

Presidents Report

Gordon Frith

2009 has commenced in a positive way for SAUNS with a functional committee working on a number of objectives. The most important is to put together a strategic plan that will carry us through for the life of this committee as well as to establish some movement forward that will be carried on by the next incoming committee. The plan is completed and will be put to members at the next meeting.

The committee is working on putting together a letter to the ANZUS SA/NT committee that expresses SAUNS interest in continuing to be involved with their annual conference and to put to the committee SAUNS position for a continual committed involvement. Post the 2008 meeting members were asked for input into this proposal. This input will be considered as input into the draft document that will then be sent to members for acceptance at the next meeting.

Members have expressed concern that there is no job description for committee members. It was thought that clearly defined job descriptions would assist members and encourage them to become involved in committee. We have gained permission from ANZUNS committee to use their committee job descriptions to assist in the development of our own. This has been completed and will be sent out to all members soon.

We are composing a questionnaire that we hope will assist us in catering for SAUNS immediate and future needs. Once this is complete it will be sent to all members to be filled out and returned. It is important to you participate in this as it will assist to make our group better for you and other members. The information gained from the results of this questionnaire can be incorporated into the existing strategic plan. #

Moderate weight loss may help continence.

An interesting study was reported in the New England Journal of Medicine 2009; 360:481-490 (Subak et al). The study compared overweight obese women who had at least 10 episodes of urinary incontinence per week. 340 women with these parameters were split into two groups. One group were given an intensive 6 month weight loss program including diet, exercises and behaviour modification. The second group had only a simple education program.

At the end of 6 months the intensive program group had lost an average of 7.8kg as compared to the control group with an average of 1.5kg weight loss.

The point of interest was that the intensive program group were noted to have a 50% reduction in incontinence episode compared with about 25% for the low intensity program group.

Private hospitals provide better treatment for kidney stones.

Medical Journal of Australia (2008; 189:596-597) Finlay Macneil.

Macneil reviewed patients who presented with kidney stones at 12 public hospitals in NSW. He followed 92 patients and found that 34% of these do not receive the treatment of choice by the urologist that would be available to patients in private hospitals. The current treatment for small ureteric stones is flexible laser ureteroscopy where a flexible scope containing fibre optics is passed into the ureter and a laser used to shatter the stone into small

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USANZANZUNS 2009 SCIENTIFIC
GORDON FRITH



[ANZUNS 2009 SCIENTIFIC MEETING REPORT]

Meeting report from 08/03/2009 – 11/03/2009 including USANZ meetings attended.

Saturday 7 March 2009

ANZUNS Executive meeting.

Attended by Gordon Frith as immediate past ANZUNS president and as proxy for SAUNS members and as SAUNS rep.

General agenda items discussed in regards to the ANZUNS strategic plan, issues in regards to change in model rules and proposal to increase annual subscriptions as advised by the auditor.

Sunday 8th March 2009.

Workshop: Computer/Presentation Skills presented by Pollak learning alliance.

- Using time saving features
- Graphically represent your data
- Using animations for emphasis
- Creating a summary
- Creating custom shows
- Tips for running slide shows

A valuable learning experience for presenters using PowerPoint 2003 and 2007.

Urodynamic Workshop

Attended by Kass Storr

According to Kass, the workshop was good although directed more towards Urologists and trainees. She did however gain knowledge from the experience that she will use in her professional role.

SIG Urology Oncology

Formalising structure, website additions, communication methods and future meetings.

Welcome Reception Conrad Jupiters poolside



A chance to catch up with old mates, renew friendships and foster new ones.

The evening's high light was a concert by an Aboriginal group performing ritualistic dance and tradition fire making woven into modern music and dance. A truly wonderful performance.

Monday 9th March 2009

Open Plenary Session (USANZ & ANZUNS)

Welcome to USANZ Mark Fynberg

Welcome to USANZ Alison Overton

Presidential address Pat Barry President USANZ

Harry Harris Oration Julian Burnside QC

As with many preceding Harry Harris orations this presentation was stirring and emotional. Julian Burnside gave a brief history of his life and the influences that surround his distinguished career in representing minority groups who have been unjustly treated within our society. He has represented aboriginals in their plight of land rights, stolen generations and equality within our community. His most recent and memorable cases has been those of the Tampa children overboard affair and the incarceration of so-called illegal immigrants at various sites such as Christmas Island and Baxter Detention Centre. He vigorously opposed the Mandatory Detention Laws that were extended by the Howard Government. He has also been involved with the defence of Daryl Hicks who was imprisoned in Gautama Bay detention centre for a number of years without charge and with no support from the Australian Government.

