Bangkok CPD Tour
Member’s Event
12 - 21 October 2016
A growing number of Australians are choosing to go overseas, especially to Asia, for medical procedures in a trend known as medical tourism. The procedures include plastic surgery and complex dental work. The motive, often, is the ability to receive treatments at a much lower cost than in Australia.

Problems arise when complications occur when the patient arrives home. A local medical officer will need to take over their care and they may have no redress with the medical staff and hospital who provided the service overseas.

So is it safe to combine tourism and medical procedures?

In this study tour, we will visit Bangkok and explore the concept of Medical Tourism - from 5 star hospitals to charitable organizations. We will meet with Nursing and Health Practitioner colleagues and discuss the challenges and successes of their work and the implications for the medical tourist.

Medical tourists identify that during their recovery period part of the allure of Bangkok is the exceptional shopping available - so of course we will need to explore this as well.

Wendy Johnson McFarlane (the Shopping Guru!), who regularly escorts small group shopping tours to Bangkok, will give you the inside knowledge on the best places to shop to find a real bargain – simply fabulous!
What’s included in the Study Tour Registration Fee:

- Nine nights executive floor accommodation at the Rembrandt Hotel (4.5 Star Rating)
- Pre-dinner drinks and canapés each evening from 1730 for two hours
- Internet access in your room and throughout the Hotel
- Airport transfers
- Breakfast each day as well as selected meals as identified on the program
- BTS travel card
- Three highly qualified and experienced tour guides who will assist you transverse the city and culture of Bangkok.
  - Cheryl and Sue will be available to guide you through the hospitals and health services that we will be visiting as well as be available to discuss the Thai health system and comparisons to our own health services.
  - Wendy will take you to some exceptional shopping places as well as be available to guide you to other shopping options you may never thought possible.

- Tours to:
  - MBK Shopping Centre
  - Jewellery Trade Centre
  - Bumrungrad Hospital to meet with hospital colleagues, tour facilities, and discuss medical tourism
  - Tien Fah Foundation
  - Herbal Medication Clinic
  - Reclining Buddha Temple
  - Dental Hospital
  - Asiatique
  - Tuk Tuk ride with police escort
  - Canal Village
  - Bangkok Hospital – a spectacular service that has a number of hospitals throughout Thailand
  - Chidlom area for upmarket shopping
  - Red Cross AIDs service
  - Transgender clinic and hospital
  - EM Quartier Department store
  - Chatuchak Market
  - Farewell dinner at Rang Mahal

Optional Tours

- River Kwai Day Tour – lunch and visit to the Elephant camp included
- Thai Massage class including a one hour massage for yourself at Rarinjinda Wellness Spa
- Private Rice Barge Dinner Cruise
- Early Morning Floating Market visit
- Full day Ayutthaya world heritage sights including lunch

We strongly recommend that you take out travel insurance when you make your booking. We use Hot Spots to Shop QBE Insurance [click here>>](#) for further information

*Please Note: For CPD activities there is a dress code – hospitals and health care services are very professional in Bangkok and we should dress accordingly. This requires closed in shoes, shoulders covered, no singlet tops, and no shorts.*
Tour Leaders

Cheryl Dezotti is a Registered Nurse and holds a Masters Degree in Quality in Health Care. Cheryl has worked in both the acute and aged care sectors as a clinician and extensively in health care education and management. Cheryl has a passion for wound care and has lectured on the subject extensively both in Australia and internationally. Her work has made her acutely aware of the importance of keeping up to date with best practice guidelines and their practical application in the workplace.

Sue Walker is a Registered Nurse and holds a Masters Degree in Primary Health Care. Sue has worked in the acute sector, community health, and aged care as a clinician, educator, and manager. Her role at the Nurses for Nurses Network is Nurse Consultant (education). Sue continues to keep abreast of health industry issues via her participation in a number of nursing committees and panels. Sue regularly escorts Nursing study tour groups and enjoys seeing how health care is provided throughout the world.

Wendy Johnson McFarlane
Your opportunity to travel with the Shopping Guru!

Wendy regularly escorts small group tours to Bangkok and has a wealth of experience in the travel and shopping industry.

She knows the hidden gems in Bangkok, places such as a shop she calls Handbag Heaven, a wholesale scarf stall or a fantastic young jewellery designer and she can’t wait to show you.

