

NZUNS COMMITTEE

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COMMITTEE

Julie Hedley - Christchurch
Andrea Nixon - Whangarei
Tia O'Reilly - Tauranga
Shelley de Boer - Wellington
Gill Loughnan - Christchurch

WEBSITE

Do you or any of your friends or colleagues want to join NZUNS and have lost the joining forms? Just direct them to our website www.anzuns.org, and the Membership Application/Renewal Form can be downloaded online.

If anyone has information or ideas for practice that they wish to include in the next newsletter, please forward for publication to:
emma.drake@southernhdhb.govt.nz

DISCLAIMER:

Articles presented in this newsletter are the opinions of the authors and do not reflect the opinions of NZUNS.

QUARTERLY REPORT

Dear Members,

On behalf of the Committee I would like to send our love and support to our friends and colleagues in Christchurch and anyone else that has been effected by this tragic event. We can only imagine what a horrific experience it has been for all that are involved and we can only hope it is a turn of mother nature that you never have to endure again!

I would also like to take this opportunity to thank Julie Hedley (Convenor 2011) and Gill Loughnan (Scientific Programme Convenor) along with the remaining conference committee for all the time, effort and hardwork they put into organising the USANZ Scientific Meeting. It was extremely unfortunate but not surprising, that your effort has been surpassed by the current situation.

Your Committee meet in November and again in February, with two full and productive days. Covering agenda items such as membership recruitment, submissions from NZUNS, incorporation responsibilities, annual AGM and annual conference to mention a few.

We have included a copy of our promotional poster at the end of this newsletter issue and would appreciate it if you could display this in your work area and also encourage your colleagues to consider joining our Society.

Remember this is your Society – your involvement is critical to it's growth and development, we also rely heavily on our members feedback and input for it's future direction.

Unfortunately as discussed at our AGM in Wellington in September 2010 it was decided that due to the recent USANS/ ANZUNS meeting taking place we will not be holding an Annual NZUNS Conference this year, as financially it would be very difficult to expect members to support both events. We had decided that in order to fulfil our requirements of holding an AGM, we could do this as a breakfast meeting at the yearly Christchurch Special Interest Day. This had been scheduled to take place in late June/July and we would have encouraged as many of our members to attend as possible to this well known and informative day. However, with the recent turn of events - I am unsure how viable this option is going to be now, so time will tell and we will endeavour to keep you informed of progress as and when we know ourselves!



Emma Drake
Chairperson

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USANZ 64TH ANNUAL SCIENTIFIC MEETING - CHRISTCHURCH



USANZ 64TH ANNUAL SCIENTIFIC MEETING - CHRISTCHURCH

The days leading up to the Christchurch 64th Annual Scientific Meeting of Urological Society of Australia and New Zealand were full of hard work and promise. It seemed unreal that all the work and planning was about to come to fruition. I myself was having a hugely busy time trying to organise my son's 21st birthday party with the imminent arrival of my parents, sister, brother in law and nieces, to take place on the weekend following the conference.

The first day with the workshops started so well with the Nurse Practitioners; Sue Osborne, Trish White and Helen Crowe discussing their roles. I must admit that I felt slightly embarrassed that I would be talking about flow and residuals which I thought was very mundane after such a high powered presentation.

After the lunch I went to my work place in readiness to do a "live Cross". My first ever TV appearance and I was really hoping to be "discovered". It went well, Jenny and I enjoyed the whole experience however I did find it hard to get used to my voice in my ear about 2 seconds behind me talking....

Back to the conference centre to pick up Helen, my cousin and Jo my partner in crime at Urology Associates, and home in time to cook dinner for my son's 21st Birthday.

Monday dawned a beautiful day with lots of expectations for fun! We boarded the bus at the convention centre and drove slowly to Flock Hill where we were welcomed by Mark Fraundorfer, who is the part owner of the station.

We were guided to the wool shed for the Nurses which was a great if slightly pungent venue and were entertained by talks about the rationalisation of registration for Australia by Mary Chiarella, and the many facets of caring for stomas by Jenny Roberts. These sessions had satellite links to the Wairapa and West Coast Hospitals so the nurses there who were unable to attend could still see some great talks.

