

# CE Eastern Caribbean Cruise

## *OB Nursing Cruise & Learn 2019*

*Celebrating Nurses Week  
Maximizing both  
Education and Vacation  
Earn Nursing CE Credits*

**May 4-11, 2019**

**7 Night Royal Caribbean  
*Symphony of the Seas*  
Eastern Caribbean Cruise**

**Choose from concurrent sessions  
on requested OB topics including  
improving assessment skills and nursing burnout.  
Come laugh and learn with us!**



*Majestic 1 Vacations International*  
[www.majestic1vacationsint.com](http://www.majestic1vacationsint.com)  
678-570-0820



Professional Education Center

[www.proedcenter.com](http://www.proedcenter.com)

P.O. Box 7447

Chico, CA 95927-7447

800-732-2387

## *Cruise Educators and Planning Committee*



### **Debbie Barcelona, RN, BSN**

Debbie is a nurse celebrating 39 years in Obstetrics and Education. She will bring her humor and storytelling abilities to play in the discussions of assisting our patients and ourselves in dealing with difficult perinatal outcomes; and to energize us out of burnout! “I have NEVER lost the joy of sitting by a patient’s bedside and mistering to them by listening, encouraging them; but, more importantly, using the power of my touch when I care for them. I appreciate new medical technology but refuse to let it interfere with the real work of nursing which is letting you immerse yourself in the care of your patient.” We welcome Debbie as a novice cruiser!



### **Cindy Parke, RNC, CNM, MSN**

Cindy is the Director of Professional Education Center (PEC) and is collaborating in this event as both one of the educators and a co-conference organizer. Cindy, like the full team, shares a passion for nursing and obstetrics. She

will utilize her skills and experience in both clinical care and as an educator for you! Teaching is second nature to Cindy, and her mission is to midwife nurses who can then midwife many women. Cindy is excited to be on her fourth educational cruise adventure. The concept of a Cruise with education is the essence of the PEC idea of “Education at a Vacation Destination!”



### **Patricia C. Pitts, RNC-OB, NRP Instructor, Mentor, Travel Agent**

Pat is a Clinician, Educator, and Travel Agent/Vacation Planner with Majestic 1 Vacations International. Pat is also an OB Nurse with the passion. This Cruise & Learn opportunity is a product of her

creative organization. Pat combines her love and expertise of OB nursing with her excitement and knowledge of travel. She will coordinate the optional NRP Live Instructor Event and is “the resource” for all travel related questions. We think even Pat has lost count of the number of cruises that she has been on!

### **CRUISE HIGHLIGHTS:**

- **Saturday, May 4:** Departs from Miami
- **Sunday at sea:**  
**Lecture:** 8AM- 1PM Choose Workshop
- **Monday: at sea**  
**Lecture:** 8AM- 1PM Choose Workshop
- **Tuesday: Philipsburg, St. Maarten 8AM- 5PM**  
**Breakfast Q&A**
- **Wednesday: San Juan, Puerto Rico 7AM-3PM**  
**Dinner discussion**
- **Thursday: Labadee, Haiti 9:30AM - 6PM**  
**Breakfast Q&A**
- **Friday at sea:**  
**Group Lecture:** 8AM - 1 PM
- **Saturday, May 11: Returns to Miami**

## **PROGRAM OBJECTIVES**

At the conclusion of this program, the participant will be able to:

- **Discuss assessment skills to improve recognition of danger signs to enhance preparation for safety.**
- **Identify strategies for managing Category II fetal heart rate strips.**
- **Demonstrate documentation skills that reduce liability in the presence of risk.**
- **Contemplate the stressors in our nursing roles, and utilize humor to relieve that stress.**
- **Discuss how birth work affects the woman and families we care for, and the caregiver in their personal roles.**
- **Review consumer education and forces around the subject of the cesarean birth rate.**
- **Demonstrate communication skills to elicit women’s thoughts in a non-threatening manner.**
- **Identify care techniques that address the emotional and physical needs of women to prevent non-medically indicated cesarean birth.**
- **Discuss care techniques for safety and progress in care of woman experiencing TOLAC.**
- **Review Hierarchy of Needs and the real life stressors facing woman, and exaggerated by pregnancy.**
- **Identify community resources for woman.**
- **Celebrate our best care-giving techniques based on our touch in birth work.**
- **Recognize the occurrence of PTSD among maternity caregivers, and techniques of mutual support.**

