ANZUNS WOULD LIKE TO THANK ASTRAZENECA FOR THEIR SUPPORT IN THE DEVELOPMENT AND DISTRIBUTION OF THIS NEWSLETTER
What a busy year it has been for ANZUNS, made possible only by the exceptional and dedicated Urology nurses I have had the privilege of working alongside on this committee. Since our AGM in Canberra we have had a mid-year reshuffle of representatives with the resignation of Jemma Archibald from NSW and Trish White from New Zealand. Trish has remained in an advisory role on our Research Team. I have also just received the resignation of Kelly Beer (VIC) who, due to a job restructure finds her role has a minimal component of Urology Nursing.

I would like to take this opportunity to thank them all for the great work undertaken during their time on the committee and we look forward to seeing them at conferences in the future. We have welcomed Kevin Ancog (NSW) and Lucy Keedle (NZ) as the new representatives, having gladly taken up the mantle and are now valuable members of our team.
ANZUNS Strategic Plan 2018–2021

One of the first tasks of the 2017 committee was a review of the Strategic Plan. This gave us the opportunity to revisit our mission statement, explore new initiatives and ways we might meet the objectives of our society and add value to our membership. Much of our two year Strategic Plan rolls over from year to year as it contains the important details in regard to the structure and function of our society with relevant new goals set with each updated plan only as needed. Therefore, we have decided to extend the SP to a three-year period to better enable us to develop and implement these new initiatives.

We present this new ANZUNS Strategic Plan 2018 -2021 for ratification at this, our 2018 AGM. We, as a committee, are guided by our Strategic Plan. In order to make it easier for you to see what we have been doing this year I thought I would follow the same format.

EDUCATION:

Objective 1
To Provide information and educational opportunities.

ANZUNS 2018 ASM:

I wish to take this opportunity, on your behalf, to extend a huge thank you to Kay Talbot, Conference Convenor, along with Felicity Adams and Adam Cuthbertson, her hard working conference committee, for a wonderful meeting. I know this year has certainly had its challengers but you can be justly proud of the exceptional nursing programme and for offering us the opportunity to not only be inspired by our nursing colleagues but also to relax and enjoy each other’s company in this beautiful city.

I would like to thank all the sponsors of our prestigious Nursing Awards, conference program and in particular BARD for our Nurses Educational Evening, which is always a highlight. Our ASM is also an opportunity to thank all the companies who have shown support to urological nurse’s education throughout the year, at meetings, at your work place and with patient support. We are eternally grateful and I encourage you to visit their stands at this meeting and show your support of them.

International Nurses Day ANZUNS Prize Draw:
The committee decided that you deserved to be recognised for the wonderful work you all do as urology nurses, in caring for your patients, supporting your colleagues and ensuring your ongoing nursing and personal education all the while maintaining your own and your family’s wellbeing. On International Nurses Day, which is the 12th May each year, one Australian and one New Zealander will be drawn from our membership to receive the prize of an early bird registration to attend our ANZUNS ASM held in the following year. The first draw will be May this year and we wish you all the very best of luck.

ANZUNS Professional Development Awards:

Thank you to the seven applicants this year, it was heartening to see nurses so keen to attend our ASM. Our congratulations go to Karen Walsh, Megan Mellsop, Lynn Walkley and Dianne Jones who have received our sponsorship this year.

Diamond and Emerald Professional Development Awards:

We have once again secured sponsorship for both our Boston Scientific Diamond Award and the two Abbvie Emerald Awards for our members. I would like to take this opportunity, on your behalf, in thanking both Boston Scientific and Abbvie for their continued commitment to urological nursing education. These represent wonderful educational opportunities and I would like to commend the six nurses on their applications, I know the judges had a difficult task in selecting the winners.

Post-Graduate Scholarship:

This is a new item in our SP as we recognised that under the awards and scholarships we offer to date there is not the opportunity for nurses to pursue post-graduate
education. Therefore, the Education Portfolio team will look at the development of this exciting new scholarship and we will keep you updated on its progress.

Our ANZUNS website is also in the process of being updated, making it more interactive and user friendly. We hope that you find that our newsletter keeps you up to date with what is new in urology, the educational opportunities available both nationally and internationally and what we, as a committee, are doing on your behalf.

Newsletter Sponsorship:

I would like to thank AstraZeneca for their continued support of our ANZUNS newsletter.

EXPERTISE

Objective 2

To promote development and support of sub-speciality Urology Interest Groups.

Once again there are excellent educational opportunities on offer at our ASM this year and our thanks to those who work hard on the development of our specialist workshops. We are very open to any suggestions as to how we, as a committee, can further the support of the various specialist roles. There are new roles being established within urology departments across both Australia and New Zealand as our work load increases and our roles broaden with nurses taking on more responsibility for the delivery of patient care. We wish to not only keep abreast of these changes but offer, where able, any assistance that we can.

Astellas Prostate Cancer Nurses Communication Forum:

This exciting new forum was launched in September 2017 with the appointment of Nick Howard, Urology & Prostate Cancer Research Nurse at Epworth Prostate Centre, as the Project Manager. The Forum has just undergone its first three month review. This shows a growth in the membership and high level of interest in the forum by our members. Feedback has also been very positive. Nick is giving in depth information on the forum tomorrow in our nursing program so I will leave him to provide you with all the details on what the forum offers.

There are three people who deserve recognition and thanks for getting this exciting new forum off the ground, Maryanne Sinon, Helen Crowe and Kay Talbot. The steering committee has now been appointed with the representatives being Deirdre McKernan (PCFA Prostate Cancer Nurse), Gay Corbett (ANZUNS), Jacinta Townsend (NZUNS), Michelle Roberts (ANZUNS Executive/website) and we thank them also for their support.

Of course this wonderful forum would not be possible without the generous sponsorship from Astellas and we thank them for the ongoing commitment to urological nursing education and look forward to continuing this wonderful collaborative relationship.

Objective 3

To promote urological nursing research based practice.

The Australian and New Zealand Urogenital and Prostate Cancer Trial Group (ANZUP) ASM 2017:

This ASM was a wonderful opportunity to see an organisation that embraces a multi-disciplinary approach to not only their ASM but to their organisation. Again I wish to thank Margaret McJannett, the CEO of ANZUP for the wonderful opportunity for the ANZUNS committee members to attend this meeting which followed our mid-year committee meeting. Nurses took their place at this ASM presenting to the full meeting, sitting on the multi-disciplinary discussion panels and at the excellent full nurse’s day program convened by Kath Schubach.

