our presenter will explore case studies that address disparities in healthcare access and outcomes.

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### **Community Health Starts Here: The Nurse's Role in Population Health**

This Conference session will explore the connections between individual care and community health outcomes.

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### The Bigger Picture: Public Health and Its Impact on Healthcare Systems

This session will take a closer look at how public health initiatives drive systemic improvements in healthcare delivery.

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### Mental Health as a Public Health Issue: Trauma-informed Care

This session will examine how mental health intersects with nursing care across all settings.

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### Chronic Disease Prevention: A Universal Nursing Priority

Our presenter will explore practical strategies for addressing socio-economic and environmental influences during this session.

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### Infectious Diseases: Lessons Every Nurse Should Know

This session will present data and insights from managing outbreaks and vaccine-preventable illnesses.

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### Tackling Addiction: A Public Health Approach to Substance Use Disorders

This Conference session will explore evidence-based strategies to support patients and communities affected by addiction.

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### Cultural Competence and Public Health: Meeting Diverse Needs

This session will take a closer look at the importance of cultural understanding in improving patient care and outcomes.

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### Environmental Health: The Growing Impact on Nursing

During this session, our presenter will focus on climate change, pollution, and sustainable practices in healthcare.

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### Digital Health and Public Health: Tools for the Modern Nurse

This session will explore how telehealth, mobile apps, and digital records are transforming public health.

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### Global Health Perspectives: Connecting Local and Global Efforts

This session will examine how Nurses contribute to addressing global challenges like pandemics and migration.

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### Rural and Remote Health: Bridging the Care Gap

During this session, you will explore strategies for delivering effective healthcare in underserved areas.

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### Vaccine Advocacy: Building Trust and Confidence in Communities

This Conference session will explore effective communication to address vaccine hesitancy and misinformation.

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### Public Health Data: How It Shapes Care Decisions

This session will take a closer look at using public health statistics and trends to improve patient outcomes.

Leadership in Public Health: Inspiring Change Across Disciplines

This session will explore various stories of Nurses leading public health initiatives and shaping policies.

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Ethical Challenges in Public Health Nursing

This session will explore how Nurses navigate complex ethical dilemmas in diverse healthcare settings.

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Advocacy in Action: Influencing Policy for Better Health Outcomes

This session will examine practical approaches to advocating for patients, communities, and systemic change.

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Collaboration Across Disciplines: The Power of Interdisciplinary Teams

This session will highlight successful collaborations that improved public health outcomes.

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Public Health in Your Specialty: Making It Relevant to Your Role

Our presenter will connect the dots between public health principles and individual nursing specialties during this session.

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The Future of Public Health: How Nurses Can Lead the Way

This session will reflect on strategies for integrating public health knowledge into everyday practice.

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*Sue Walker*

Sue Walker  
Conference Facilitator

30/01/2026

*Date*