Wendy will be available to answer all your questions concerning shopping in Bangkok as well as customs and traditions of Thailand that will make your Bangkok experience even more special. Wendy has some exciting tours planned for you.

http://hotspots2shop.com/
Day 1 - Wednesday 12/10/2016
Fly into Bangkok

You will be met at the airport and transferred to the beautiful Rembrandt Hotel - 4.5 Star http://www.rembrandtbkk.com/

There are cheaper hotels in Bangkok but life is too short for cheap – you will love this Hotel

We will meet for drinks at 1730 to introduce the group and discuss the upcoming tour.

Meals Included: Drinks & Canapés

Day 2 – Thursday 13/10/2016

Breakfast is served

We will meet this morning for a conference briefing. The culture of Thailand will be discussed and any dress code requirements will be highlighted. Our first lesson of the day will be how to master the BTS. We will use this above ground rail system to get to a number of our destinations. We will be travelling as a group so no need to worry – Cheryl, Sue, or Wendy will always be close by to assist.

MBK Shopping Centre

Wendy will ease us gently into Bangkok shopping by guiding us to Mahboonkrong Shopping Centre commonly known as MBK which is probably Bangkok's most legendary shopping mall. The eight floors are packed with 2,000 shops & stalls that sell everything from clothing, fashion accessories, handbags, leather products and luggage to furniture, mobile phones, electric appliances, cameras, stationery and DVDs

It's important to take a closer look at the quality and craftsmanship but if your idea of a shopping bargain is to pay a few dollars for an Adidas T-shirt or a Gucci belt – and authenticity is not an issue – follow Wendy to MBK. Many of the products that can be found here are similar to that at markets, but the convenience of shopping in an air-conditioned environment beats hot and sticky markets on your first day out and, just like the markets, a lot of the prices are negotiable. Wendy will show you how to enhance & expand your bartering skills.
http://www.mbk-center.co.th/

MBK is a great place for lunch – there are a number of restaurants that you can explore.

For those of you who want to explore the area further Wendy, will be available to guide you. For those of you that have chosen the optional Thai Massage Session Cheryl and Sue will guide you back to the hotel to meet our transport that will leave the Hotel at 1300hrs.

OPTIONAL SESSION - Thai Massage Session: (CPD allocation 3)

In this session, you will learn about the health benefits of Thai massage and be taught some of the many massage techniques by a specialist massage instructor. So that you can appreciate what the massage should feel like and the benefits of having a massage you will receive a massage during this afternoon’s session. The massage will be provided by one of the many qualified practitioners at the Rarinjinda Wellness Spa

We will return to the Hotel at 1700 hrs.

1730 Meet for Pre Dinner Drinks and Canapés (CPD allocation 1 hour)
Discussion on medical tourism in general and what is being offered in Bangkok in particular.
1930 Join us and visit Asiatique On The Riverfront

Join Cheryl, Wendy, and Sue and travel by public transport to this lovely location. The Riverfront is homage to Bangkok's past as a riverside trading post during the end of the 19th and beginning of the 20th century. This is more than a typical night market it's a shopping and lifestyle complex. Here you get shopping but as well you get a sample of Bangkok's history.

Asiatique’s 1,500 shops, boutiques and restaurants occupy the old warehouses and waterfront properties that were home to the East Asiatic Company in the early 1900s. Now the area hums with shoppers rather than timber traders, but the coolies and colonial types are still here in the form of bronze statues and there are informative plaques telling you the history of the space. Even if you don’t want to shop the trip on the bustling waterway, with its ever-changing sights and scents is a treat.

Here you will be spoilt for choice with the food that is on offer. We will meet back at a central location and return to the Hotel. [http://www.thaiasiatique.com/index.php/en](http://www.thaiasiatique.com/index.php/en)

<table>
<thead>
<tr>
<th>Meals Included:</th>
<th>Breakfast, Drinks &amp; Canapés</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPD Allocation:</td>
<td>1 + 3 if attending optional session</td>
</tr>
</tbody>
</table>

Day 3 – Friday 14/10/2016

Breakfast is served

This morning we will be visiting two health services in the Bangkok area (CPD allocation 5 hours)

The Thai Red Cross AIDS Research Centre in Bangkok, Thailand, is an organization under the umbrella of the Thai Red Cross Society. The service provides HIV/AIDS treatment and care, undertakes research, and trains health care practitioners in HIV/AIDS care and management.

