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Upcoming Events:

- ISU Annual Meeting, 16th & 17th September 2016, Hodson Bay Hotel, Athlone
- BAUN Annual Conference & Exhibition, 14th & 15th November 2016, ACC, Liverpool
- 5th Meeting of the EAU Section of Urological Imaging, 24th November 2016, Milan, Italy

Contact details:

-  www.facebook.com/Irish-Association-of-Urology-Nurses
-  [@iaun_nurses](https://twitter.com/iaun_nurses)
-  www.iaun.ie

Welcome

It is with great pleasure that I introduce our first newsletter which, going forward, we endeavour to publish biannually. The Irish Association of Urology Nurses (IAUN) was founded in April 2002 by nurses committed to developing an organisation for those who have a special interest in Urology. We are a non-profit association, which acts as a representative body for qualified nurses and allied health care workers.

We recognise the need for a more holistic approach to the care of urology patients providing an expert advisory service with the assessment, planning, implementation and evaluation of all treatment plans as appropriate. We would like to engage all members of the association to make this vision a reality.

Please feel free to contact any of the committee members and feedback from you on our first newsletter would be very welcome.

Lynn Casey, IAUN President

Feature Article: "Biofeedback in Paediatrics"

Biofeedback is a treatment option for the management of dysfunctional voiding in children, which is defined as habitual contraction of the urethral sphincter during voiding. This behaviour is learned response during attempts to appropriately suppress premature bladder contractions by increasing pelvic floor muscle tone, including the urinary sphincter. Symptoms consistent with DV include daytime and nighttime wetting, ineffective bladder emptying, urgency, frequency, afebrile UTI's and VUR. These children and their families experience the physiological and psychosocial impact of these symptoms, often seeking the help of a paediatric Urologist.

Biofeedback has emerged as an effective tool in children with DV. It provides noninvasive yet interactive therapy aimed at retraining the child's awareness of pelvic floor activity during the micturition cycle. Computer programs with animated cartoon pictures that mirror EMG activity further engage the child. Like a visual image in a mirror, biofeedback brings the image of muscle action to the screen so changes can be made quickly and accurately. Biofeedback in conjunction with therapeutic exercise has been



shown to be more effective and faster in diminishing incontinence than exercise alone. It gives more accurate and fast information to the brain which improves the learning curve, increases muscle strength and reintegrates reflex arcs more completely.

Teaching children the dynamics of voiding is challenging. Success of therapy depends greatly on parent/child motivation to learn, compliance and willingness to participate and independent work at home. Each child will have an individualised programme which is developmentally appropriate. Timing and frequency of sessions is determined by the child's progress, retention of training and exercise performed at home. It can provide positive results in most patients relatively quickly.

*Liz Boyce, Urology CNS
Our Lady's Children's Hospital Crumlin*

Overview and Key-Points From Conferences

IAUN 13th Educational Conference

29th January 2016

The 13th Educational Conference of the IAUN was once again very well supported with almost 100 delegates in attendance. Helen Forristal the outgoing president opened the event and welcomed the first speaker Ms Margaret Sowney. Margaret spoke on the difficulties faced by patients who have an intellectual disability. We were reminded as nurses to be aware of the communication limitations when teaching this cohort of patients new skills but also to be aware of the difficulties these patients may have in expressing themselves.

Next on the agenda was Ms Bernadette Charles who gave a very comprehensive talk on catheter care and managing problems associated with indwelling catheters. We were reminded about the morbidity surrounding catheters and

how efficient catheter care bundles are in our practice.

Education promotion was featured mid morning where Mr Jerome Marley and Ms Bente Jenson both discussed the benefit of specialised urology nurse education. The hope for a future of unified European urology nurse specialist care was discussed all the while mindful of the limitations nurses find themselves facing while pursuing further education.

The afternoon sessions were just as informative as Mr Frank O'Brien, Consultant Urologist, delivered an overview of the management of bladder cancer. This was a very detailed presentation outlining the guidelines surrounding the initial diagnosis, the investigations required and followed to the appropriate treatments the patients would be offered. A clear message to take home was that bladder cancer



can itself have a direct burden on a patient's quality of life, as can indeed the treatments that patients undergo. Following on from Mr Frank O'Brien was Ms Marianne Doran, CNS Stoma Care in Beaumont Hospital. Marianne gave a very good overview of the complications that patients can face with stomas but we were encouraged to learn that these can be managed.

