

*Cruise* SEMINARS

# MIDWIVES ON BOARD!

**20 CPD HOURS**

*Presented on board:*

Royal Caribbean International  
**OVATION OF THE SEAS**

10-Night Cruise to New Zealand  
**28 NOVEMBER – 8 DECEMBER 2024**



 RoyalCaribbean<sup>®</sup>  
INTERNATIONAL

# COURSE OVERVIEW

## MIDWIVES ON BOARD!

### Overview

As midwives, our primary role is to reflect the very definition of the word: to be 'with woman' – throughout her pregnancy, birth and postpartum adjustment. However, we so often find ourselves 'with system' instead. We walk a fine line trying to be midwives while working according to policies and procedures, often with unrealistic time constraints and increasing patient numbers. If you have ever asked yourself "how can I be a true midwife in this environment?" or felt powerless to be the midwife you long to be, then this course is for you!

We will be getting back to the core of midwifery care and show you how you can truly be 'with woman' in your own work environment. You will be reminded of why you became a midwife, and inspired to support the women in your care to have a positive pregnancy, birth, breastfeeding, and post-partum experience. We will explore topics such as acupressure points for pregnancy and birth, gestational diabetes mellitus (GDM) management, due dates, antenatal education, labour progress support, safe waterbirth, optimal third stage, breastfeeding support, and post-natal care. We will also show you the pathway into private practice where we truly get to be 'with woman'.

This will be a fun and engaging course that will leave you feeling informed and inspired, whether you've been a midwife for years or you're just starting out in your midwifery career.



### Learning Objectives

At the end of this course, participants should be able to:

- Identify and reduce environmental hinderances to physiological labour and birth
- Support and facilitate physiological waterbirth safely
- Support women to make informed choices regarding interventions offered
- Educate and support women to navigate GDM prevention, testing and management
- Facilitate and manage optimal third stage
- Help mothers and fathers transition into parenthood
- Understand 'normal' breastfeeding
- Dispel myths and misinformation surrounding infant care and breastfeeding
- Understand the path to endorsement and private practice

# MEET YOUR EDUCATION TEAM

Cruise Seminars is proud to introduce Justine van der Watt and Jaimee Smith as speakers in this course. Their combined experience, passion and dedication to enhancing the learning experience of health care professionals is reflected in this educational and interactive 20-hour CPD event.



## JUSTINE VAN DER WATT

Justine is a registered nurse, registered midwife (with endorsement), and IBCLC. She is currently completing a Master of Midwifery by Research, with a planned completion date of March 2024 - her thesis is titled 'Mother's experiences of breastfeeding support in hospital after birth'. She has worked in tertiary NICUs since 2007 in Perth and the UK. Since 2018 Justine has predominately worked in private practice providing antenatal and postnatal midwifery care, and breastfeeding support and education. Justine is currently the LANCZ Director for Political and Professional Advocacy and Support. She has presented at conferences and is currently part of the LANCZ Education Committee, which is tasked with creating online education modules for health professionals. Justine is a keen traveller, and has done work experience placements in Ghana and Sri Lanka, as well as travelling extensively for fun.



## JAIMEE SMITH

Jaimee is an endorsed privately practicing midwife who works out of the Launceston Birth Centre, offering full continuity of care throughout pregnancy, birth and for six weeks postpartum. The LBC is the oldest independent birth house in Australia and has been offering private midwifery care and homebirth to women in northern Tasmania for 40 years. Jaimee loves being with women to support them, to feel safe, loved, informed and capable as they navigate the many changes in this season of their lives. She is an experienced childbirth educator and has written and taught antenatal, birth, breastfeeding and postpartum classes both publicly and privately. Jaimee mentors midwives transitioning into private practice through Melanie the Midwife's mentorship program and in her own private practice. She has presented at several ACM conferences and at the National Endorsed Midwives conference in 2023. Jaimee is also a remote area nurse and worked for several years on a remote island of Indonesia and as a 'bush nurse' in outback Queensland. She now lives with her husband, four children and a ginormous German Shepherd under a snowy mountain in northern Tasmania.