The other service we will be visiting is a dental hospital. Dental Hospital Bangkok has been opened since 1990 with 24 dental treatment rooms, including diagnostic and treatment planning rooms, an operating room, admitting facilities, an advanced dental laboratory and other services with over 80 dental specialists and 120 well trained staff.

Sixty percent of patients are foreigners who are expatriates, diplomats, business persons, airline crew members, travellers and forty percents are Thais. We will arrive back at the Hotel at 1330.

You can choose to have a free afternoon to explore the local area or the bus will continue on to the Jewellery Trade Centre. The Jewellery Trade Centre (JTC) is Thailand’s leading trade premises for diamonds, gems and assorted jewellery. It comprises over 180,000 square metres of retail, office and residential space, constructed upon 4.5 acres of land in Bangkok’s thriving Central Business District.

JTC is regarded as one of the most important trading hubs for the supply of gems and other jewellery to the international market, playing host to more than 300 leading retailers and 1500 wholesalers.

Wendy will be your guide this afternoon and provide you great advice regarding the centre. During our last study tour a number of attendees got some great bargains and beautiful jewellery at unbelievable prices.


We will return to the Hotel at 1700hrs.

<table>
<thead>
<tr>
<th>Meals Included:</th>
<th>Breakfast, Drinks &amp; Canapés</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPD Allocation:</td>
<td>6</td>
</tr>
</tbody>
</table>

Meet for Pre Dinner Drinks and Canapés (CPD allocation 1 Hour)

A discussion on the health service visit this morning and how medical tourism is shaping health care delivery in Thailand. The impact for the Australian medical tourist will also be explored.

<table>
<thead>
<tr>
<th>Meals Included:</th>
<th>Breakfast, Drinks &amp; Canapés</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPD Allocation:</td>
<td>6</td>
</tr>
</tbody>
</table>
Day 4 – Saturday 15/10/2016

**Half Day Highlights of Bangkok Tour – (CPD Allocation 2 Hours)**

Visit Tien Fah Foundation (1000 years old wooden Buddha image & herbal medication clinic). We will visit a pharmacy in the adjacent China Town called Beijing TRT and it is a famous time-honoured brand in traditional Chinese medicine industry. It was founded in the eighth year (1669 A.D.) of the reign of Emperor Kangxi during the Qing Dynasty. We will also visit the Wat Pho (Reclining Buddha Temple) and visit the Canal Village by Express boat. AND a Tuk Tuk transfer with Police escort.

*Please Note: A dress code applies - short sleeved shirt and long pants are required for the Temple visit.*

From this tour, we will be transported to the famous Chatuchak Weekend Market where you can have a bite to eat and explore the acres of markets available in this location. [http://chatuchak.org/](http://chatuchak.org/)

We will make our way back to the Hotel via the BTS – Wendy will advise a time and meeting place so that we can travel back together.

**Meet for Pre Dinner Drinks and Canapés (CPD allocation 1 Hour)**

Discussion on herbal medicine and the use of same compared to current medications in the treatment of chronic conditions.

**Meals Included:** Breakfast, Drinks & Canapés

**CPD Allocation:** 3

Day 5 – Sunday 16/10/2016

**OPTIONAL TOUR: River Kwai Day Tour**

Visit Don Rak the 2nd World War Cemetery and the Thailand-Burma Railway Museum. We will take a boat trip on the River Kwai and see the bridge over the River Kwai.

We will take the train on the unfortunately named death railway to Tham Krasae. A set lunch menu is included at a local restaurant (food only).

After lunch we will visit the Elephant Camp where you get to feed these gorgeous creatures.

**Meet for Pre Dinner Drinks and Canapés**

Discussion and reflection on the events of the day

**Meals Included:** Breakfast, Lunch if attending tour, Drinks & Canapés
Day 6 – Monday 17/10/2016

Visit Bangkok Hospital (CPD allocation 4 Hours)

The Bangkok Hospital Group is the kingdom’s largest hospital operator with 13 network locations throughout Thailand. Each facility offers specialised medical treatments, staffed with multidisciplinary teams of highly trained specialists and is world renowned for the hospitality and graciousness of the Thai people.