*Anita Cahill
Cancer Nurse Specialist Prostate Cancer,
Cork University Hospital*

Feedback from evaluation forms

We received 42 evaluation forms. All 42 felt the conference fulfilled their expectations. The majority of feedback was very positive with comments such as: "Excellent and thought provoking", "very well organised", "Workshop very informative" and "Pt's journey particularly important". Negative comments included "Poor time keeping" and "more time for Q&A".

The majority stated the Gibson (37) for

next year's conference.

Suggested topics:

- Urosepsis
- Management and treatment of incontinence - speaker from continence promotion
- Testicular CA
- Female genital mutilation
- Workshop of Pt panel with discussion and Q&A
- Subjects for theatre nurses eg

Robotic surgery

- Post radiotherapy complication
- Psychological issues and Pt counselling
- Urological emergencies

We wish to thank everybody for their informative feedback. We will certainly take all comments into consideration during the planning of IAUN Conference 2017.

Lynn Casey

European Association of Urology Nurses 17th Annual Conference

12th - 14th March 2016, Munich:

This was an innovative meeting as always in the lovely cosmopolitan city of Munich.

Some Statistics: Total nurse participants 294 from 32 countries; Speakers 40; Sessions 34 in 2 rooms; Submitted abstracts: 38; Presented abstracts: 17; Tweets during the EAUN16 meeting: 318. So as you can see it was a very busy conference. Here are some of the key points and useful links for more information.

There was much discussion around men with prostate cancer and the care of their mental health. A Study was presented that aimed to describe this target population and further unravelled the long-term relation between prostate cancer and mental health. The authors general aims were divided in three research questions:

1. Are prostate cancer survivors more at risk for mental health problems than an age and sex matched reference group without prostate cancer?;
2. What are risk factors for mental

health problems in prostate cancer survivors?

3. Do these risk factors differ from risk factors in the reference group? The outcome of this study stresses the importance of ongoing assessment and interventions focusing on the mental health of prostate cancer survivors especially for men who have to cope with additional physical, economic and emotional disturbances.

For more information and reference details go to <http://eaun16.uroweb.org/assessment-and-interventions-on-mental-health-of-survivors-are-crucial-to-prevent-depression/>

The EAUN working group presented an evidence-based updated version of the 2008 guideline on male external catheters. The guideline can be downloaded for free while the printed version can be ordered by sending an email to info@uroweb.org.

There was an array of fantastic posters presented, the winners included: 'The early implementation of oral diet in patients undergoing radical cystectomy improves postoperative outcomes.'



The first copies of the new guideline go to Hollister, Coloplast and Manfred Sauerro



Kate Fitzpatrick leaves the EAUN board after 8 fruitful years

'Changing perspective! Patients with prostate cancer and their partners giving an insight into their experiences of disease and optimal potential of an advanced practice nurse counselling support program in Switzerland' and 'Choice and insertion of the urinary catheter: Comparison of urology vs internal medicine department nurses'. All posters as well as the entire program can be viewed at http://eaun16.uroweb.org/wp-content/uploads/EAUN16_PB_def.pdf

The 17th International EAUN Meeting closed with a General Assembly for members, which saw a changing of the guard between Mr. Lawrence Drudge-Coates (GB) and Mr. Stefano Terzoni (IT). As the new EAUN Chair, Terzoni thanked his predecessor and praised the support of the members. "In the end, we don't

hold positions like this for ourselves. We do it to be of use for urology nurses across Europe."

An emotional Mr. Drudge-Coates also praised the out-going Past Chair, our very own Kate Fitzpatrick (IE) who was thanked for her services in previous years. Three members of fifteen years were also honoured, and they were invited to share their memories and observations on the current state of the EAUN. It was a celebration of an EAUN that has truly come of age.

As this was really a very busy meeting, this is the briefest of overviews so please visit <http://eaumunich2016.uroweb.org/> where you will find all the information about the meeting and oceans of helpful resources for practice.

Lynn Casey



The EAUN Chair L. Drudge Coates



The Chairs of the Poster Session, S. Terzoni & J. Marley

The Inaugural Astellas Urology Spring Meeting

8th April 2016

The Inaugural Astellas Urology Spring Meeting including Vesomni launch was held in the Herbert Park Hotel, Dublin 4, on Friday 8th April.

