

*Cruise* **SEMINARS**

# THE DETERIORATING PATIENT

DETECTION - ASSESSMENT - TREATMENT

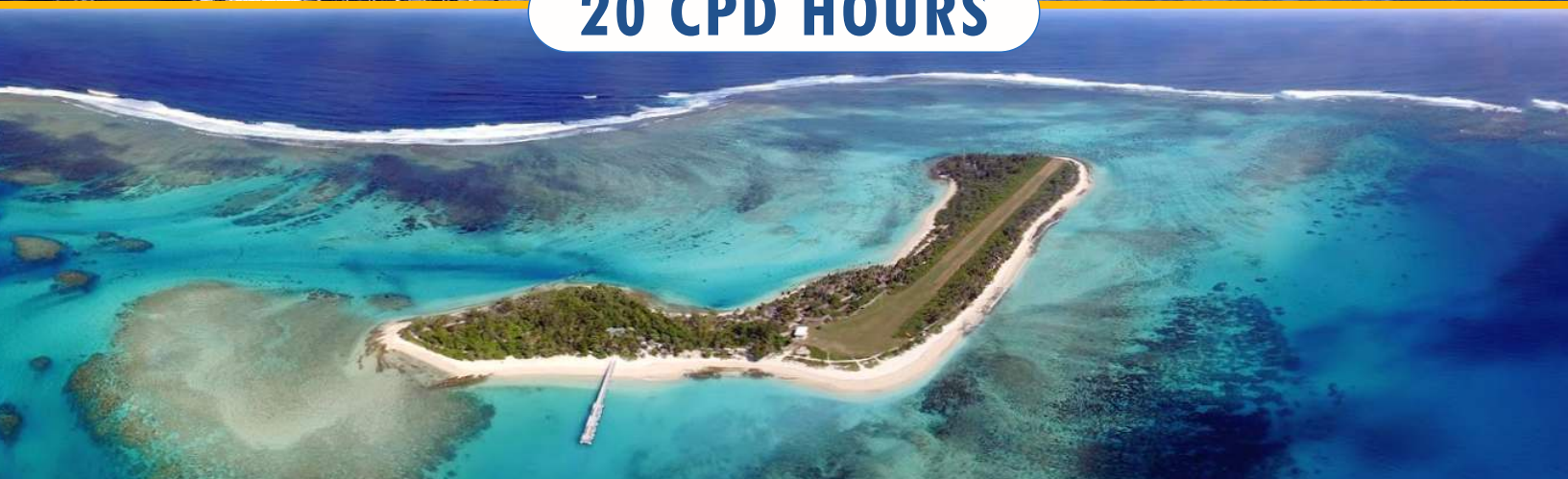
PRESENTED ON BOARD

ROYAL CARIBBEAN INTERNATIONAL  
**OVATION OF THE SEAS**

9-NIGHT CRUISE TO THE SOUTH PACIFIC  
**23 FEB - 4 MAR 2025**



**20 CPD HOURS**



[cruiseseminars.com.au](http://cruiseseminars.com.au)

# COURSE OVERVIEW

## THE DETERIORATING PATIENT

### DETECTION - ASSESSMENT - TREATMENT

#### OVERVIEW

Join us for an insightful journey into healthcare with our course, "The Deteriorating Patient", presented by Dr. Merrin Thanopoulos and Colette Foudy. This course was developed by healthcare professionals and is tailored to GPs, nurses, and paramedics, providing practical knowledge in recognising and responding to patient deterioration, all while cruising to the breathtaking landscapes of the South Pacific islands.

A deteriorating patient is often preceded by observable physiological and clinical abnormalities. This course will cover many aspects of common medical emergencies including the most effective way to detect, assess and treat them while also escalating care appropriately.

This course will be supplemented by pre-course readings and is designed to provide participants with a comprehensive and thought-provoking learning experience. Participants will have the opportunity to actively engage in interactive presentations, case studies, and simulations, providing an informative and stimulating learning experience.



#### CONTINUING PROFESSIONAL DEVELOPMENT



This is an RACGP-approved CPD activity under the RACGP CPD Program (Activity ID 408253)



This is an ACRRM-approved CPD activity under the ACRRM CPD Program

#### LEARNING OBJECTIVES

At the end of this course the participant should be able to:

- Identify and assess a deteriorating patient using a structured ABCDE approach.
- Implement the appropriate management of a deteriorating patient.
- Summarise the importance of the early detection, assessment and treatment of a deteriorating patient.
- Outline the importance of teamwork, leadership and communication during a medical emergency.