## MEET YOUR ONBOARD EVENT MANAGER



## MIKE RISTUCCIA

Mike is a former Intensive Care Paramedic with the NSW Ambulance where he was employed for 27 years. He is now responsible for coordinating all of the courses for Cruise Seminars and is your onboard event manager. Mike's role is to co-ordinate all aspects of the event, right down to the smallest detail, ensuring your Cruise Seminars event is enjoyable, educational and memorable. Mike is 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!

# CRUISE ITINERARY AND EDUCATION DETAILS

## MIDWIVES ON BOARD!

*Presented on board:*

### Royal Caribbean International **OVATION OF THE SEAS**

10-Night Cruise to New Zealand  
**28 NOVEMBER - 8 DECEMBER 2024**



**28 NOVEMBER 2024 (THURSDAY)**



#### **EMBARKATION & CRUISE SEMINARS REGISTRATION**

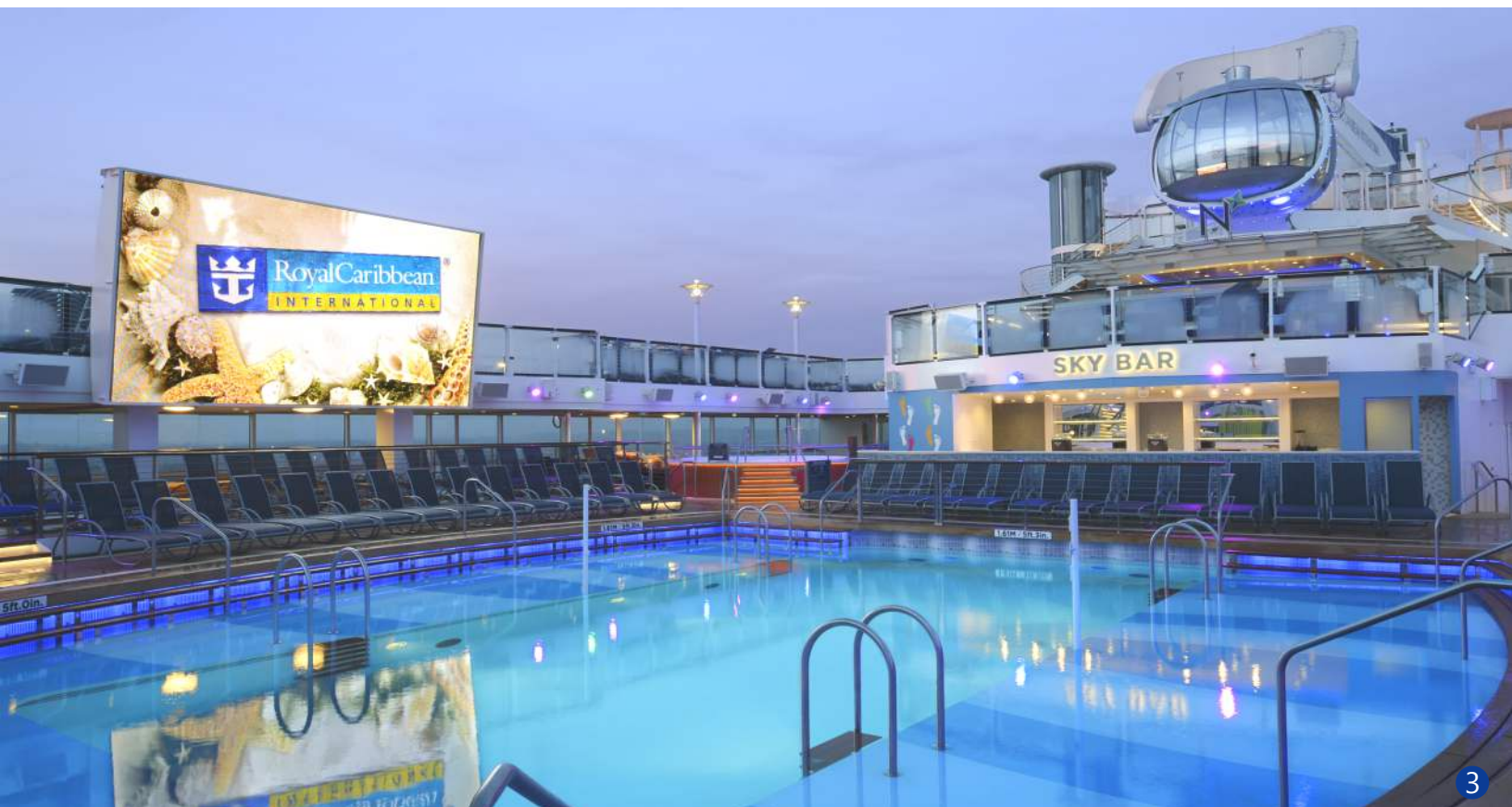
After boarding the ship, meet your Cruise Seminars team at our Welcome Desk to check-in for the course. You'll also receive a complimentary Cruise Seminars tote bag, lanyard, notepad and pen!