After this we broke for lunch and were then divided into groups to attend whichever activities we had nominated! I was lucky enough to be able to do the heli jet option. While we waited for the helicopter, we sampled a few of the local wines!! Once on board, we flew to a spot on the Weimar River and were dropped off. The river then ran past the bank was a blue and clear as any I've seen and the surrounding landscape was breathtaking. We clamboured on board and sat in the back seat for a ride of a lifetime, jetting

along and doing spins and twirls in the boat and laughing without a care in the world.

We returned to the station and ate, drank and danced away the night until exhausted we boarded the buses for the long trip back to Christchurch.

Tuesday came around so fast, and running late we just made it to the convention centre for the opening address by Jane MacDonald and Julie Hedley, with the ironic song of "we will, we will Rock You!" I dashed out of the address just after their talks as I still had to organise my son's 21st birthday cake. I had my whole family arriving from Thursday night, and we still had the Bard Educational Evening and dinner with Abbott and the Gala dinner to get through before then!

I returned to the convention centre and could not find a park. After driving around for about 20 minutes I finally got a park in the Farmers Car Parking building and racing through to the auditorium I glanced down and saw there were now 5 empty parks in the car park next to the convention centre. I paused thinking, maybe I should go and get my car and put it there....but in the end decided I had missed enough already and I should just get back to the Harry Harris Oration by Ray Avery.

We broke for morning tea quite late and were late getting back to the first of our presentations for the awards. I decided that we did not have time for speaker questions. A decision I am very grateful for as it meant that we were all in the main part of the Convention centre on the ground floor when the Earthquake hit.

I had just finished speaking to a patient who had a problem so I was standing in the foyer of the Convention centre. As the quake started I thought that this was just another aftershock but the intensity knocked me to the ground and the roof panels started falling and the horrible adrenaline burst nearly took my breath away. We got outside and eventually made our way around to the corner of Colombo and Kilmore Streets where there were many of our delegates milling. I had heard from my daughter in Wanaka, "are you ok mum?" It turned out she had felt it way down there. I heard from my husband but could not contact my son. I knew he was home so I had to get there to see if he was ok. I found my cousin Helen in the crowd and one of the urologists that I work with offered me a lift. I couldn't believe he had his car! It was right

USANZ 64TH ANNUAL SCIENTIFIC MEETING - CONTINUED...

there on the road! It took us over 3 hours to get to my home. A trip that usually takes about 20 minutes. The roads were like a bomb. There were holes and water and silt that made some of the roads like a roller coaster. The local bridge was closed and so we had to go via Heathcote Valley, miles out of our way. We eventually got to my home and I found it pretty much destroyed. I raced down to Jacks room and found it a mess. Collapsed desk, drawers knocked over, hundreds of CD's on the floor but no sign of him. At least I know he was out. I returned upstairs and outside to find the remains of his Mars Bar cheesecake with two spoons. I knew he was alright, my neighbours told me he had got away. I've spent the last few days clearing my house as much as possible, and am currently resting in Wanaka with my family around me. My Mum and my Sister have arrived from Melbourne, and we are just

spending time together. Our home is gone but we are so fortunate that we have not lost our lives.

I hope everyone else who was at the conference have got home to their families. I'm not sure what the future holds at this time, one thing for sure is that life goes on and we need to regroup, support and help each other. This experience is not easy to understand unless you were there, and for those of us that were, remember to be kind to yourselves. Give yourself time to recover, spend time with your loved ones and cry as much as you need to. We will recover and we will see you all at

Darwin where I know that we will celebrate life and a steady ground!!!



UROLOGY INTEREST GROUP STUDY DAY

**COME AND ENJOY A RELAXED, INFORMATIVE DAY AT THE
ROLLESTON LECTURE THEATRE, CHRISTCHURCH HOSPITAL**

Date: At this stage to be confirmed, late June/July

- Registration open from 0730hrs
- NZUNS AGM breakfast meeting to be held at 0800 prior to start of study day.
- Welcome begins at 0900hrs

Social function in the evening 6 - 9pm
Details to follow



We will keep you informed of progress regarding this day as due to the recent tragic events taking place in Christchurch we are not 100% sure at this stage if the day will proceed!