# MEET YOUR EDUCATION TEAM

## THE DETERIORATING PATIENT

### DETECTION - ASSESSMENT - TREATMENT

We are delighted to welcome back Dr. Merrin Thanopoulos and Colette Foudy as presenters for our Deteriorating Patient course, with Mike Ristuccia as your course co-ordinator. Together, Merrin and Colette, accomplished healthcare professionals, will share their knowledge and expertise for a thoroughly educational, interactive, and enjoyable experience for all participants.



**DR MERRIN THANOPOULOS** MBBS (Hons1)

Merrin is the Emergency Care Coordinator at the Mater Hospital North Sydney where she has also worked as a Senior Ward Registrar since 2008. Prior to that, as a senior RMO in St Vincent's Hospital Emergency in Darlinghurst for 10 years. Within her role at the Mater she is responsible for the implementation of NSQHS Standard 8 (Recognising and Responding to Acute Deterioration). This has involved education and training sessions with nursing and medical staff, review of all patient deteriorations within the Mater Hospital and conducting Resus4Kids courses. She is also an experienced ALS-1 and ALS-2 Course Director with the Australian Resuscitation Council and was responsible for the development of the Mater Hospital ALS Course Centre.



**COLETTE FOUDY** BNProfHons, RN, MCLinNurs, Cert IV Education & Teaching

Colette is a Critical Care Nurse Educator at St George Private Hospital Sydney and has over 25 years critical care experience in Australia and the UK. Within this role she has been responsible for the development and implementation of education programs including Critical Care Nursing Foundation, NSQHS Standard 8 Recognising and Responding to Acute Deterioration education, Basic and Advanced Life Support and Resus4Kids. Colette is also an experienced Australian Resuscitation Council (ARC) Course Director, regularly teaching BLS, ALS1 and ALS2 courses. Colette is passionate on educating staff of the early detection and management of clinical deterioration to improve patient outcomes. In her current role as ICU Educator, Colette is also able to positively influence clinical practice at the bedside and is a fierce advocate for patient-centred care.



**MIKE RISTUCCIA** BClinPrac(Paramedic)

Mike is a former Intensive Care Paramedic with the NSW Ambulance where he was employed for 27 years. He is now responsible for co-ordinating all of the courses for Cruise Seminars and is your onboard event manager. Mike's role is to ensure everything goes as planned and to organise every detail, ensuring your Cruise Seminars event is enjoyable, educational and memorable. Mike's always available to chat during the cruise and with over 40 cruises under his belt, he enjoys sharing his hints and tips on cruising, what to do ashore or where to cruise to next!