#### **18:45 OVATION OF THE SEAS DEPARTS SYDNEY**

It's time to explore this magnificent ship and enjoy our departure from Sydney. The evening is at your leisure!

**Continued over..**





## 09:00-12:00 MORNING EDUCATION SESSIONS **3 CPD**



### Welcome & Introduction

Our presenters will commence by introducing themselves before getting to know a little about you. A brief overview of the course content over the coming days will also be given.



### 'With Woman': Woman-Centred Education

We all know that 'midwife' means 'with-woman' but how does that look in our everyday practice? When women make choices that differ to our advice or hospital policy, this can be challenging for us as midwives. Where do women get their information from? Are they really making informed-choices? Are we supporting those choices, or are we trying to convince them to be with-system? This session will explore the very basics of midwifery practice, looking at risk and safety, and how we can work with women and for women.



### Alternative Choices in GDM Assessment and Management

Gestational Diabetes Mellitus (GDM) is important to recognise and manage well in pregnancy. But is the Glucose Tolerance Test the only option for screening for GDM? This session will give you a clear understanding of gestational diabetes including screening and management options. You'll also be given some simple and effective tools for educating women about GDM prevention and management.



## MORNING TEA BREAK

### The Story of a Slow-Cooker: Post-Dates Management

The national induction of labour rate currently sits around 34% and the most common reason for induction is prolonged pregnancy. But that's because it's dangerous to go past 42 weeks, isn't it? Let's re-examine this and get our facts straight so we can support women to make an evidence-based choice on whether or not to choose inductions for so-called prolonged pregnancy. This session will consist of statistics, stories, and stellar information!



## 12:00-13:00 LUNCH

## 13:00-15:00 AFTERNOON EDUCATION SESSIONS **2 CPD**



### Breastfeeding 101 for Midwives

Almost all parents understand the importance of breastfeeding and want to do it, yet breastfeeding rates in Australia are very low. Most mothers who stop breastfeeding in the first 6 weeks say they regret their decision and only did so because they felt unsupported and ill-informed. Breastfeeding support starts with the midwife – in this session we will explore how to optimally support breastfeeding from birth through the first 6 weeks.



### Interactive Workshops: 'How Milk Gets to the Baby' and 'Breech Birth'

For our last session of the day, we will break up into groups for 2 interactive workshops. Justine will host 'How milk gets to the baby' – an interactive deep dive into the hormones and physiology of milk; Jaimee will host 'breech births' – a refresher of techniques that can be used for planned or unplanned breech birth.



## SELF-DIRECTED LEARNING **2 CPD**

You will be provided with case studies (3 antenatal/intrapartum, 3 postnatal) where you will be asked to outline the assessment you would undertake and what you believe the issues may be. We will then discuss these case studies during the last session. This activity will contribute 2 CPD hours towards the total 20 CPD hours available in this course.