Research Scholarship:

ANZUNS have long wished to promote urological nursing research and this Research Scholarship is one of the aims of our new SP. Kath Schubach and I will meet with Margaret McJannett at this ASM to further our discussion on how we might work collaboratively with ANZUP in its development.

Inaugural Asia-Pacific (APAC) Advanced Cancer Consensus (APCC) Satellite Symposium:

ANZUP is the host organisation for this inaugural symposium on 23rd February which brings a group of key opinion leaders together to consider the recommendations of the 2017 St Gallen Consensus meeting recently published in European Urology and how these might be implemented within our Australasian Guidelines on Prostate Cancer. In keeping with their philosophy they have asked that a urological nurse be invited to sit on this panel. Kath Schubach, our Vice-President, ANZUP Representative and Research Portfolio lead has kindly agreed to represent ANZUNS.

Objective 4

To facilitate the production and review of evidence based guidelines for practice within specialty

ANZUNS Intravesical Therapy Nursing Guidelines

Kath Schubach kindly undertook the huge task of reviewing these nursing guidelines. They are now finalised, ready to be endorsed by ANZUP and USANZ and to be presented at this, our Societies AGM. We owe Kath an enormous debt of gratitude for all of the hard work that has gone into this update and the collaboration of our other urological colleagues and allied organisations such as ANZUP that has evolved from this work.
Future ANZUNS Endorsed Guidelines:

As you are aware we also need to review our LUT’s and in 2019 our Catheterisation Guidelines. As a relatively small society we need to consider very carefully how we wish to proceed and which guidelines “we” as an organisation should develop, remembering these are “Nursing Guidelines”. We must also be very cognisant of the financial costs of producing each guideline and how, if we do proceed, this is to be funded. There are now internationally recognised guidelines for many urological conditions and our urological colleagues (USANZ) are no longer producing Australasian guidelines but endorsing those produced by the EAU—I refer you to the USANZ Website https://www.usanz.org.au

You will have the opportunity to discuss this further at our AGM or do contact your State/NZ representative if you are not attending our ASM but would like to contribute to this discussion.

Once again there are excellent educational opportunities on offer at our ASM this year and our thanks to those who work hard on the development of our specialist workshops.

ANZUNS Practice Standards for Urological Nurses (PS):

Our ANZUNS PS are on hold while we are in negotiation with USANZ but will remain an important aim of our SP. Although Trish White has stepped down from her ANZUNS position she continues her role on the NZUNS committee and has just been appointed to the position of NZUNS Project Manager to develop and coordinate the establishment of Standards of Practice for Urological Nurses in New Zealand and to develop alongside these standards a Clinical Training Programme for Urology Nurses. The first “Scope of Practice Guideline” which is for Outpatient Clinics, has been finalised and endorsed by the USANZ-NZ Section. We will certainly look at how we might cross reference the work being done in NZ and we will endeavour to keep moving forward on our ANZUNS Practice Standards in the future.

LEADERSHIP

Objective 5

To foster support for ANZUNS leadership and membership to ensure a sustainable organisation.

ANZUNS Strategic Plan

previously discussed

ANZUNS–USANZ MOU:

As envisaged this process of bringing our two societies together to work in a more collaborative way is a rather slow process. While we have had their verbal agreement that all the outgoings in regard to the ASM of both societies, such as ANZUNS invited speakers, room hire, and food to name but a few will be met from conference funds we have yet to see this transpire into an acceptable written MOU. Discussion around secretariat support and funding applications to undertake such work as Standards of Practice have started and we will meet again with the USANZ executive at this meeting to continue our discussions.

Committee Portfolio’s:

Under this new SP we reviewed the structure of our committee and are developing Committee Portfolios which will see each committee member now taking a more active role in the running of the society. As you will see above this includes an Education Portfolio which oversees such things as our Scholarships and Awards along with the development of our new Post Graduate Scholarship. The Communication Portfolio will manage areas such as our membership, recruitment and website. The Research Portfolio will not only support the promotion of research based practice relevant to Urological Nursing but develop the exciting new Research Scholarship. You will notice up dates from each group in our forthcoming newsletters and emails letting you know about opportunities and changes as they develop. We hope this will open communication lines between you, our members, and your committee and give you appropriate points of contact if you have an enquiry.

ANZUNS Fee Schedule:

This is always a contentious issue but we do require revenue to continue the running of our society. This year it was decided that the proposal to increase ANZUNS membership contribution for 2018-2019 financial year from $20 to $25, this being an increase of $5 per member, should be discussed at each State/NZ AGM, voted upon and the result reported back to the full committee. All States/NZ voted unanimously to accept this increase and it will be ratified at our AGM.

Objective 6

To maintain and promote affiliations with recognised international Urological Nursing Organisations

ANZUNS Profile

As is evident with the invitation to be part of the APAC-APCC Symposium, our attendance at the 2017 ANZUP ASM, and the collaborative work being undertake with such things as our Intravesical Therapy Guidelines, the profile and the role of our
society and the vital role that urological nurses have to play in the delivery of care to our patients is gaining in recognition. We are in the process of writing a Profile Letter of Introduction which we intend to send out to organisation/groups who we feel may benefit from contact with us such as allied Urological Health Care Providers, Trade and Pharmaceutical Companies, relevant Government Agencies along with all important National and International Nursing Organisations. Interestingly, at the time of writing this report, I received a letter of introduction from the President of BAUN, Julia Taylor, outlining one of her goals and objectives this year was also to raise the profile of BAUN by contacting international urological nursing groups and so there are collaborative times ahead for us.

Committee Meetings:
As you can see your committee has been hard at work this year and along with the day to day running of the society we have some exciting new projects on the horizon. We quickly realised with all the work that we are undertaking that we needed to increase the number of our committee meetings with a full Pre-AGM meeting along with an additional teleconference in the last quarter of the year being added to our committee calendar. At this point there has been no increase in committee expenses to our society as committee members have taken it upon themselves to ensure their availability at our Pre-AGM meeting.

ANZUNS 2019 ASM Brisbane 13-16th April
I would like to introduce Rachel Oxford as our next Conference Convenor and Ariane McKinnon as our Scientific Convenor and we look forward to working with you both in 2019.

Your committee has been working tirelessly on your behalf over the year and I would like to take this opportunity to thank them all for their contribution, support and time that they have given so generously to this society. It is a privilege to work with such a dedicated and professional group of urology nurses who I feel have served our society well. A special vote of thanks goes to Maryanne who has completed her year as our Immediate Past-President, she has been an exceptional leader of our society and we are hoping that she will remain with us as we continue to work through our MOU with USANZ and can be enticed to continue on in an active role with some of our projects in the future. The society is in good heart with an enthusiastic team for 2018 but I ask you, our wider membership, to please give thought in relation to ANZUNS, ask yourself ‘Do I have something to contribute to the field of Urology Nursing?’ If the answer is yes then please put those thoughts into action and join your respective State/NZ Committees. We also welcome your feedback on not only the new initiatives we are undertaking but any suggestions on how we can serve “you” our members. ANZUNS needs your participation to continue to move forward. Remember this is your society and we need new faces and fresh ideas to maintain ongoing impetus.