He concluded his presentation with an explanation of a Charter of Human Rights that is lacking in Australian law and how this has allowed successive governments to impose unjust will onto minority groups. Julian demonstrated how the sense of a "fair go" in Australia is a myth and explained how a Charter of Human Rights would protect our citizens from unjust treatments.

ANZUNS Plenary Session I

Welcome Address ANZUNS President Lynda Hardy

Opening Address Alison Overton Convener

Keynote Address:

Pros and Cons of the Specialist Nurse Role Anne Storey Guest Speaker

CALENDAR OF EVENTS

SPECIAL EVENT 26/05/2009

SAUNS: General Meeting.

PLACE REPATRIATION GENERAL HOSPITAL

TIME 1800 FOR 1830

SPECIAL EVENT CFNA STUDY DAY 30TH MAY 2009

Place 'Balyana', Bedford Hospitality & Conference Centre, 46 Strathcona Ave, Clapham

TIME 0800 - 1500

Anne is a Clinical Nurse Specialist at Leeds Teaching Hospitals in the UK. She has a vast experience of urology clinical practice now specialises in Prostate Assessment, Penile Cancers, Andrology and Research. She is the chairperson of the BAUN Andrology subspecialty.

Anne gave an account of the nurse specialists' role from her experience in the UK. She gave a brief history of the initial concept, how it was implemented, what it has meant for the UK Health system and nursing. Anne pointed out the deficits of the role in the UK the most glaring being the lack of formal study to achieve the position or any form of credentialing.

It was a frank and informative talk delivered with a sense of humour and the endearing Yorkshire accent.

Free papers followed and started with our own Lisa and Natalie with their presentation entitled Evidence based catheter care audit **Lisa Henbest** The Queen Elizabeth Hospital, CNAHS, SA This paper has generated a lot of interest. The sticker that Lisa and Natalie designed is at the end of this newsletter.

ANZUNS Plenary Session II

Nurse Led Cystoscopy Clinics – How They Work

Fran Lee Guest Speaker

Fran spoke about how she became a nurse partitioner (the first Urology Nurse Practitioner in WA) that has given her the opportunity to run a cystoscopy clinic in the Freemantle Hospital. She described her role in the clinic, how she became certified in cystoscopies and what her clinic means to her.

SIG Urology Oncology Feedback

As Discussed earlier.

SIG Nurse Practitioner Feedback

Report of establishing a strategic plan as per Urology Oncology template, communication lines and encouragement of membership for those nurses contemplating or in the process of qualifying to become Nurse Practitioners for peer group support and knowledge sharing.

Poster Presentations

Seven posters were presented in this session. They were of high standard with good general information that would be valuable to SAUNS members. I have requested a CD copy of the poster sessions from AstraZeneca as yet not received. I will follow up before the next meeting. Samples of some interesting posters are; Simple voiding Flow Rate and post void residual – or are they? , Encouraging condom drainage

as a viable alternative of urinary incontinence in post urological surgery patients, the role of the prostate cancer nurse in providing early decision and psychological support to men with localised prostate cancer: the ProsCan study, Efficacy of intravesical gentamycin for the treatment of catheter associated urinary tract infections.

All papers were presented very well and of a high standard.

ANZUNS Plenary Session III

Pilates and Your Pelvic Floor

Diane Slater – *Physiotherapist and Pilates Instructor*

Diane's presentation gave us all a valuable insight into the art of pelvic floor training with the constant reminder of "Draw the core lift the floor!"

Apart from a verbal rendition we were all invited to participate in various exercises.



ANZUNS AGM

ANZUNS Business.

The AGM meeting went well. Points to note are the increased fees from \$10 to \$20 per member. The increase was justified due to inflation during the period of last increase some 14 years, increased costs eg website, conference costs and consumables. The increase was supported with evidence from the auditor.

All office positions remain unchanged with the position of vice president remaining vacant.