# OB Nursing Cruise & Learn 2019

## CRUISE CONFERENCE SCHEDULE

### Sunday, May 5: 8:00A - 1:00P

7:30 Check In

8:00 Workshop #1: Cindy Parke

*“Calling for Help: Recognizing Maternal and Fetal Compromise as Birth*

*Approaches*

- *Improving assessment skills: Identifying risk*
- *Utilizing a maternal warning system*
- *Category II Fetal Monitoring strip management*
- *Documentation and Liability*
- *Postpartum attention to complications*

**OR**

8:00 Workshop #2: Debbie Barcelona

*“Nurses...How do We Keep Our Sanity!!”*

- *A Light-hearted review of life in L&D and OB*
- *The impact our work has on our personhood*

### Monday, May 6: 8:00-1:00

7:30 Check In

8:00 Workshop #1: Cindy Parke

*“My Birth Matters: Cesarean Awareness”*

- *Working with patients with concerns: Nursing theme: “I want to care for you, not be in conflict”*
- *The California Health Care Foundation, Consumer Reports and CMQCC resource; Improving Birth and March for Moms*
- *Assessment and care in TOLAC labors*

**OR**

Workshop #2: Debbie Barcelona

*“Lessons Learned from the Woman in our Care”*

- *Opportunities in home health for deeper holistic assessment of the woman and family.*
- *Assessment hierarchy of needs in a limited time frame of maternity admission.*
- *Identifying outreach resources in your community*

### Monday May 6 1:00-5:00

**Optional NRP Check off: Patricia Pitts**

To participate in the NRP Checkoff program you must complete work prior to the cruise, and complete #1-3 below.

1. Access website: Neonatal Resuscitation Program
2. Complete modules and online test, Utilizing the new 7th Edition Text (11 CE hrs earned from AAP).  
See the AAP website for further information.
3. Will need to submit printed certificate of completion from AAP before Cruise to Pat.

### Friday, May 10: 8:00A - 1:00P

7:30 Check In

8:00 Group lecture for the full Cruise Group by Debbie Barcelona

*“The Power of our Touch”*

- *Stories of caring for our patients*
- *Remembering our calling into OB*
- *PTSD Suffered by the Caregiver*
- *Laughter as a form of healing*
- *Healing ourselves from burnout*

*There will have both poignant and humorous stories in this final session.*

*Plan to laugh as a form of healing oneself.*

### Adjunct Learning Opportunities (0.5 CEUs each)

Saturday May 4: Welcome Reception

Meet your speakers

Tuesday May 7: Breakfast Q&A discussion

Wednesday May 8: Dinner discussions

Thursday, May 9: Breakfast Q&A

## CANCELLATION

Cancellation policy for Cruise Conferences follows the guidelines of Royal Caribbean Cruises. Please see their website for complete details. Refunds are based on both the time the cruise was booked, and the amount of days prior to the cruise that the cancellation occurs. This includes “No refund except for taxes and fees if cancelled 14 Days or less prior to the cruise date.” It is important that in the event of a cancellation, that you contact Pat or the cruise line immediately to mediate cancellation penalties.

Cancellation of PEC Seminar registration is separate, notify PEC. PEC cancellation policy: Up to 14 days before the program choose: Registration fee refund minus \$50 administrative fee or full value credit letter. Cancellation within 7 days: No monetary refund. Send a substitute or request a credit letter (minus \$50 administrative fee) which will allow you to apply fees to a future PEC program of your choice.

CE tuition, travel/meal expenses are tax deductible.

Consult your tax advisor for details about cruise specific deductions.