Kind regards

Andrea Nixon
ANZUNS PRESIDENT 2017-2019
### VUNS

**Committee Members 2017-2018**

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<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>Chairperson</td>
<td>Luke Derriman</td>
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<tr>
<td>Secretary</td>
<td>Melissa Caruso/Cara Webb</td>
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<tr>
<td>Treasurer</td>
<td>Carla D’Amico</td>
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<td>Membership</td>
<td>Germana Ryan</td>
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<tr>
<td>Newsletter</td>
<td>Thea Connor</td>
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<tr>
<td>ANZUNS Rep</td>
<td>Melissa Caruso</td>
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<tr>
<td>General Members</td>
<td>Kath Schubach, Marc Diocera, Kelly Beer</td>
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**Membership**

We currently have 112 financial members, 11 life members. We will be implementing a TRY booking system to improve the process of enrolment and this will be beneficial to both the membership secretary and our members. We have recruited 2 new executive committee members over the past 8 months: Marc Diocera who is our IT guru and Cara Webb who will assisting with secretarial duties - welcome!!

**Education/Events**

Our regional Education Day was in Ballarat on April 21st, and the focus was involving local members and encouraging networking opportunities. The program was fantastic so huge congratulations to the organising committee.

The early stages of planning for our combined “Meeting Of The Waters” education day on July 21st have been held, and we are looking forward to utilising the state of the art facilities in the new ANMF centre in Melbourne. We will be able to utilise “hands on lab” facilities, and new IT opportunities. The VUNS AGM will also be held after this meeting so we welcome all of our members to come along.

**Communication to our members.**

We continue to have a quarterly newsletter, Facebook and our VUNS website.

**Grants**

One member and a nurse from Tonga were granted registration to the ASM held in Feb.

**Financial**

VUNS continues to be financially viable.

*Melissa Caruso*

VUNS

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### NUNS

**Officers FY 2017-2018**

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<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Karina So</td>
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<td>Jemma Archbold</td>
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<td>Secretary</td>
<td>Jemma Archbold</td>
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<td>Treasurer</td>
<td>Beth Whittaker</td>
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<td>Public Officer</td>
<td>Beth Whittaker</td>
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<td>State Representative</td>
<td>Kevin Ancog</td>
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<tr>
<td>Membership Coordinator</td>
<td>Paz Matzvimbo</td>
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<tr>
<td>Newsletter Editor</td>
<td>Wendy Watts</td>
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<tr>
<td>Education Officers</td>
<td>Sheena Lagat</td>
</tr>
<tr>
<td>Conference Coordinators</td>
<td>Karin Tarne, Marinelle Doctor, Bonnie Jacob-John</td>
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<tr>
<td>Website Administrator</td>
<td>Kevin Ancog</td>
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<tr>
<td>Social Media Administrator</td>
<td>Todd Moy</td>
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<tr>
<td>General Member</td>
<td>Michelle Scoble</td>
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**Strategic Planning/Goals for the Year/ Current Projects**

To ensure all members’ details are up-to-date at all times with all members receiving updates about our society and encourage them to actively participate in our society’s governance and organisational development activities, we are currently trying to get all our members to sign up through our online members platform.

Members are able to manage their details using the online membership tools provided, participate in the online forum, access documents, communicate with other members and manage membership renewals when registered.

We are aiming to get 100% sign up rate by the end of this year. The move to digitalisation is part of our effort to continue to provide our members with the best quality of services in the easiest way for our volunteer committee members.
Membership
NUNS has 114 members as of reporting.

Education/Events/Forum:
Three education opportunities are underway for NUNS members. Two Professional Development Evenings will be held in April and July and the State Conference in October. We are planning to collaborate with the Australian College of Nursing to offer short courses for nurses who would like to do studies specific to the urology specialty.

Our forum is running well through the members-only area of the NUNS website. Members have been posting questions, with continuing professional development for urology nurses as the topic being discussed most. Our president, Karina So, is the current moderator of the online forum.

Communication to Members
Email correspondence is sent to all members every start of the month, updating members with the latest news about our society.

Reporting/Newsletters
NUNS continues to publish newsletters three times a year.

Grants
There are two scholarship opportunities available exclusively to NUNS members:

- 3 x Regional Delegate Scholarship for members from regional NSW who would like to attend the state conference in October 2018 (valued at $250.00 each)
- 5 x NUNS Scholarship for ANZUNS 2018 ASM for members who would like to attend the ANZUNS 2018 Annual Scientific Meeting in Melbourne (valued at $1000.00 each)

The scholarship committee would like to congratulate the following successful applicants for the NUNS Scholarship for ANZUNS 2018 ASM:

- Jemma Archbold
- Marinelle Doctor

Kevin Ancog
STATE REPRESENTATIVE

Committee members
President Patricia Thomas-Gabbett
Secretary Karen Walsh
Treasurer Trudy Wilson
Public Officer Michelle Roberts
State rep Leanne Morton

Strategic Planning/Goals for the Year /Current project
The annual education day was held in September at the Alan Border Oval. A new venue was chosen as we had outgrown our previous venue. We have elected a new President and Secretary for our 2018 journey. Thanks to Trixie and Karen for stepping up, we look forward to their leadership. We also welcomed 4 new members to our committee: Melanie, Kim, Ally and Julie, and we look forward to their bright new ideas. We held our annual strategic planning meeting in October when we reviewed the Model Rules. A long and difficult task but must be done, so thanks to all who contributed. We continue to work on the website and iron out the glitches.

Membership
172 members 2 life members

Education/Events/Forums
We hosted 4 education evenings last year, 3 in Brisbane, 1 in Townsville.

Education Day held in August 2017. We have an upcoming education evening in March.

Communication to members
Communicate through email and Facebook

Reporting/Newsletter
We have decided to stop doing a newsletter as we now perform a lot of our reporting through social media with Facebook and our website.

Grants
We have funded 5 grants to attend the ANZUNS conference in February 2018.

Sponsorship
We are currently seeking sponsorship for educational evenings for 2018.