The main points covered were lower urinary tract symptoms (LUTS) and metabolic syndrome (MetS).

Metabolic syndrome (MetS) is a cluster of conditions:

- Increased blood pressure > 130/85mmHg or medication.
- Fasting blood glucose >/- 5.5.
- Abdominal circumference > 80cm (f), > 94 (m).
- HDL - cholesterol < 1.29mmol/L (F), < 1.03mmol/L (m).
- Triglycerides (TG) > 1.69mmol/L or medication.

Prof Helmut Madersbacher, (Tirol-Kliniken, Innsbruck) spoke about the relationship between metabolic syndrome and the frequency and severity of lower urinary tract symptoms.

A European study of 4,666 men aged > 55years showed that the presence of two components of MetS associated with a 51% increased risk, presence of all five components of MetS with a nearly 250% increased risk of being treated for LUTS. (Pashootan, P. 2015).

Chronic low Inflammation has been proposed as a candidate mechanism between these two clinical entities. The risk of being treated for LUTS also increased with an increasing number of metabolic syndrome components. Patients with MetS have significantly higher total prostate volume, higher for the transition zone. (Gacci M. et al, 2015). Elevated HDL cholesterol level showed fourfold increased risk of BPH observed in diabetic men.

Low physical activity was associated with 2 - 3 times higher likelihood of LUTs development. Smoking may contribute to LUTS development in women, but not men. Clinicians should continue to promote physical activity and smoking cessation noting the additional potential benefits of LUTS prevention, particularly for women.

References:

Pashootan, P. et al. BJU Int. 116, 124 -130 (2015). Gacci, M. et al. BJU Int. 115, 24 - 31 (2015).

MetS. NeuroUrol. Urodynam. 35:278-282, 2016. © 2016 Wiley Periodicals, Inc.

Vesomni 6mg/0.4mg modified release is a combination of Tamsulosin Hydrochloride and Solifenacin succinate. Astellas Pharma.

Mary Cooney

Urology CNS, St Michaels Hospital

Uro-Oncology Nurse Meeting 2016

Under the guidance of the Urology Nursing Staff of St. James Hospital facilitated by IPSEN, the Uro-Oncology nursing assembled to discuss 'Prostate Cancer Survivorship'. The nurses' meeting was opened by Ms Marion O'Brien Urology Nurse specialist.

The morning session welcomed the select group to the round table talks on survivorship. Emphasising the importance of prostate cancer survivorship to the cohort of patients Uro Oncology nurses have under our care. Professor Lynch started the meeting with an excellent talk on 'Mens Health' giving us the opportunity to discuss how we approach men's health and as a unique nursing body we may need to adjust our approach to men's health one small step at a time. The morning session continued with the theme with in depth talk by the Marie Keating Foundation and The Irish Cancer Society on all the services the acute health services can utilise to promote a survivorship model of health.

The afternoon session, chaired by the Irish Association of Urology Nurses President Ms Lynn Casey, focused on the adding life to years 'Sexuality after prostate Cancer (for Patient's

and Partners). The talk was presented by Dr Mary Rogan which provided the audience with insights, advice, tips with dealing with both emotional and physical aspects of erectile dysfunction. Dr Rogan was as always an excellent speaker broaching the subject with a human touch, but we all acknowledged more needs to be done with this side effect of prostate cancer to provide a more holistic view on survivorship. The meeting was brought to a close with a session on mindfulness which allowed us to focus on ourselves which left us in a state of freedom where calmness and contentment could grow before we all departed for the evening.