You may photocopy this form for additional registrants

REGISTRATION: OB Nursing Cruise & Learn 2019

NAME \_\_\_\_\_

License# \_\_\_\_\_

MD  DO  CNM  RN  LPN/VN  Other

HOME Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_) \_\_\_\_\_

E-mail address: \_\_\_\_\_



Card #'s \_\_\_\_\_ Exp. \_\_\_\_\_

EASY REGISTRATION:

Register on-line

@ [www.proedcenter.com](http://www.proedcenter.com)

Call 800-732-2387 Today With Any Major Credit Card

24 Hour Registration:

FAX 530-343-3575

OR

Mail Your Registration To:

PEC

P.O. Box 7447

Chico, CA 95927-7447

REGISTRATION OPTIONS: Check Boxes on Left

CORE CONFERENCE AND OPTIONS:

Check all that apply

CORE CONFERENCE: May 5, 6, 10 8AM - 1PM

Choose seminar for May 5

Calling for Help

How do we Keep our Sanity!

Choose seminar for May 6

My Birth Matters

Lessons Learned in Care

Conference Amenities...

PEC Seminars Include: Printed Syllabus

NRP Check-off requires pre-conference purchase/testing/certificate submission

Confirmation sent by email for each registrant.  
\*\*If you did not receive confirmation or are registering within 14 days of program - Please call to confirm space availability.

RCCL Registration # \_\_\_\_\_

Received from Majestic1 Vacations on registration for the Cruise. Must register for the Cruise first.

PROGRAM FEES :

CHECKOUT:

C ORE CONFERENCE (350)

\$\_300\_\_\_\_\_

OPTIONAL NRP CHECK-OFF (No additional fees due to PEC; You pay AAP)

\$\_0\_\_\_\_\_

TOTAL DUE:

\$\_300\_\_\_\_\_

Check Payable to: Professional Education Center (PEC): Mail to PEC/PO Box 7447/Chico, CA 95927-7447



**WHO SHOULD ATTEND?**  
*All Maternity Nurses:*

**ALL Those Interested in Cruising  
with Continuing Education as a  
Bonus!**

**[www.proedcenter.com](http://www.proedcenter.com)**  
**[www.majestic1vacationsint.com](http://www.majestic1vacationsint.com)**

PLEASE POST - THANK YOU!

**CE CREDITS: Potential 16.5 Hrs CEUs for on board courses provided by PEC. PEC is a provider approved by the California Board of Registered Nursing, Provider # 9890. Florida FBN #2219 for potential 15 Contact Hours. This program meets Texas Type I criteria.**

**Optional additional CE Credits from AAP, details inside.**

**Neither program planners nor presenters have any commercial conflict of interest.**

## CRUISE & LEARN INFORMATION

**7-Night Royal Caribbean Eastern Caribbean Cruise from Miami, FL  
On board the Magnificent *Symphony Of The Seas*  
Port stops in Philipsburg, St. Maarten; San Juan, Puerto Rico; and Labadee, Haiti  
May 4-11, 2019**

**Visit [www.majestic1vacationsint.com](http://www.majestic1vacationsint.com) for cruise info & pictures**

**To make your reservations for the cruise:**

**Call Patricia Pitts @ 678-570-0820**

**email: [babyfriendlyrn@bellsouth.net](mailto:babyfriendlyrn@bellsouth.net) or message me from the website.**

**Join our OB Nurses Cruise & Learn 2019 Group on Facebook for updates & information**

**IMPORTANT NOTE: Book your Education and Cruise separately.**

**All course participants, their families, and guests must book their cruise through  
Majestic 1 Vacations International. Email Pat: [babyfriendlyrn@bellsouth.net](mailto:babyfriendlyrn@bellsouth.net)**

**You must register for the Cruise first as you will need the RCCL # to register for the seminars.  
Education registration through the PEC website: [www.proedcenter.com](http://www.proedcenter.com)**

Feeling burnout? Need to regenerate your passion for nursing?

One answer may well be to combine Education with a Vacation, and what better way than on a cruise!!

We believe that to come Laugh and Learn with us, provides an excellent solution!

Won't you join us?