Leanne Morton
STATE REPRESENTATIVE
Committee members
Chairperson: Andrea Nixon, Whangarei
Vice Chairperson: Trish White, Napier
Secretary: Megan Mellsop, Tauranga
Treasurer: Rachael Hamill, Tauranga
Committee: Lucy Keedle, Palmerston North
Jacinta Townsend, Auckland
Trudy Dugmore, Auckland
Sha Harber, Oamaru
Swantje Fitzgerald, Nelson
Jude Kelly, Tauranga

Membership
Current Membership: 131

Education/Events/Forums
NZUNS Conference:
The NZUNS Conference 2018, this year is once again combined with the USANZ New Zealand Section Meeting on 24–26 October 2018 at the Convention Centre, Palmerston North.

In recognition of the wonderful work that urology nurses do, and in keeping with our educational focus, NZUNS celebrated International Nurses Day on 12th May by giving away a free registration to the Conference in Palmerston North.

Reporting/Newsletter
Our NZUNS newsletter filled with educational updates and opportunities, along with our society news and articles of interest, continues to be enjoyed by our members and at their request remains a hard copy newsletter—great to share with colleagues. The newsletter is also found on the Webpage.

Grants
NZUNS has two education grants of $1000 each, for members to apply for. These grants will hopefully mean that you will have more funding available to attend further education or conferences. We also have the annual Maggie Burn Scholarship available, with a closing date of 1st October.

The Research Grant Scholarship is available, up to a maximum of $5000K, to complete urological nursing research. This could also be research associated with post graduate study.

Finally I would like to thank the awesome team we have on the NZUNS committee, they work hard and give up their time and expertise to ensure the NZUNS members are kept up-to-date and strive to provide quality improvement in all aspect of Urology, to benchmark our practice.

Lucy Keedle
NZUNS REP 2018
Committee for 2017/2018  Role
Sophie Otto  President
Jane Lange  Secretary
Donna Clifford  Treasurer
Sally Sara  State Rep–ANZUNS

Strategic Planning/Goals for the Year/Current project
• Review of Strategic Plan
• Review of strategies to increase membership
• SAUNS Urology Study Day–July 2018

Membership
There are currently 34 financial members. Membership numbers have dropped from 48 last year, which is of concern to SAUNS. The SA public health sector underwent a major overhaul in 2017, which resulted in hospital closures and a major relocation of services. This may account for a drop in membership as some existing SAUNS members were relocated to non-urology areas and have decided to discontinue their membership. Work is underway to increase membership over the course of 2018.

Education/Events/Forums
There were five educational evenings throughout 2017:
• Scholarship presentations–how professional development opportunities/scholarships provided by SAUNS have improved clinical practice
• Complex Urology cases - diagnosis and treatment
• The Kenyan Experience–teaching Urology and Continence to Kenyan nurses
• Radiation for Urological Cancers
• Natural history and management of antenatal hydronephrosis

Planning is well underway for the SAUNS Urology Study Day to be held on Saturday 28/7/18. This will secure some much needed funding for educational opportunities for 2018 and beyond and is also part of our strategy for increasing membership numbers.

Communication to members
Members meet bi-monthly following which minutes are circulated to all members.
All other communication to members is conducted by email.

Reporting/Newsletter
Members receive the quarterly ANZUNS Newsletter via email. SAUNS submits a State report to this newsletter.

Grants
The following grants were offered to SAUNS members in 2017:
• USANZ/ANZUNS ASM Canberra, February 2017
  » X2–Total value $2,000 each
• Asia-Pacific Prostate Cancer Conference, Melbourne, September 2017
  » X1–Total value $2,000
• USANZ SA/NT Section Meeting October 2016
  » X3 scholarships awarded–Total Value $200 each

Sponsorship
SAUNS received educational grants from a number of trade partners this year.
These grants were used to sponsor members’ attendance at the USANZ/ANZUNS ASM in February 2017, the Asia-Pacific Prostate Cancer Conference in September 2017 and the SA/NT Section Meeting in October 2017.
We were also fortunate to receive trade partner support to run our Educational Evenings throughout the year.

Sally Sara
STATE REPRESENTATIVE
Committee Members:

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<tr>
<th>Position</th>
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<tbody>
<tr>
<td>President</td>
<td>Francesca Leggott</td>
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<td>Vice President</td>
<td>Jenni Cunnold</td>
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<td>Secretary</td>
<td>Daniel Lightowler</td>
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<td>Treasurer</td>
<td>Jane Neve</td>
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<td>WA State Representative</td>
<td>Francesca Leggott</td>
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<td>Newsletter Editor</td>
<td>Francesca Leggott</td>
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<tr>
<td>Education</td>
<td>Jane Neve, Jenni Cunnold,</td>
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<td></td>
<td>Holly Souness</td>
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<tr>
<td>Support Committee</td>
<td>Niamh Malone</td>
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Our Aim

The society of Urological Nurses Western Australia has been established with the aim of promoting a communication network for those nurses and health professionals with a special interest in Urology.

The society will provide a forum for education, research and the sharing of ideas and information. It will endeavour to promote the highest standards of practice in Urological Nursing.

Our Objectives

The Society of Urological Nurses Western Australia supports the following objectives:

- To provide a forum for educational opportunities
- To promote nursing research
- To facilitate access to relevant resource material
- To promote the role of the urology nurse in the health care system
- To promote a standard of excellence in nursing practice.

SUNWA has always focused on facilitating networking opportunities amongst urology nurses through our education events. We intend to keep members interested and enthusiastic for SUNWA by hosting a urology trivia night in upcoming months.

SUNWA continues to correspond with potential sponsors of future scholarships and are grateful for the ongoing support from our current sponsors. SUNWA will again offer funding for members to attend the USANZ/ANZUNS meeting.

This year our committee is focused on reviewing the constitution to align with the incoming changes to the association requirements implemented by the WA government.

Membership

SUNWA's membership has decreased this financial year but we anticipate a number of members to renew before the end of the calendar year. We currently have 58 members, 3 of these being lifetime members.

Education

SUNWA continues to facilitate three education events per year. Our education events are well attended and we continue to cover diverse topics, our choice of topics are based on member feedback. For our first educational event of the year we heard from a uro-gynaecologist, pelvic floor physiotherapist and urology nurse. They discussed uro-gynaecological investigations, management of pelvic pain and current recommendations for incontinence procedures. Our upcoming study event in December will spark interest from members, the topic is Radical Cystectomy with formation of Neobladder.

Along with our guest urologist and urology nurse our members will hear a patient’s perspective of their journey post Cystectomy and formation of Neobladder.