# ITINERARY AND EDUCATION DETAILS

 **23 FEBRUARY - 4 MARCH 2025**

 **9 NIGHTS**

 **OVATION OF THE SEAS**

 **SOUTH PACIFIC**

 **DEPARTING SYDNEY**



## THE DETERIORATING PATIENT DETECTION - ASSESSMENT - TREATMENT

**23 FEBRUARY 2025**

**SYDNEY**



### EMBARKATION & CRUISE SEMINARS REGISTRATION

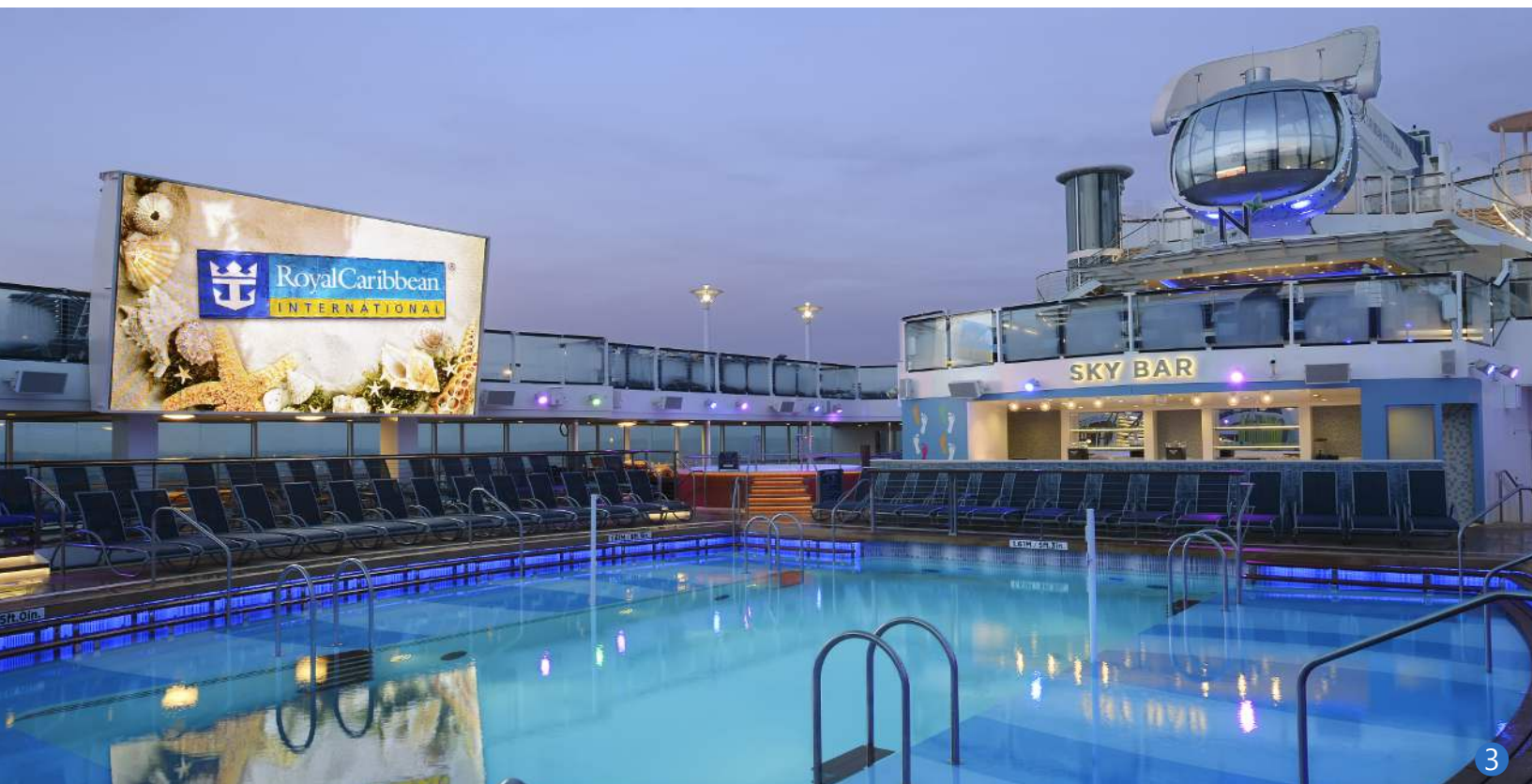
After boarding the ship, meet your Cruise Seminars team at our Welcome Desk to check-in for the course. You'll also receive a complimentary Cruise Seminars tote bag, lanyard, notepad and pen!



### OVATION OF THE SEAS DEPARTS SYDNEY

It's time to explore this magnificent ship and enjoy our departure from Sydney.

**Continued over..**





## 09:00-13:00 EDUCATION SESSIONS **4 CPD**

### WELCOME & INTRODUCTION

This morning we'll start by introducing ourselves, creating a friendly atmosphere, and providing an opportunity for participants to get to know each other. A brief overview of the course content over the coming days will also be given.

### 'BETWEEN THE FLAGS'

Patients in hospital and community settings can deteriorate unrecognised and without an adequate response. Between The Flags has been in use since January 2010 which uses vital sign thresholds for staged escalation and response by the most appropriately trained clinicians. This idea of early recognition of deterioration came from the pioneering work of Professor Ken Hillman, who developed a simple, but innovative system at Liverpool Hospital, NSW in the late 1980s.



### MORNING TEA BREAK

#### THE A-E APPROACH TO A DETERIORATING PATIENT

The A-E assessment is a simple method that allows for a structured approach to a deteriorating patient. In this session we will take you through this assessment showing how abnormalities are detected, prioritised and treated.

#### TEAMWORK, COMMUNICATION AND LEADERSHIP IN HEALTH CARE

Poor teamwork and communication are a factor in up to 80% of adverse or near-miss events in hospitals. These deficiencies are often highlighted during medical emergencies. Structured communication tools, rapid response systems, patient/family activated care are vital in ensuring our patients receive the most appropriate care. In this session we will explore the concepts of teamwork and communication with a game, watching a short documentary and then discussion.