Here we will tour the hospital and discuss with our nursing colleagues their experience of medical tourism and the services that are being offered by their facility.

Free afternoon

You may choose to explore the surrounding area or the Hotel spa. Or you might like to take the free Tuk Tuk from the Hotel to the end of the lane and explore Terminal 21 and EM Quartier.

Wendy has a cheat’s way to get there that she will be happy to show you. Make sure you try out the toilets on the Istanbul level – I’m told they are something special. Click here>> info on Terminal 21. Click here>> for EM Quartier

Meet for Pre Dinner Drinks and Canapés (CPD allocation 1 hour)

Discussion and reflection on our visit to Bangkok Hospital

OPTIONAL TOUR - Dinner on Siam River Cruise

We will dine on a private chartered Rice Barge as we cruise up the river.

Bangkok at night, especially along the city's spectacular Chao Praya River, is a wonder to behold. While you wine and dine in luxurious surroundings, you’ll get a true taste of just how much this city dazzles at night.

Shimmering temples, glistening skyscrapers and a rich stream of passing nocturnal traffic will greet you from every direction. As you lap up the first-class hospitality and delicious Thai food on board your converted rice barge, you’ll get a true sense of what makes the ‘River of Kings’ such an evocative spot.

Dinner is a Thai buffet with soft drinks, Mai Tai cocktail, house beer and wine included.

Meals Included: Breakfast, Drinks & Canapés, Dinner if attending tour

CPD Allocation: 5

Day 7 – Tuesday 18/10/2016

OPTIONAL TOUR: Floating Market Tour

This morning we will be visiting the iconic floating market in Bangkok. Our guide will pick us up early from the Hotel and transport us to the market.

Where they will transfer us to a long speed boat to the centre of the market, we will taste seasonal fruit and see palm sugar being made. We will be transported back to the hotel.
Visit a Transgender Service (CPD allocation 4)

Sex reassignment surgery or SRS (also known as gender reassignment surgery, genital reconstruction surgery, sex realignment surgery, or, colloquially, a sex change) is the surgical procedure (or procedures) by which a transgender person's physical appearance and function of their existing sexual characteristics are altered to resemble that of their identified gender. It is part of a treatment for gender dysphoria in transgender people.

This afternoon we will visit a surgical service that specialises in transgender surgical services.

Meet for Pre Dinner Drinks and Canapés (CPD allocation 1 hour)
Discussion and reflection on our hospital visit

<table>
<thead>
<tr>
<th>Meals Included</th>
<th>Breakfast, Drinks &amp; Canapés</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPD Allocation</td>
<td>5</td>
</tr>
</tbody>
</table>

Day 8 – Wednesday 19/10/2016

OPTIONAL TOUR - Full Day Ayutthaya World Heritage Tour with Lunch

The UNESCO World Heritage site of Ayutthaya is about 73 kilometres north of Bangkok. Ayutthaya was a thriving Siamese kingdom from 1350 until 1767, when it was captured by the Burmese. Today, Ayutthaya is Thailand's former ancient capital known for its spectacular ruins and temples.

Many of its temples are still intact, such as Wat Phra Sri Sanphet, Wat Mongkhon Bophit, Wat Panangcherng and Wat Yai Chai Mongkol, known for its large statue of the Reclining Buddha. You will also see the summer palace of King Rama IV with its mixture of Thai, Chinese and Gothic architecture. The palace is a well-preserved 'museum', providing a glimpse into a time when Thailand was known as Siam.

If you choose not to go on the Optional Tour Wendy will be available to discuss other options available to you and assist you plan your shopping itinerary.

Meet for Pre Dinner Drinks and Canapés
Discussion and reflection on the events of today

| Meals Included                  | Breakfast, Lunch if attending tour, Drinks & Canapés |

Day 9 – Thursday 20/10/2016

Visit to Bumrungrad Hospital (CPD allocation 4)

Bumrungrad International is a Joint Commission International accredited, multi-specialty hospital located in the heart of Bangkok, Thailand. Founded in 1980, it is one of the largest private hospitals in Southeast Asia, with 580 beds and over 30 specialty centres.