Reporting / Newsletter

Grants and Sponsorship

SUNWA extends our thanks to ongoing support through presence and funding from pharmaceutical companies. The educational grant opportunities for members include the following:

**Bard Best Paper**

The bard best paper award is designed to support the educational growth of SUNWA members. The aim of the Bard Best Paper is to generate discussion and promote awareness of the diversity of our roles, our practice and healthcare centres and our daily experiences in Urology Nursing through presentation of nursing case studies. The Bard Best Paper is to the value of $150.

**The Abbvie Award**

The $2000 Abbvie Nurses Educational Grant is designed to support members’ attendance at an educational symposium which has a definite urology nursing focus. This is a fantastic opportunity for members and the award is for use any time in the year.

**The SUNWA Scholarship**

The SUNWA Scholarship is used to assist SUNWA members in attending the USANZ / ANZUNS conference.

This Scholarship has been designed to encourage members to continue their education, professional development, and facilitate networking with other urology nurses. This year SUNWA offered one $1000 scholarship.

SUNWA continues to produce a quarterly newsletter in addition to the contribution to the ANZUNS newsletter.

Financial Report

SUNWA remains in a reasonable position financially. We are offering one SUNWA scholarship rather than two given the reduction in membership renewals so far this year.

**Francesca Leggott**

WA STATE REPRESENTATIVE.
ASIA PACIFIC (APAC) ADVANCED PROSTATE CANCER CONSENSUS CONFERENCE (APCCC)

My Experience

The inaugural APAC APCCC was held on February 23. This meeting was based on the St Gallen APCCC held in 2017 to determine if there was relevance and applicability in the context of health care in the Asia Pacific region.

Invited experts from the Asia Pacific region were invited to present and discuss the following key topics:

• Management of castration-sensitive/naive prostate cancer
• Management of castration-resistant prostate cancer (CRPC): sequencing/combinetion treatment for mCRPC
• Management of high risk and locally advanced prostate cancer
• Oligometastatic and oligo-progressive prostate cancer
• Global access to prostate cancer drugs and treatment in countries with limited resources

I was invited to attend this meeting as a representative of ANZUNS. The meeting was very rewarding and I felt very privileged to be involved in the discussions. The format was presentations and discussion of above issues. It was interesting to note that many of the Urologists in Asia also prescribe the chemotherapy. However some units work closely with Medical Oncologists.

There was also discussion regarding the EUA guidelines and how these guidelines need to be adapted to the APAC region and their patients due the constraints of limited imaging and lack of resources in certain areas.

The meeting was very informative and I must say that I did learn new information that involved differences between patients. For example, patients in Asia having chemotherapy for metastatic prostate cancer needed to have dose reduction and also required granulocyte-colony stimulating factor (GCSF). This is not the case with patients in Australia or New Zealand who tolerate the chemotherapy without this intervention.

The meeting was very rewarding and I felt very privileged to be involved in the discussions.

Overall patient perspectives to treatment options and symptoms experienced were similar in all Countries. Some patients expressed to their doctor that they did not want to have chemotherapy and this led to longer consultation time.

Patients experienced similar side effects from androgen deprivation therapy and there was emphasis on exercise and bone health in this cohort of patients.

Some even had their own exercise support group called “walnut warriors”. There was one major difference between clinicians in Asia and that was majority do not have access to specialized nurses.

I had the opportunity to discuss with many Urologists whether they had specialized nurses in their practice. Majority of them did not however they had worked with them in other countries. They were very envious of our Australian and New Zealand clinicians having access to this valuable resource. This meeting gave me an insight of the barriers and opportunities for health professionals working outside of Australia and New Zealand. We are very fortunate to have access to many resources for our patients.

I would like to take this opportunity to thank Margaret McJannett CEO ANZUP and Professor Ian Davis Chair (ANZUP) for the invitation to attend.

Kath Schubach
VICE PRESIDENT ANZUNS
19th Asia-Pacific
Prostate Cancer
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The Australian and New Zealand Urological Nursing Society (ANZUNS) is a member of The Coalition of National Nursing and Midwifery Organisations (CoNNMO), a diverse group of national nursing and midwifery organisations who meet biannually, with support from the Department of Health.

CoNNMO’s vision is to be ‘an authoritative alliance’ that promotes recognition of nursing within the Australian community, provides leadership at a national level on health and public policy, provides a forum for member organisations to discuss and consult on professional matters, and assists member organisations in terms of governance and capacity.

The first CoNNMO meeting for 2017 was held in Melbourne on Friday 19th May.

Presentations included:
- Nursing and Midwifery Board of Australia (NMBA) update
- Australian Nursing and Midwifery Accreditation Council (ANMAC) update
- Department of Health update
- Biosimilar Medicines Awareness Presentation
- Nurse and Midwifery Support Program (nmsupport.org.au)
- Australian Digital Health Agency
- NMBA Development of Midwife Standards of Practice update
- National Aged Care Staffing and Skills Mix Project
- Panel discussion: Certification, Credentialing and Endorsement – What does it all mean?

In addition to the Council Report there were 34 member organisation reports tabled for discussion including ANZUNS.

The second CoNNMO meeting for 2017 was held in Sydney on Friday 6th October.

Presentations included:
- Office of Commonwealth Chief Nursing and Midwifery Officer update
- Nursing and Midwifery Board of Australia (NMBA) update
- Australian Nursing and Midwifery Accreditation Council (ANMAC) update
- Nursing and Midwifery Board of Australia Codes of Conduct update
- Australian Digital Health Agency
- Good governance, member engagement and growth presentation
- Patient Safety and Leadership presentation
- Interactive Social Media session

In addition to the Council Report there were 26 member organisation reports tabled for discussion including ANZUNS.

The first CoNNMO meeting for 2018 was held in Melbourne on Friday 4th May.

Sally Sara
(ANZUNS CONNMO REPRESENTATIVE)

EMERALD AWARD REPORT

For the Research Review paper, I focused on exploring supportive measures for men with erectile dysfunction post radical prostatectomy. This proved to be an enlightening and somewhat sad topic, as there appears to be very little formal support for men either in New Zealand and overseas. The positive outcome is that it has changed my nursing practice, which I guess is the whole point of post graduate study.

The Diagnostics and Therapeutics paper was also valuable. This focused on the meaning of certain diagnostic tests, and the appropriateness of their use in certain circumstances. Although a generalist paper, it was applicable to everyday practice, which I found both useful and enjoyable.

Thank you once again for the Emerald Award in 2017. It allowed me to continue with my post graduate studies. I have one paper to complete this year and I will attain my Master of Nursing Science Degree. The end is in sight! Although, having said that, I plan to return and complete my prescribing paper in 2019. Health Workforce New Zealand has changed their position on funding me and has agreed to support me for my final paper in 2018, so that is a huge relief.