EAUN UPDATE

Greetings once again; 2011 is well underway. I hope you enjoyed a restful and enjoyable festive season, and have not been affected by the types of extreme weather seen in other parts of the world of late. It has been very sad to see the extent of the devastation in parts of Australia and to hear first hand the stories of some of our ANZUNS colleagues badly affected. We have only been able to share our support and genuine wishes for the strength needed to make a full recovery from the trauma and return to normality.

As some of you already know I am making my way to Vienna, Austria for the International Meeting of the EAUN in March. This will be the first time I have attended an EAUN meeting so I am particularly excited about the opportunity to learn from the vast and varied experience of our European colleagues. These opportunities to strengthen ties are invaluable but seem to be getting harder and harder to achieve with funding constraints impacting widely on attendance of international meetings. The ANZUNS committee was pleased to be able to host Bente Thoft and several of her colleagues at the ANZUNS conference in Perth, Australia in 2010. Discussions at that event have led to strengthened ties between our groups, and we continue to aspire to share ideas and initiatives with one another. The regular contribution that NZUNS members now make in the EAUN newsletter is the outcome of the Perth meeting and the foundation of our partnership with that group at the moment.

We would be delighted if any members of EAUN would like to attend our conferences or even contribute to our newsletter in the coming years. We would also welcome contact via email if any of them wish to establish links with New Zealand Urology Nurses who may have similar interests or workplaces to your own. I know we seem a long way away and that nurses in Europe might imagine that we are limited in our developments by our small population and distance from large centres. It is important that we let them know that, that is certainly not the case, with many of us utilising creative care-delivery models in order to meet our population's needs within our workforce constraints. As we know nursing plays a key role in this model of care in New Zealand, with advanced practice nurses running clinics for lower urinary tract symptom assessment, continence assessment, flexible cystoscopy, urodynamic testing, intravesical therapies, post operative follow-

up and prostate cancer follow-up to name a few. Many of us are also actively involved in audit and quality initiatives. We have a lot to share!

Auckland is home to over 1.3 million people (one third of our total population) and is the fastest growing region in New Zealand. It is a culturally diverse city with 37% of residents born overseas. The population is spread over a wide geographical area, with three large district health boards providing publicly funded healthcare. There are also many private sector healthcare providers offering a full range of services. Urological nurses work across both sectors and appreciate the chance to network while undertaking ongoing education together. AstraZeneca NZ has once again kindly sponsored the Auckland Region's Urological Education Programme for nurses working in both public and private urology services. The 2011 programme commences in May and includes male catheterisation credentialing training for registered nurses, as well as special topic days. This year we are focusing on bladder cancer education and workshops for advanced urology nurses which include literature reviews / medication updates / and topics of interest. Our community nurses are involved in catheter care, teaching intermittent self catheterisation, assessment of post void residual volumes with bladder scans and continence management. In order to ensure our community based staff remain well educated on urological matters we also run an annual urology update day specifically for them. It is always well attended and a valuable opportunity to strengthen links between hospital/ clinic based nurses and community based nurses.

In closing I wish you all well as you start another year of urological nursing practice and hope that you find educational events to attend that keep you stimulated and interested in our specialty. We are sure that your New Years resolutions also include achieving / maintaining a work life balance with plenty of leisure activities, outside of work. The sun is shining as I type this column and the great outdoors is beckoning. Take care and goodbye for now..... I will let you know how things go in Vienna!

Sue Osborne

Urology Nurse Practitioner

sue.osborne@waitematadhb.govt.nz



QUESTION CORNER

Can anyone help?

QUESTION 1: Spina Bifida patient with a bladder augmentation and IDC insitu – how do you manage frequent catheter blockages due to mucus?

ANSWER TO: k4anix@xtra.co.nz

QUESTION 2: Is there a National Database that records numbers and types of Prostate Cancer Treatments that are being undertaken annually? If so, how is this data gathered?

ANSWER TO: pene@promed.co.nz

If you have a question or query, do let us know, someone may be able to help! E-mail your question to any of the NZUNS Committee – contact details are on the front of this newsletter.



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CONDITIONS AND CRITERIA FOR APPLICATION OF NZUNS FINANCIAL SUPPORT TO HOLD STUDY DAYS

Criteria:

1. The applicant will be a current financial member of NZUNS for the twelve month period preceding the application.
2. The study day for which the grant is requested will be urological nursing focussed.
3. A report on the study day will be submitted to the NZUNS Chairperson for publication in the NZUNS newsletter 'Urology Update'.