A change to the model rules was passed as per previous correspondence to SAUNS members.

Tuesday 10th March 2009

Breakfast Session

Dr. Mark Moyad: Statins and prostate cancer: should all of us be on this pill?

Dr. Moyad took us through a journey of non-prescription medications and the lack of evidence to support their beneficial properties. He exposed the oft-heralded chemicals such as selenium, lycopenes, vitamins and many others as not having supportive evidence as to their benefits in protection against prostate cancer. His take home message is to live a healthy heart life style as cardio vascular disease far out ways the death risks in men. He supported his argument with many evidence-based examples. The presentation was very down to earth that sits prostate cancer as a secondary disease in relation to CVD. Mark envisaged the human race to benefit significantly by lowering our cholesterol levels to that of most other animals that is 1.8 mmoles/l. to achieve this value most of us would need to be taking a statin medication or eating grass.

ANZUNS Plenary Session I

Women's Health Issues

Dr. Mark Moyad: *Medical Guest Speaker*



This was the second of three consecutive presentations from Mark to the meeting. He spoke about women's health issues in relation to taking vitamin supplements and pressed his view that most of these medications had no evidence of beneficial properties to back up the claims that many made. He again emphasised the benefits to us all of a healthy heart life style that not only protects us against cardiovascular disease but has many beneficial properties including protection against many different cancers.

Free Paper Presentation

Kass kicked off the session with a great presentation. She presented the role of the nurse at STUDS. Once again all presentations were of a very high standard. There were 6 presentations in this session. A sample of the presentations are: Nurse led telephone clinics for prostate cancer surveillance, The role of the nurse in supporting men with prostate cancer and their partners facing sexuality challenges: ProsCan for couples, Urology nurses have a role to play in helping men to identify strategies to manage their urinary incontinence.

Advanced Prostate Cancer: Hormonal and Complementary Therapies (USANZ & ANZUNS)

ANZUNS Plenary Session II

Men's Health Forum – Discussion & Panel

***Peter Strange* Guest Speaker**

Peter Nurse Practitioner working in the division of Health Promotion at the Bendigo Community Health Services. Gordon has had previous communication with Peter and has supported his endeavours in the promotion of men's health. Peter is proactive in men's health promotion and has implemented successful strategies to promote men's health in rural communities. These strategies apply to metropolitan communities as well. The idea is to take health promotion to the work place. This requires communication with the employer who is often easily convinced and now often approaches the health care worker for support in men's health promotion. Peter has instigated successful early morning coffee clubs coupled with exercise programs that has generated a ground swell of support in his local community.

The session included a play-acting scenario of a dominant partner and a nurse under pressure to complete a pre admission surgical assessment. Then followed a lively discussion of this scenario with inclusion of a case study. Many nurses would have identified with this role and discovered strategies to assist in resolution.

ANZUNS Closing Plenary Session

Hospira Study Award Report

***Marco Hake* 2008 Winner**

Marco presented a snapshot of how the Hospira scholarship assisted him. He claimed that the scholarship has put him in a position of gaining another award to assist him with future studies. He has now developed an enthusiasm to pursue a nurse practitioners career. This award has been encouraging to Gordon as he instigated this award during his role as president of ANZUNS.

Hospira 2009 Award Presentation

Paula McLeod NSW to prepare for the prostate cancer care nurse certificate.

AstraZeneca 2009 Award Presentation

Sue Osborne NZ to participate in erectile dysfunction and prostate cancer clinics in USA

Other awards as per ANZUNS website

Meeting Summation

***Lynda Hardy* President ANZUNS**

Invitation to Attend 2010 Meeting

***Glenice Wilson* 2010 convener**

Close of Meeting

***Alison Overton* 2009 Convener**

Nurses Education Evening Sponsored by BARD

The nurses evening historically has been the event not to be missed at the conference. BARD has sponsored it for many conferences with a mutual respect. Nurses generally have to work very hard for any form of sponsorship however our relationship with BARD appears to be enduring.

The evening was a huge success with Trish White bowling a magnificent rendition of the nurse's involvement in urology over many decades. Food and beverages flowed to excess as always and after a nominated time the Dr's came in to enjoy and party, as only the nurses know how.