Kindest regards
SHA HARBER
The background to my application for the ANZUNS Boston Scientific Diamond Award for travel was that I felt stuck. The trials, tribulations and disappointments during the journey to become a Nurse Practitioner had left me somewhat depleted. I finally secured an NP role at Redcliffe Hospital working with Yvette Sullivan. It was a privilege to work with her for the year before she left and after what I call, “the baptism of fire”, we became great friends and I missed her deeply when she retired.

She was not replaced and we were also short of Urologists. It was a very difficult period for both the work unit and for me professionally. There was endless work and no time to reflect. We worked incredibly hard to keep the patients safe but it felt like there was so much more that could be done to improve the way the patients experienced both our facility and also their own health/illness experience. The trouble was that the prior events had left me depleted and unable to think expansively.

In 2010 there was a White Paper called Liberating the NHS which prompted the National Health Service (NHS) in the UK to deliver significant health reforms to improve the patient’s experience of the healthcare setting. Since then they had made significant inroads in improving care delivery with a big focus on meeting the holistic needs of the patient. The NHS also utilised the advanced skills of Nurse Practitioners in many alternative roles to facilitate better access and outcomes for their patients and I was most interested in how they did this.

In 2017 we secured two full-time Urologists which significantly improved the work environment. One of the Urologists, Dr Nick Rukin, had come from Wolverhampton in the West Midlands in the UK where he had worked closely with Nurse Practitioners and often talked about the integral roles that they played in providing urological care to the patients. He had many ideas for improvements and I struggled to keep my mind open enough to envisage what he was proposing.

I needed to expand my mind and became fascinated to see how it all worked in the UK. I was incredibly fortunate to receive the Boston Scientific Diamond Award to assist me to travel and see the inner workings of the New Cross Hospital Wolverhampton and how the NPs provided care. I also wanted to attend the BAUN conference and see more of the research and other activities undertaken by the UK nurses and attend the pre-conference cystoscopy workshop.

It was an intense two-week period and although I had an overarching question (How do we grow a patient centred service within the confines and demands of our existing service?) I came away with a wealth of unexpected and delightful learnings.

I will pick a few to share here:

**BAUN Conference Glasgow, Scotland**

I was pleased to have attended the Flexible Cystoscopy Workshop because I was left with a sense that my practice was of a good standard however refinements could still be made. I was also excited to see that UK NPs were performing intravesical Botox injections.

Another highlight from the conference was that they used a World Café data collection methodology to gather vital information from their members whilst all together. This involved 4 questions and a work station for each question. There were about 50-75 people at each station and they added post-it notes, called out the answers and facilitators gathered and collated the information. It generated excitement and discussion and a lot of writing. After every 20mins each group moved on the next question and the process began again.

The topic of *curriculum* was introduced by highlighting how many differing titles and roles there were for UK urological nurses. Interestingly, this same topic was researched and presented at an ANZUNS Conference by Trish White (NZ) and Helen Crowe (Aus) some years ago.

The four questions in the World Café data collection related to whether the members felt that the notion of a curriculum was required to define and formalise the urological knowledge and skills that nurses of various levels would be expected to meet. Unlike Australia and New Zealand, the UK has the advantage of having a number of nurse academics lecturing and researching specifically in the area of urology and providing focused urological courses.

It will be most interesting to see the final report and analysis of the data from the exercise because I believe these are questions that that we in Australia and New Zealand need to consider as well. Interestingly, Julia Taylor, the BAUN President is very keen to communicate and meet with ANZUNS Executives to foster...
partnerships and the sharing of information. I was inspired to think that if the two organisations were able to collaborate then both may benefit and it reminded me of the African Proverb that says “If you want to go quickly, go alone, but if you want to go far, go together”

The other unexpected benefit of the BAUN Conference was the number of sessions about change management. I realised that it is a way of thinking and a particular skillset that I had not fostered. In my NP journey I had focused so much developing clinical and leadership skills that I had not even considered change management skills. Now, when I think about the role, I realise these skills would be immensely valuable in moving forward with a much better chance of bringing any ideas or dreams to fruition.

Urology Department New Cross Hospital, Wolverhampton

I was fortunate to spend a week at the New Cross Hospital watching how the 5 Advanced Practice Nurse Practitioners provided urological care to their patients. I found a friendly and high functioning team. The strong patient focus was evident in so many ways and there were many great conversations with the NP Manager, Clare Waymont. She said that they would ask themselves, “What is best for the patient?” as the absolute starting point. They would then work out the solution within their resources but would always go back to ask the question again to ensure that they had not lost sight of what really was best for the patient.

I was impressed with both the size and the quality of the service they provided. Continuity of care was important and this was evident where NPs assessed the patient in the PSA Clinic and then provided the patient with the TRUS prostate biopsy under local anaesthetic. Patients with positive biopsies were then seen by the NP immediately after they received their diagnosis from the Urologist. I witnessed the level of trust that developed for the patients as they experienced each of those steps with a familiar and supportive NP and it reignited my belief that continuity of care is such a valuable element of nursing.

Overall reflections

I was both inspired and disturbed by my trip to the UK:

- It was inspiring to see such a high functioning team and I was disturbed as I reflected about my own part in the team back home and asked myself how I could contribute in a more positive way to facilitate more cohesiveness.
- I thought how important it was for ANZUNS to collaborate with other organisations such as BAUN to further both organisations
- I also had an epiphany that change management is a skill I need to pursue to be able to move forward and to bring ideas into reality
- I realised that in Australia and New Zealand we need more nurse academics in the area of urology to further the body of knowledge and provide opportunities for urological nurses to receive academic qualifications in their chosen field.
- I was disturbed to hear that there were some queries about the urological courses at LaTrobe University continuing in the future and felt a sense of loss for ANZUNS nurses.

Overall, I am not sure what the long term ramifications of this journey will be but I am very grateful for the opportunity of going to the UK and for the experiences I had there. I wanted to expand my mind and it has, indeed, been inspired but also disturbed and disrupted, which is an excellent outcome. I am grateful to ANZUNS and Boston Scientific for the Diamond Award which allowed me to have this journey and also to Clare Waymont and the team at New Cross Hospital, Wolverhampton for their openness, friendliness and incredible generosity.

Sandra Warden
From the 24-27th February 2018 I was fortunate enough to attend the Urological Society of Australia and New Zealand (ANZUNS) 71st Annual Scientific Meeting, this included the Australian and New Zealand Urological Nurses Society Inc. (NZUNS) 23rd Annual Meeting, held at the Convention Centre in Melbourne Australia.