**Continued over..**

**09:00-12:00 MORNING EDUCATION SESSIONS 3 CPD****Helping Birth Work**

In this session we will be re-visiting basic birth physiology. As midwives, this is our bread and butter, and yet only 41% of Australian women go into spontaneous labour and even fewer have an intervention-free spontaneous birth. So, what does birth physiology need to work well? How does the environment impact labour and birth flow? How can we optimise birth physiology and support women to have positive and empowering birth experiences? Plus, learn more about how to support parents who choose birthing programs like HypnoBirthing.

**Helping Parents Parent Without a Village!**

"It takes a village to raise a child" – but what if the village no longer exists? How can we help parents transition to parenthood in this modern world of Instagram vs reality? In this session we will explore society's expectations on new parents and the reality of caring for a new baby in a world filled with social media. We will also explore post-birth plans and how to help parents transition to the new routine of parenthood.

**MORNING TEA BREAK****The Art of Midwifery: Assessing Labour Progress Without VE's**

In this session we will put vaginal examinations under examination! Are VE's the best and most appropriate tool for assessing labour progress? What other midwifery tools and techniques do we have in our 'tool bag'? What can we do to support a woman in stalled labour, or with malpresentation? These are skills I longed to have when I was a new midwife and are now part of my every day practice. Let's learn and practice the Art of Midwifery.

**12:00-13:00 LUNCH****13:00-15:00 AFTERNOON EDUCATION SESSIONS 2 CPD****Waterbirth vs Landbirth**

Women are increasingly opting to give birth in water, with good reason. Some work places are very supportive of this, others not so much. In this session we will look at why women like water birth, and how we can offer safe waterbirth care.

**Interactive Workshops: 'The Milk Chain' and 'Shoulder Dystocia'**

We will again break into two groups for more interactive workshops. Justine will host 'The Milk Chain' – understanding factors that can help lead to exclusive breastfeeding and how disrupting the chain can disrupt the breastfeeding journey; Jaimee will host a review of shoulder dystocia, including maneuvers and post birth considerations.

**CRUISE SEMINARS COCKTAIL PARTY!**

**Join us for an exclusive and complimentary cocktail party - for all course participants! Beverages served include alcoholic and non-alcoholic, courtesy of Cruise Seminars!**

## 1 DECEMBER 2024 (SUNDAY)



### MILFORD SOUND

The Maori believed a divine mason carved Milford Sound. The fjord is a geological wonder of the ice age, where waterfalls cascade over sheer cliffs into the dark waters below and mountains dominated by Mitre Peak reach towards the sky.

### DOUBTFUL SOUND

You can only experience the grand scenery and tranquillity of this magnificent fjord by boat. Doubtful Sound sustains an amazing array of wildlife. In the rainy season, its steep hills are covered with hundreds of waterfalls.

### DUSKY SOUND

Part of New Zealand's Fiordland National Park, Dusky Sound was long the site of Maori camps but few permanent settlements. Captain Cook spent five weeks exploring the dramatic coastline that edges the mountainous wilderness.



## 2 DECEMBER 2024 (MONDAY)



### DUNEDIN

Dunedin proudly celebrates its Scottish heritage but gold-rush fortunes are behind its grand Victorian and Edwardian architecture. From here you can also explore the Otago Peninsula, home to penguin colonies and scenic coastline.



## 3 DECEMBER 2024 (TUESDAY)



### LYTTELTON (FOR CHRISTCHURCH)

Christchurch is just a 20-minute drive from the Lyttelton cruise port. Visit Christchurch and stroll through beautifully manicured Hagley Park or see Maori artefacts at the Canterbury Museum.



## 4 DECEMBER 2024 (WEDNESDAY)



### WELLINGTON

Wellington embraces its reputation as a cool 'little' capital. The city centre is compact but there's no shortage of big-city culture. The charm extends to the surrounding green hillsides while countryside and rugged coast are within easy reach.