Conditions:

1. All written requests should be forwarded to the NZUNS secretary for committee consideration.
2. The committee's decision will be final and this decision will be notified in writing to the applicant. Payment will not be made before written acceptance to the applicant.
3. The grant is limited to \$500 per study day.
4. NZUNS will be promoted at and acknowledged as a source of funding at the study day.
5. Members who have received this grant will not be eligible to reapply for a further grant within the next two years.
6. I undertake to notify NZUNS if I do not use the financial grant for the purpose intended, and will return the full value of the grant.

Email application to: Pene Meiklejohn NZUNS Secretary, pene@promed.co.nz

CRITERIA AND CONDITIONS FOR APPLICATION FOR EDUCATIONAL GRANT FROM NZUNS

The purpose of the financial grant is to assist a New Zealand Registered Nurse to attend conferences and seminars, or to undertake an educational course or research project which will benefit nurses practising in urology.

Criteria for Selection:

1. Registered nurse and financial member of NZUNS for the 24 month period immediately preceding the application.
2. Must be practising in a Urological setting

Conditions:

1. A maximum grant of \$500 is available and this is restricted to 4 applicants per year.
2. Applications are to be received by the 30th June and 31st December each year.
3. The successful applicants will be advised by letter/email.
4. Payment of the financial grant will not be made before written acceptance is received from applicant.
5. Any publications funded with financial support from NZUNS will acknowledge NZUNS as a source of funding.
6. Members who have received financial grants within the last two years from NZUNS will not be eligible for a financial grant.
7. Successful applicants will be required to submit a written report of 500 – 1000 words about how the grant assisted in their education. The report is to be sent to the NZUNS Secretary within six weeks of attendance at your chosen educational session. This will be published in the NZUNS Urology Update newsletter.
8. Application forms available from NZUNS Secretary.
9. Once completed post signed application to NZUNS Secretary.



New Zealand Urological Nurses Society Inc. www.anzuns.org

APPLICATION FORM FOR EDUCATIONAL GRANT

Name:

Postal address:

Phone Home: Mobile

Phone Work:

Are you a NZUNS Member? Yes No

Current workplace and Role

Educational Course applied for:

Dates for above course:

Mode of Study:

What assistance if any, are you eligible to receive from your current employer?

1. Brief description of what you aim to achieve (maximum 250 words)

2. How will the grant help further your urology education? (maximum 250 words)

I am applying for a educational grant from NZUNS. I undertake to notify NZUNS if I do not use the educational grant for purposes intended, and will return the full value of the grant.

Signed Date

Email application to: NZUNS Secretary

Post signed application to: NZUNS Secretary

OUTPATIENTS SEMINAR

Change Champions, Hunter New England Local Health Network, Queensland Health and Department of Health Victoria invite abstract submissions for oral presentation at **Outpatients: improving patient flow and service integration.**

The aims of the seminar are:

- To showcase approaches to service design, management, and delivery that have improved patient focus and the flow of patients through outpatient clinics.
- To showcase systems, service models, and practices that have improved coordination between outpatient services and other services in the acute, ambulatory care and primary care and community sectors.

Committee members

Todd McEwan, General Manager John Hunter Hospital / Royal Newcastle Centre, Greater Newcastle Acute Hospital Network, Hunter New England Local Health Network, NSW

Deirdre Pinto, Manager, Specialist Clinics Program, Department of Health Victoria

Julie Sturgess, Manager, Statewide Patient Flow Strategy, Queensland Health

Char Weeks, Chief Executive, Change Champions



Change Champions

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**Advanced Notification– International
CALL FOR ABSTRACTS**

OUTPATIENTS

Improving patient flow and service integration

8-9 September 2011

Noosa, QLD

Australia

JOIN
US

NZUNS

New Zealand Urological Nurses Society Inc.



Networking with other Urology Nurses, CNSs, & NPs throughout Australia & New Zealand, in order to promote standards of Urological Nursing Practice.

Urology Nurse Conferences & Australasian Scientific Meetings.

Newsletters from Australia & New Zealand – quarterly.

Study days with colleagues - Study Grants available.

*Promoting Excellence and
Education in Urological Care*

Membership forms are available on our website

www.anzuns.org

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