Prof Thomas Lynch
Consultant Urological Surgeon

Sheila Kiely

Prostate Coordinator,
University Hospital Limerick

The Coloplast Live Symposium

11th May 2016, Galway Bay Hotel

The day began with a welcome from the Coloplast management team. They shared with us the heart-warming story of how Coloplast originated; it all started back in 1954. Nurse Elise Sørensen was concerned by the dramatic change in her sister's lifestyle following an ostomy operation. Thora no longer dared to go out, fearing that her stoma would leak in public. Elise was determined to help her sister out of her isolation. She came up with the idea of an ostomy bag with an adhesive ring, which would make it fit tightly to the skin. This would prevent leakage and give her sister, and thousands of people like her, the chance to return to their normal life. Since 1954 Coloplast have developed many products including catheters for self-intermittent catheterisation and bowel management products

The day was then split into three separate sessions:

1. Back to basics in bladder care and intermittent self-catheterisation (ISC), 2. Educating Specialist

Practitioners: The Male Psyche and ISC, 3. Managing Complex Stomas. The design of the programme aimed to help build knowledge and skills applicable to your specific clinical role and allow you to choose sessions that meet your needs and tailor the event to maximise your learning outcomes. I had the pleasure of chairing Session 1. We had excellent talks on bladder care and management solutions, best practice in continence care and understanding the patient psyche. With case studies, a practical workshop and a patient's own personal experience of carrying out ISC, it made for a very interactive and educational day. There was much praise for session 2 and Coloplast may run this session again this year, watch this space...

It was a real treat for all of the Nurses that attended to be treated so well by Coloplast and as IAUN President I wish to extend a big thank you to Natasha Creenon, Kevin McColgan and all of the Coloplast team, we look forward to many such study days in the future.

Lynn Casey

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Membership Registration Process

New membership application can be completed on-line at www.IAUN.ie. If you experience any difficulties contact Christine at iaunurses@gmail.com or Sean at sean.diver@hse.ie. We will commence a process of annual membership renewal this Autumn and will be in contact with members individually via email at that stage.

IAUN Conference & Annual General Meeting 2017

The 14th Educational Conference and Annual General Meeting of the IAUN will take place on Friday 27th January 2017 in the Gibson Hotel, Dublin. If you wish to present a poster at the conference please contact Shelia Kiely sheila.kiely2@hse.ie before Friday 20th January 2017. See Poster section on our website www.iaun.ie to view a selection of previous posters, rules, a template poster and powerpoint slide for presentation purposes.

Cancer Support Services

ARC

Founded in 1994, ARC is a registered charity offering professional support to men and women affected by cancer and those who care for them. The support is holistic and complements primary medical treatment with education and psychological care.

ARC House, 65 Eccles Street, Dublin 7

Phone: 01 8307333

Email address: info@arccancersupport.ie

Website:

<http://www.arccancersupport.ie>

The Irish Cancer Society

The Irish Cancer Society is the national cancer charity in Ireland with the mission to improve the lives of those affected by cancer. They do this by funding life-saving, collaborative cancer research, providing up to date information about cancer, delivering a range of services to improve the lives of people living with cancer and their families, and by influencing change and raising awareness of cancer issues at the government level. Speak to a

specialist cancer nurse, Call the Cancer Nurseline Freephone 1800 200 700.
cancernurseline@irishcancer.ie

Men Against Cancer (MAC)

MAC is a support group that provides information, advice and support to men who have been diagnosed with either prostate or testicular cancer. All members of MAC have themselves been successfully treated for these cancers. Who better to provide guidance and reassurance to other men about what to expect.

Men Against Cancer,
c/o Irish Cancer Society,
43/45 Northumberland Road, Dublin 4.
Helpline: 1800 200 700
Email: support@irishcancer.ie
Web: www.cancer.ie/support/mac.php

Marie Keating Foundation

The Marie Keating Foundation is a leading voice in cancer awareness and information for both men and women in Ireland. The Marie Keating Foundation provides information on all the key cancers, including breast

cancer, cervical cancer, throat cancer, lung cancer, skin cancer, prostate cancer, testicular cancer and bowel cancer.

Unit 9 Millbank Business Park,

Lucan, Co. Dublin

Phone: 01 628 3726

Email: info@mariekeating.ie

Web: www.mariekeating.ie

Daffodil Centre Letterkenny

The Centres provide cancer information, support and advice in local hospitals to anyone affected by or concerned about cancer.

Letterkenny General Hospital,
Kilmacrennan Rd, Letterkenny, Co. Donegal. Tel: 074 9104740
Email: daffodilcentreletterkenny@irishcancer.ie

Non-Cancer support services:

The Continence Foundation of Ireland (CFI) was founded in September 2005 by a group of 10 independent gynaecologists and urologists in Ireland with an interest in female incontinence and pelvic floor reconstructive surgery. www.continence.ie