### THE AFTERNOON IS AT YOUR LEISURE!

Continued over..



## SELF-DIRECTED LEARNING **4 CPD**

Prior to the cruise you will receive case studies with some questions to answer at home. Please bring your completed answer sheets with you on the cruise and we will then discuss the case studies on the second day at sea. This activity will contribute 4 CPD hours towards the total 20 CPD hours available in this course.



25 FEBRUARY 2025

AT SEA



**09:00-13:00 EDUCATION SESSIONS** **4 CPD**

### SEPSIS

What is sepsis and septic shock? We'll discuss why sepsis is dangerous and how to identify these patients using the A-E Approach. Included in this session is a discussion on 'The Sepsis Six' and why they are important.

### DELIRIUM

Delirium is a medical emergency and is often multi-factorial in origin. We will look at the common causes of delirium, how to investigate, and discuss several case studies.



### MORNING TEA BREAK

#### ARTERIAL BLOOD GASES 101

In this session we will discuss the terms used to describe arterial blood gas analysis and its role in the deteriorating patient. A simple approach to the interpretation of blood gases will be presented in the context of common clinical presentations.

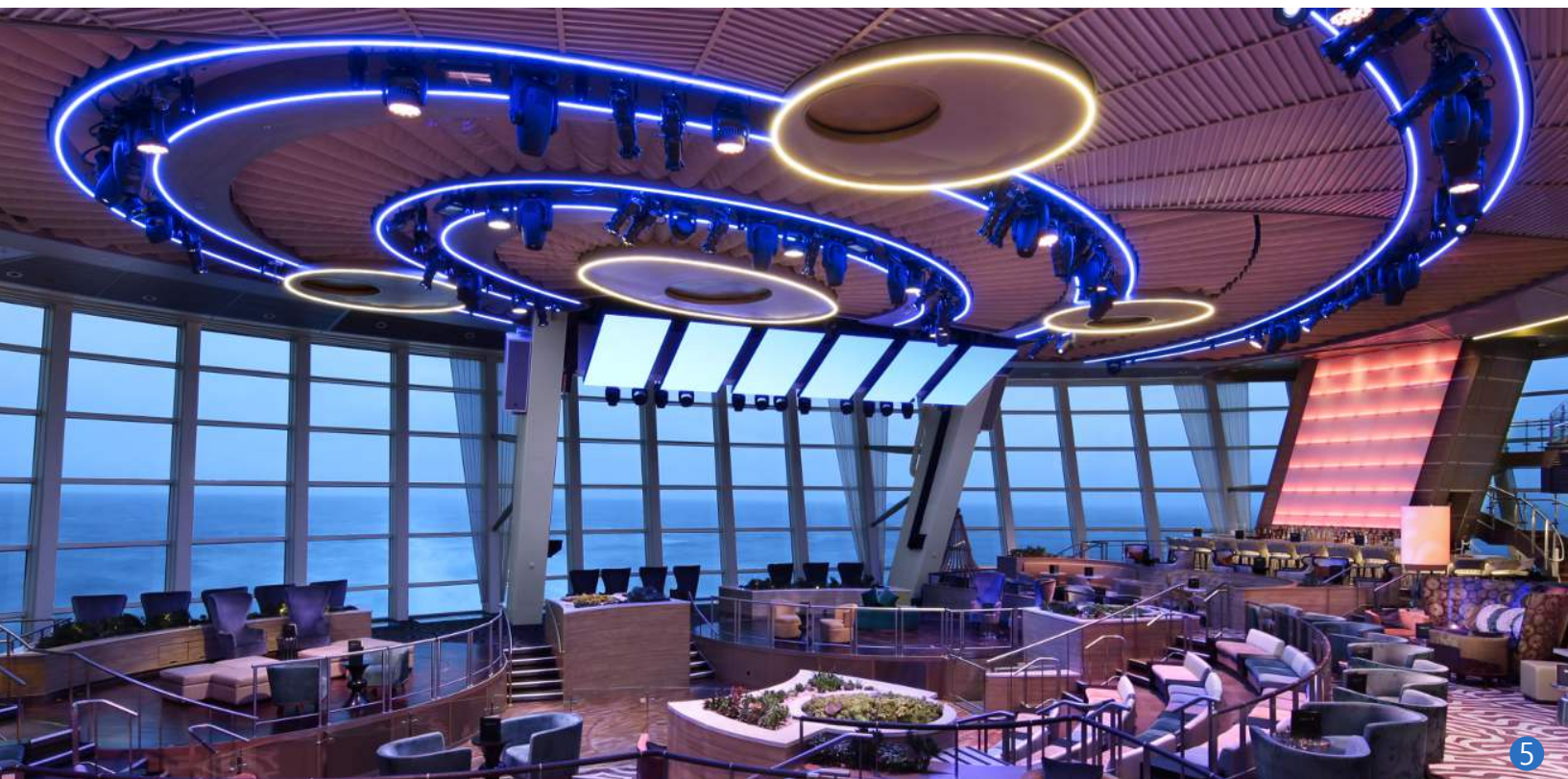
#### CASE STUDIES: CORONER'S COURT

Every hospital-based death referred to the State Coroner's courts has been found to have at least one of the following four issues contributing to the death: Vital signs not checked at the appropriate frequency; abnormal vital signs not acted upon; patient/family concern ignored and poor documentation. We will review cases and discuss important lessons to be learnt from each one.



### THE AFTERNOON IS AT YOUR LEISURE!

Continued over..

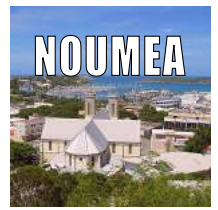


**26 FEBRUARY 2025**



### **NOUMEA, NEW CALEDONIA**

Noumea is the capital city of the French territory of New Caledonia and it is one of the largest ports in the South Pacific. It is situated on a peninsula in the south of New Caledonia's main island, Grand Terre, and is home to the majority of the island's European, Polynesian, Indonesian, and Vietnamese populations. The city lies on a protected deep-water harbour which serves as the chief port for New Caledonia. The currency used in New Caledonia is the Pacific Franc (CPF) although Australian Dollars is sometimes accepted.