The conference began with two workshops on the Saturday led by nurses which was very inspiring, firstly a Functional and Female Urology workshop, this provided participants with the knowledge to assess, educate and manage their female patients who were requiring surgery to treat their stress urinary incontinence, this included discussion around the use of pessaries, prolapse repair and injectable agents as well as sling surgery.

The afternoon workshop was about the treatment of Non-muscle invasive bladder cancer. Again I was impressed to learn that nurses in Australia are performing flexible cystoscopy clinics and intravesical therapy. We are doing some of these clinics in New Zealand also which is encouraging.

Sunday dawned a beautiful day in Melbourne - The ANZUNS programme was designed around entrepreneurship and empowerment of urology nurses in the work-force. We were encouraged to think outside the square in our professional development.

The highlight for me was the Keynote Speaker - Mike Rolls, his motivational talk was about ‘Amputating the dead weight’. Mike is a survivor of one of the deadliest diseases on the planet. At the age of 18, he contracted meningococcal sepsicaemia while on a football trip. His injuries were extensive; he suffered multiple amputations, severe internal injuries as well as the mental trauma of his 3 year ordeal. He had to rebuild every aspect of his life from scratch.

Mike had the audience mesmerised and in tears at times. His message to us was to be curious, don’t make excuses, be comfortable being uncomfortable and that we change the picture in the lives of our patients every day. He has overcome double amputations to go on and represent Australia in the World Disabled Golf Championships where he claimed bronze. He also enjoys coaching children with disabilities.

Mike knows what it is like to have the world at your feet one moment and then taken away in a flash. His story was truly incredible and he motivated me so much: his website is worth a look - www.mikerolls.com.au

Mike Rolls is pictured below with some of the nurses who spoke at the podium presentations and also Queen Elizabeth—a very special guest.

Sunday afternoon we had the podium presentations - I learnt about the TrueNTH Australia programme, this programme is about improving the quality of life of men with prostate cancer and the people they share their lives with.

It addresses the needs of both men and their partners/family by implementing a management plan and continued follow up to ensure improvement of quality of life for all. Prostate cancer is a complex disease, not only a man’s disease but affects that of partners and family.

Monday afternoon had a very interesting section about The Transgender patient—urological issues. A male-to-female transgender woman gave a fantastic talk about how to create a transgender friendly practice, how to use the correct pronoun for a person, and how to provide privacy for that person in the reception area and clinic rooms.

She encouraged us to not assume anything about someone’s gender by how they look and how in South Melbourne they have a urology practice that sees only transgender patients, making them feel comfortable and respected.

No urology conference would be complete without social gatherings and the odd glass of shared wine! The Nurses Educational Evening was fabulous and had us all dancing on our feet to the music of African drums.

These evenings provide us with an opportunity to network with our colleagues in a relaxed and informal atmosphere.

I would like to take this opportunity to thank ANZUNS and NZUNS for their generous funding which enabled me to attend this conference.

I thoroughly enjoyed meeting nursing colleagues and I have learnt a few new skills that I can now carry over into my nursing practice. I will definitely be more curious and will endeavour to become more entrepreneurial and think outside the square.

Megan Mellop
Congratulations 2018 Award Winners

2018 Emerald Award
Gay Corbett
(accepted on behalf of Gay Corbett)

2018 Diamond Award
Cara Webb
Jane Lange
(accepted on behalf of Jane Lange)

Best Paper Award
Stu Wilder
Congratulations 2018 Award Winners

Best Poster Award
Nick Howard

Most Innovative Paper Award
Stu Wilder

Best New Presenter
Marinelle Doctor

AND Thank-you to our Sponsors
Expression of Interest:

“Urological & Prostate Cancer Nursing Fellowship”

About the Fellowship
With accreditation from La Trobe University, the Urological & Prostate Cancer Nursing Fellowship will:

- Offer opportunities for the development of urological, prostate cancer & men’s health nursing expertise in a clinically diverse outpatient setting
- Assist further development of urological and men’s health expertise of existing Prostate cancer specialist nurses
- Provide urological, prostate cancer & men’s health nursing clinical development for nurses interested in careers in this pathway
- Offer nursing and clinical research opportunities
- Provide supervised learning & professional development opportunities for the nursing fellow in a multi-disciplinary setting including urology, medical & radiation oncology, psychology, exercise physiology and existing urology & prostate cancer specialist nurses

About the Centre
The Australian Prostate Centre (APC) has been established to address the lack of available specialist urological and general health services for men in Victoria. Offering a range of public, bulk-billed, clinical services APC is affiliated with The Royal Melbourne Hospital, the Victorian Comprehensive Cancer Centre (Peter MacCallum Cancer Centre) and Melbourne University.

The Fellowship program is accredited through La Trobe University, School of Nursing & Midwifery with the 6-month fellowship placement contributing the equivalent of one 15-credit point subject in the postgraduate Master of Nursing (Urology & Continence) degree.

The APC has recognised the need to support nursing professional development in this important area of urology, prostate cancer and associated men’s health and is now delighted to be able to offer a 6 month, fully funded Urological & Prostate Cancer Nursing Fellowship.

Dates

Applications open: Monday 6th August 2018
Applications close: Friday 14th September 2018

Interested?

Email david.gray@apcr.org.au for an application form or call (03) 8373 7600 to find out more.
FAQ’s – 6-month Prostate Cancer & Urological Nursing Fellowship

Where is the Australian Prostate Centre (APC)?
The Australian Prostate Centre is located on Lvl 8, 14-20 Blackwood Street, North Melbourne. This facility is located in the Parkville precinct, neighbouring the Royal Melbourne Hospital, Peter MacCallum Cancer Centre (VCCC) and Melbourne University.

Who is seen at the APC?
Male and female urological patients attend the APC for their various appointments for their benign and malignant conditions. Patients are seen in our multidisciplinary setting which includes urology, medical & radiation oncology, endocrinology specialities along with the allied health disciplines of clinical psychology, exercise physiology, continence physiotherapy and existing urology & prostate cancer specialist nurses.

What is the aim of the Fellowship?
The Aim of this fellowship is to create, develop and enhance specialist and high quality prostate cancer nursing capabilities and capacities throughout Australia. Following the fellowship, the applicant will then return to their current place of employment and be encouraged to implement their various learnings.

Is the nurse fellow paid?
Yes, this is a paid position. Ideally the nurse fellow will work a minimum of 0.8EFT (4 days per week) although this EFT is open to discussion and subject to each applicant.