Wednesday 11th March 2009

Breakfast Session

Dr. Christopher Love: *Penile rehabilitation following radical prostatectomy*

The presentation was an examination of publications from eminent practitioners within this subject. Whilst the presentation was enlightening in some regards no real concrete practices were gained. It was neither cutting edge exposure nor demonstrating anything that we did not all ready know. This would have been better left for evidenced based best practice groups to submit.

Female Incontinence

This was an interesting session dealing largely with surgical procedures of remedying many problems of female incontinence. This session contributed to SAUNS nurses gaining an understanding of procedures that our consultants perform in major acute care settings. It is important for our nurses to have knowledge of these advanced procedures as we are often asked for assistance from patients post surgery in other facilities by our consultants.

Male Incontinence

This session described post procedures from an acute care setting. The presentation provided an update of current practices of surgical intervention for men with continence issues.

Poster Program

Our nurses reviewed many posters. We had private discussions about their merit and look forward to further scrutiny when we receive the AstraZeneca CD of all posters.

Keith Kirkland & Villis Marshall Presentation

The Keith Kirkland presentations may have presented a merit of scientific procedure involvement, the content left much to be desired. We presume that the presenters are our future urologists, however based on their presentations we would question their ability to identify, test and bring to satisfactory conclusions important aspects within urology.

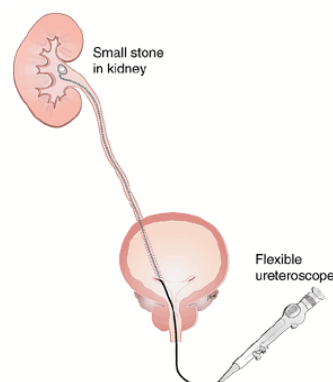
The Villis Marshall presentations on the other hand were exceptional. They presented research of a very high standard that made it very difficult to decide a clear winner. We are very proud of the award founder being one of us.

John Miller (SA) moderated the session. He did a sterling job considering his previous night's engagements.

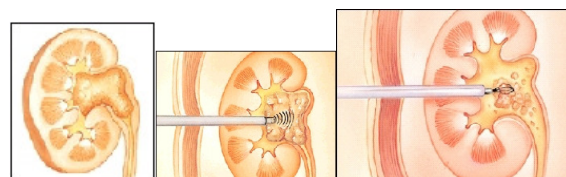
Gala Dinner

The Gala dinner is the finale of the conference for many. The event began on a low key and introduced itself subtly to evolve into an intriguing contest of linguistic opera singers by the talented three waiters. This was indeed an entertaining and captivating performance not to be missed. The dinner offered us all an opportunity to mingle with urologists, their partners, nurses, their partners and others to renew old professional relationships and to make new ones. #

fragments that are easily passed.



Public patients are often denied access to this procedure due to the lack of funding to purchase the equipment needed. The treatment options are then percutaneous lithotripsy that involves an incision in the flank and the stone physically removed.



This procedure requires theatre time and is often delayed. The patient is then stented to remove the symptoms by providing drainage and keeping the stone out of the ureter. Stents can be uncomfortable to the patients as well as need frequent changing as they become encrusted and blocked approximately @ 3 monthly intervals.

Macneil questions the cost effectiveness as well as the suffering and inconvenience to patients by not providing the laser treatment. He compared the length of stay between public (16.1 weeks) and private patients (7.4 weeks). He found that stents remained in longer for public patients (18.8 weeks) compared to private patients (5.7 weeks).

Macneil's study demonstrated that 20 out of the 35 patients who had stents inserted at presentation were public patients. 14 of the 35 patients had stents in for longer than 3 months with 12 being public patients. This study points out an obvious disparity in the treatment of public patients compared to private patients with kidney stones in NSW. He is of the opinion that this situation may also occur in other state public hospitals. #

TQEH Urinary Catheter Sticker

Insertion Date: / / Department/Ward _____

Type:(please circle)

Short Term: BARDIA (Silicone Elastomer Coated)

Long Term: BIOCATH (Lubricious Coated)

Size (Fg): _____ Balloon(mls): _____ Initial Drainage (mls) _____

Catheter Secured: Yes/No.(please circle)

F.B.C: completed Yes/No. (please circle)

Change / Removal Due Date: / / _____

Insertion by: M.O / R.N _____ (please circle and print name)

