



Jules Aitken



Sue Walker



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# Weight Loss and Wellness

*Port Douglas | 29 Jan - 03 Feb 2022 | 24 CPD Hours*



(24 CPD Hours)

## The Presenters:



Jules Aitken

### **JULES AIKEN**

MSc (Nurse Practitioner), RN, CDE

Jules Aitken is an Endorsed Nurse Practitioner specialising in Diabetes, 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, chronic disease and weight loss management field for over 15 years.

Working both independently and within specialist clinics, Jules coordinates the care of clients with complex diabetes, chronic conditions and weight loss.

She has participated in research projects involving chronic disease management, weight loss and diabetes 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, EENs, RNs and other health professionals within private organisations.

Jules has worked with local, State and Federal government organizations most notably a Primary Care Network as a member of a working committee establishing health pathways for aged care, diabetes and chronic pain and also as a member of their quality improvement committee.



Sue Walker

### **SUE WALKER**

RN, BN, BN (ADMIN), MPH (PALCARE), MACN Specialist Nurse Educator

Sue Walker is a director and co-founder of the Nurses for Nurses Network and the Nursing CPD Institute. As a Nurse Education Consultant, Sue is a member of the Education Governance Committee of the Institute as well as a key contributor to the online education platform Continuing Professional Development library.

As a Registered Nurse, Sue holds Degrees in Nursing and Health Administration, a Master's Degree in Primary Health Care majoring in Palliative Care, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment, and is also an Accredited Mental Health First Aid Trainer.

“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 backbone of the healthcare system. It is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes of each and every client.”



# Itinerary

Date	Time	Presentation
<b>Day One:</b> 29/01/2023	1730 - 1830	<b>Welcome and Registration Reception</b>
<b>Day Two:</b> 30/01/2023	0900 - 1700	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"> <li>• Defining Wellness</li> <li>• Your Personality</li> <li>• Human Factors and Situational Awareness</li> <li>• Burnout</li> </ul>
<b>Day Three:</b> 31/01/2023	0900 - 1700	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"> <li>• An Exploration of Mindfulness</li> <li>• The Impact of Sleep on our Health</li> <li>• How to set Boundaries in your Personal and Professional Life</li> <li>• What Flourishing Looks Like</li> </ul>
<b>Day Four:</b> 01/02/2023		<b>Take today to explore this beautiful destination at your leisure</b>  <b>Optional Tours Available: Contact Education at Sea for the details</b>
<b>Day Five:</b> 02/02/2023	0900 - 1700	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"> <li>• Obesity – An Overview</li> <li>• Personal Weight Loss Journey</li> <li>• Lifestyle Interventions for Weight Loss</li> <li>• Weight Loss Surgery</li> <li>• Pharmacological Interventions for Weight Loss</li> <li>• Exploring the Challenges of Managing a Healthy Nutritional Intake</li> </ul>
	1830	<b>Optional Event</b> - A fabulous fundraising activity for the Global Nurses and Midwives Rotary Club
<b>Day Six:</b> 03/02/2023	0900 - 1700	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"> <li>• Exploring the Challenges of Managing a Healthy Nutritional Intake</li> <li>• Medical Interventions for Weight Loss</li> <li>• Weight Loss Surgery / Weight Loss Options – Pregnancy, Fertility and Pregnancy Planning</li> <li>• Psychology of Obesity and Weight Loss</li> <li>• Weight Loss Maintenance</li> </ul>
	1700 - 1800	<b>Farewell Reception - safe travels</b>