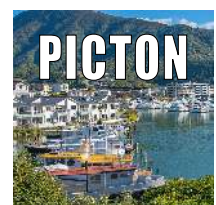


## 5 DECEMBER 2024 (THURSDAY)

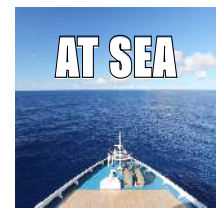


### PICTON

The seaside town of Picton is your base for exploring the beautiful scenery, pristine waters and wildlife of the Marlborough Sounds. A short drive brings you to sunny Blenheim, heart of Marlborough's acclaimed wine region.



Continued over..



**09:00-12:00 MORNING EDUCATION SESSIONS 3 CPD**



**Milk Supply, Medications, and Mastitis**

This session examines three very common situations that may make or break a mother/parent's breastfeeding journey. We will learn exactly what can and can't affect milk supply, what makes a medication safe (or unsafe) for breastfeeding, and update our knowledge on mastitis care and prevention.



**Reflux, Colic, and Gas.. Oh My!**

Three terms that can send shivers of anxiety through new parents. But are these issues really issues? In this session we will examine the symptoms parents often describe in relation to these terms and discuss whether they are really issues to be concerned about.



**MORNING TEA BREAK**



**Iron Deficiency in Pregnancy**

One of the most common issues in pregnancy is iron deficiency – do you understand the difference between iron and ferritin, and how they impact haemoglobin? What about transferrin? Where does that fit in? In this session we will explore all the terminology and why this is such a common issue during pregnancy.



**12:00-13:00 LUNCH**

**13:00-15:00 AFTERNOON EDUCATION SESSIONS 2 CPD**



**The Pesky-Placenta: Optimal Third Stage**

Phew! The baby is born, but what about that pesky placenta? Is the mother going to bleed? How can we help avoid a postpartum hemorrhage? How should we support or manage the third stage? Active management? Physiological management? Let's look at the emerging evidence around this and best practice for third stage.



**Reflective Practice: Speed-Dating Style!**

Reflecting on our practice, good bad or ugly, is part of being a health professional. Come prepared for this session with two situations you have found yourself in to share – not with the whole group – but as a one-on-one with another course participant. Also be prepared to offer reflection and active listening for others.

**Continued over..**

Ovation of the Seas-conference room—





**7 DECEMBER 2024 (SATURDAY)**



**09:00-12:00 MORNING EDUCATION SESSIONS 3 CPD**



### **Pathways to Private Practice**

In this session we will show you the pathway into private practice and explain what endorsement is. You may not want to go into private practice yourself, but as numbers of privately practising midwives (PPMs) steadily increase, you're likely to work in collaboration with PPMs at some point in your career. Learn what they require to set up and work in private practice such as insurance, collaborative agreements, and the consultation and referral process they must follow. There will be plenty of time for Q&As in this session.



### **Update on Neonatal Resus and Cord Clamping**

What do we do if baby does not come out breathing as expected or there is a need to help them transition to life outside the womb? In this session, we will also look at delayed/optimal cord clamping so that you can provide parents with the latest information.



### **MORNING TEA BREAK**



### **Case Study and Course Review**

Prior to the cruise you will be given case studies to reflect on and make an outline of what extra information you would like and what assessments you would do. In this last session we will break into groups to discuss these and your reflections/assessments. We will then come back together to reflect on what we have learnt over the last few days and spend time asking final questions.

**TOTAL COURSE HOURS: 20 CPD**

**8 DECEMBER 2024 (SUNDAY)**



### **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®, 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 an additional fee.



# REGISTRATIONS & BOOKINGS

## MIDWIVES ON BOARD!

We have selected a limited number of staterooms on board the ship in various categories. 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.

Bring your family and friends! Guests who are not participating in the course only pay the cruise fare component.

Please refer to our website at  
**[cruiseseminars.com.au](http://cruiseseminars.com.au)**  
for pricing and availability.

## 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 for the course will be provided which is payable when your final cruise payment is due.\*

..OR SCAN TO BOOK!



Provided by

**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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