Bumrungrad International offers state-of-the-art diagnostic, therapeutic and intensive care facilities in a one-stop medical centre.

Bumrungrad International serves 1.1 million patients annually, including over 520,000 international patients. https://www.bumrungrad.com/

Afternoon

Day Nine will see us experience a different side to Bangkok shopping, the upmarket malls and department stores in the Chidlom area.

A quick ride on the BTS (Skytrain) from our hotel and we will walk out onto a wonderland of upmarket brand names to high quality handicrafts. The goods on sale here rival London's Knightsbridge or Sydney's Oxford Street. This area is huge and there is no way we can see it all in one day but Wendy will explain the layout and give hints on shopping in this area.
The walkway, which sits high above the traffic and gives us access to the famous Erawan Shrine and if we are lucky there will be dancers at the shrine giving photographers a great shot from the elevated walkway. As we walk we will have direct access to Grayson Plaza on the right, a luxurious, upmarket marble and chrome complex housing exclusively high-end luxury goods and designer labels including local label Greyhound. On the left is Erawan Bangkok, the graceful mall which leads to the Grand Hyatt Erawan Bangkok this centre definitely has an air of exclusivity about it.

However, we will head first to Central World mega-shopping complex which offers one of the most exciting shopping experiences in Bangkok. It has everything from brand name clothing boutiques, funky fashion, high-tech gadgets, bookshops and designer furniture to imported groceries, a line-up of banks, beauty salons and gourmet eateries.

With more than 500 stores, 100 restaurants and cafes and 15 cinemas and two department stores Isetan and Zen anchor the shopping centre you will be spoilt for choice. Further along the walkway leads onto Paragon Department store, which gives you six levels of new and shiny things to entice you. This is credit card territory so if you intend picking up that genuine Channel bag don’t forget the gold card.

---

**Farewell Dinner**

**Drinks on the Terrace from 1730**

**Rang Mahal - Exquisite Indian Cuisine**

Situated in the dress circle of The Rembrandt Hotel Bangkok, the multi-award winning Rang Mahal provides a celebration of memorable world class cuisine.

Delicious, mouth-watering authentic Indian dishes created in a carousel of complementary flavours, tastes and colours served by welcoming staff against a spectacular skyline view of Bangkok.

Live Indian music further creates a burst of theatre for an unforgettable dining experience. Winner of Thailand Tatler’s Best Restaurant for over a decade.

**Meals Included:** Breakfast, Dinner

---

**Day 10 – Friday 21/10/2016**

**Farewell to Bangkok**

If you are not leaving until late you can apply for a late checkout and continue to explore the area. Wendy will be available to make suggestions for you and provide advice and directions.

**Transfer to Airport – safe trip Home**

**Meals Included:** Breakfast

**Total CPD Allocation:** Up to 27
**Costs (per person)**

For the full Program including accommodation and guided tours (does not include airfares or optional tours)

<table>
<thead>
<tr>
<th>Study Tour Program</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Twin Share (Note twin share is only available to those who are travelling with friends/colleagues)</td>
<td>$2814.00</td>
</tr>
<tr>
<td>Single</td>
<td>$3476.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Optional Tours</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai Massage Class</td>
<td>$120.00</td>
</tr>
<tr>
<td>Rice Barge Dinner</td>
<td>$130.00</td>
</tr>
<tr>
<td>River Kwai Day Tour – lunch and visit to the Elephant camp included</td>
<td>$110.00</td>
</tr>
<tr>
<td>Floating Market</td>
<td>$80.00</td>
</tr>
<tr>
<td>World Heritage Tour</td>
<td>$110.00</td>
</tr>
</tbody>
</table>

* Education expenses may be claimable as a tax deduction inclusive of airfares and accommodation, please see your tax accountant or the ATO for individual advice.

Disclaimer: The opinions and statements of facts expressed by the Presenters in these proceedings are those of the Presenters and do not necessarily represent those of the Nurses for Nurses Network, the editors, the organising committee or the supporters of this Study Tour. No responsibility can be accepted by the Study Tour organisers for errors or omissions in the individual presentations. Sessions are correct at time of publication. Sessions are subject to change without notice due to circumstances beyond the control of the Conference organisers.