**27 FEBRUARY 2025**



### **MYSTERY ISLAND, VANUATU**

Mystery Island is a small, uninhabited island in Vanuatu's Tafea Province. The official name is 'Inyeug' and is located approximately 0.5km from the larger, populated island of Aneityum. The island boasts white sand, snorkelling and swimming opportunities or you could take a leisurely walk around the island. The island features a grass airstrip, used by the US Military during World War II and is still used by general aviation aircraft today. When cruise ships visit, the locals come across from the larger island of Aneityum to set up huts, selling handicrafts, clothing and souvenirs. Australian Dollars is accepted at Mystery Island.



**28 FEBRUARY 2025**



### **VILA, VANUATU**

Port Vila is the capital and largest city of Vanuatu, located on the island of Efate. Cruise passengers often enjoy visiting the local markets that sell a variety of goods such as fruit and vegetables. Day trips from Vila include the popular Cascade Waterfalls, Hideaway Island and the Ekasup Cultural Village. The currency used in Vanuatu is the Vatu (VUV) although Australian Dollars is sometimes accepted.



**Continued over..**



1 MARCH 2025

AT SEA



09:00-13:00 EDUCATION SESSIONS 4 CPD

### ANAPHYLAXIS

We'll identify anaphylaxis using the A-E Approach and the importance of calling for help, along with the definitive first-line management with IM adrenaline. We'll also demonstrate correct and safe use of the Epipen and Anapen and participants will be given the opportunity to practice using these devices.

### SHOCK

Shock is a clinical state with characteristic signs and symptoms which occurs when there is an imbalance between tissue oxygen demands and supply. Regardless of the cause, shock has a universally poor outcome unless it is detected early and treated appropriately and aggressively. We will look at and discuss the different causes of a shocked state and treatment guidelines.



### MORNING TEA BREAK

### CARDIAC MONITORING & ECG ANALYSIS

This session will take you through the indications for cardiac monitoring, how to monitor the ECG effectively, basic physiology of the ECG and the 6-stage approach to ECG interpretation.

### ACUTE CORONARY SYNDROME

In this session, we'll look at the processes that causes acute coronary syndrome (ACS). Included in this discussion will be the different types of ACS, recognising and assessing a patient with ACS, and the relevant and immediate treatment regimens for each different types of ACS.



### THE AFTERNOON IS AT YOUR LEISURE!

Continued over..





2 MARCH 2025

AT SEA



09:00-13:00 EDUCATION SESSIONS 4 CPD

### ASTHMA

Asthma is a common condition in Australia. In this topic, we'll look at assessing and treating a patient with asthma and recognising the signs and symptoms of acute, severe, life-threatening asthma. We'll also discuss the reversible causes of a cardiac arrest due to severe asthma.

### ACUTE STROKE

Prompt detection, assessment and transfer of a patient to an appropriate facility provides the best outcome for a suspected stroke. We will discuss the different ways that strokes may present and cases where the outcome was clearly linked to the escalation of appropriate care.



### MORNING TEA BREAK

### ADVANCED LIFE SUPPORT (THEORY ONLY)\*

In this presentation we will run through the latest Australian Resuscitation Guidelines. Confirmation of arrest, external cardiac compressions, ventilation, defibrillation and emergency drugs will be discussed and demonstrated. \*This session is not a substitution for an Advanced Life Support course.

### BETWEEN THE FLAGS: 13 YEARS IN PRACTICE & COURSE CONCLUSION

Earlier in the program we looked at the theory of 'Between the Flags' and now we'll see how it works in practice. Data from the Mater Hospital at North Sydney will be presented which will show how the implementation of Between the Flags has markedly improved a deteriorating patient's outcome.



### THE AFTERNOON IS AT YOUR LEISURE!

3 MARCH 2025

AT SEA



### AT SEA

On this last day of the cruise, the choice is yours to unwind at your leisure, whether it's by the pool, engaging in other activities, or simply embracing relaxation in your preferred way.



4 MARCH 2025

SYDNEY



### ARRIVAL IN SYDNEY

We trust you have enjoyed this Cruise Seminars event. We wish you a safe onward journey home and look forward to welcoming you back on board another time.



# YOUR EDUCATION VENUE - OVATION OF THE SEAS

Your venue for this course is the spectacular Ovation of the Seas. This incredible Royal Caribbean International ship offers guests a variety of unique activities\*, entertainment and dining options. Experience the North Star for panoramic views 90m above the water, be amazed at the Bionic Bar as robotic arms mix your favourite drink or indulge in mouth-watering food at Jamie's Italian restaurant. Ovation of the Seas has it all!

## FAST FACTS

**Maiden Voyage: 2016**

**Decks: 16**

**Staterooms: 2,091**

**Restaurants: 21**

**Pools: 2 indoor, 2 outdoor**

**Length: 347m / 1,138ft**

**Tonnage: 168,666 GRT**

**Cruising Speed: 22 knots**



## WHAT'S ONBOARD?\*

- Multiple dining options including Jamie's Italian, American Icon Grill, Coastal Kitchen, Chops Grill plus much more!
- More than 7 bars including the Bionic Bar powered by Makr Shkr<sup>®</sup>, multiple lounges and entertainment venues.
- North Star: Take yourself to new heights with the jewel-shaped capsule that gently ascends over 90 metres above sea level giving breathtaking 360° views of the sea.
- A choice of pools including an adults-only solarium pool - a glass canopied retreat.
- Indoor pool with retractable roof.
- A 67-metre outdoor poolside cinema screen.
- ...and much more!

\*Some dining options and activities may incur a fee.



# COURSE REGISTRATIONS & CRUISE BOOKINGS

Ovation of the Seas offers a comprehensive selection of stateroom categories, ensuring a diverse array of choices to accommodate varying preferences, needs, and budgets. Choose an inside room for the best value, an ocean-view room for panoramic vistas, or indulge in a balcony room or suite and relax in your own private sitting area.

**Yes!** You may bring your family and friends. Guests who are not participating in the course only pay the cruise fare component.



## REGISTER & BOOK IN 3 EASY STEPS

- 1 Visit Cruise Seminars at [cruiseseminars.com.au](http://cruiseseminars.com.au)
- 2 Locate the course in the Events menu then click the Booking Request button to enter your details.
- 3 You'll be contacted by Christie Gowan from TravelManagers to assist with your cruise booking. A separate invoice will be provided by Cruise Seminars for the course fee.\*

..OR SCAN TO BOOK!



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**Cruise SEMINARS**

[cruiseseminars.com.au](http://cruiseseminars.com.au)



Cruise bookings facilitated by

**TravelManagers**

As individual as you are



**0407 626 480**

Christie Gowan

\*The cruise must be booked through Christie Gowan at TravelManagers. A separate invoice will be provided by Cruise Seminars for the course fee. Cruise cabins and seats in the course are limited and subject to availability. Terms and Conditions apply. Cancellation penalties may apply. Refer to website for details. Information in this brochure correct at time of publishing and is subject to change without notice.

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