As the nurse fellow, what would I be doing at the APC?
This fellowship will provide supervised learning & professional development opportunities for the nursing fellow in a multidisciplinary setting. You will be accepted as an integral part of our multidisciplinary team, where you will provide specialist urology nursing care in the day-to-day running of the APC. You are given ample opportunity to partake in observational activities both onsite and offsite with our various colleagues.

What are some of the observational activities the nurse fellow can attend?
Held at the Australian Prostate Centre, this intensive short course fellowship for emerging prostate specialist nurses will be delivered by Australia’s most experienced nursing and medical practitioners. Each nurse fellow outlines their objectives and the APC staff assist the fellow to achieve their goals. Activities include (not limited to):
- Observing theatre – robotic prostatectomy & endoscopic cases
- Sexual Health and Erectile Dysfunction clinic
- Pre-prostatectomy group education sessions
- Observing planning and treatment of radiation therapy
- Experience in ‘in house’ endoscopy

Who should I contact if I want more information?
Please contact Dave Gray, Urology Nurse Practitioner at the APC, david.gray@apcr.org.au. Application forms are available at www.prostatecentre.org.au
TRIAL OF VOID: WHAT IS THE LEAST TRIALLING APPROACH?

As a recipient of the $1000 scholarship by the NSW Urology Nurses Association, I was given the opportunity to attend the Urological Society of Australia and New Zealand (USANZ) 71st Annual Scientific Meeting in conjunction with the Australian and New Zealand Urological Nurses Society (ANZUNS) 23rd Annual Meeting from 24-27 February 2018. The USANZ is the peak professional body for urological surgeons in Australia and New Zealand.

At this conference, I was also invited to do a podium poster presentation on a recent project that I did in collaboration with the Nepean Urology Research Group (NURG). This group comprises of seven Urology Consultants, three Registrars and two Junior Medical Officers from Nepean Blue Mountains Local Health District.

The presentation revolved on our project entitled “Trial of Void: what is the least trialling approach”. This is a brief report on what the project was all about. Based on our experience, indwelling catheters (IDC) ordered for removal at midnight were not removed on schedule. This is often due to lower staffing levels at night, and removal of the IDCs assume a low clinical priority. Moreover, elderly patients complained of disturbed sleep, were tired and confused in the morning and had delayed establishment of voiding pattern when catheters are removed past midnight. IDCs ordered for removal in the morning are often removed in the late morning (as nurses are often busy with morning medication rounds, showering and providing basic nursing care to their patients). This delays the commencement of a trial of void (TOV), resulting in patients completing their TOV in the evening or following day. Length of hospital stay is prolonged and costs the hospital valuable patient beds.

Due to many variations in the timing and technique of removing indwelling catheters (IDC) following urological procedures, NURG questioned whether the timing of removal of IDCs and pre-filling the bladder with saline prior to removal of catheter will affect clinical outcomes such as timing and volume of first void; and duration of the trial of void procedure. The study aimed to identify the most efficient method which improved patient flow and discharge from hospital.

Patients and Methods

Seventy-three participants were recruited from July 2017 to January 2018 following ethics approval from the Nepean Blue Mountains Local Health District Human Ethics Research Committee.

Length of hospital stay is prolonged and costs the hospital valuable patient beds.

Included in the study were patients who were over eighteen years of age and who had a transurethral resection of the prostate (TURP) or transurethral resection of bladder tumour (TURBT). We excluded those with dementia or psychiatric illness and those who underwent bladder repairs (open prostatic or bladder surgeries).

The participants were randomized into three groups: Group 1 had 15 participants and had the catheter removed at midnight. Group 2, with 28 participants, had the catheter removed at 6am. Group 3 has...
29 participants and the catheters were removed at 6am. 200 to 300 ml of bladder irrigation fluid (saline) was instilled in the bladder prior to removal of catheter. After removal of IDCs, patients must void a minimum of three times with a post-void bladder scan to exclude retention. Failure of TOV was defined as when patient was in pain and unable to void or had > 500 ml in the bladder.

Results and Discussion

Data was analysed with SPSS 24.0 (IBM, Chicago, Ill, USA). Normality tests were performed on all continuous variables. Independent samples T-test was used for comparisons between groups for normally distributed variables. Variables not normally distributed were analysed with non-parametric Mann-Whitney U tests. Fisher’s exact tests were performed on discrete variables.

Group 3 (prefill group) had significantly less patients staying for over 24 hours after removal of IDC (10%) vs 40% (Group 2) and 55% (Group 1), p=0.0036. (Figure 1) Group 3 also had significantly less time from IDC removal to first void compared to the other 2 groups, 2hrs (± 0.2) vs 4.3hrs (± 0.4), p=0.0004 (Figure 2). This translated into improved readiness for discharge and shorter length of stay. Interestingly, there was no difference in the volume of first void between Group 3 and Group 2. (Figure 3). One patient from each group failed their TOV and had an IDC re-inserted.

Early removal of IDCs means timely detection and intervention by Urology Team

Recommendations

Following the removal of IDCs, our Urology team believe prompt detection and treatment of complications such as urinary retention is imperative. There usually is a long period of time between removal of catheters and the diagnosis of urinary retention (7-8 hours). Early removal of IDCs means timely detection and intervention by Urology Team allowing re-catheterisation to be undertaken when there is a full complement of staff during daytime, thus, shortened discharge time.

The use of irrigation fluid to fill the bladder is a safe and expeditious method to eliminate the time taken for the bladder to fill [2]. Intervention poses low and negligible risk to patient. Instillation of normal saline into the bladder occurs routinely in urology practice with continuous bladder irrigation or manual bladder washouts with minimal risks, and all patients included in this study will already have continuous bladder irrigation with normal saline post-operatively as part of normal routine care.

The instillation method enables a rapid determination of outcome of TOV and assists in faster resumption of normal voiding pattern. This allows us to meet our goal of discharging patients before 11am. Our study shows that a removal of IDC at 6am with a 200-300ml irrigation fluid pre-fill results in the most efficient trial of void and discharge of patients.

Marinelle Doctor

References:

Firstly thank you to ANZUNS for reimbursing some of my costs to attend the ANZUNS 23rd Annual Meeting in conjunction with the 71st Annual Scientific meeting of USANZ. This was held in Melbourne at the Convention centre from 24-27/2/2018.

An excellent venue right on the river close to CBD more importantly the DFO is right behind it so no difficulty with shopping. Always a high light in Melbourne.

I flew to Melbourne on Friday afternoon to be ready to go to the preconference workshops on Saturday. It is always an early start especially if attending breakfast meetings so is much easier to arrive the night before and take in some sights and get settled into accommodation to get your bearings. Women in Urology Breakfast Sunday am, created a lot of discussion and was well worth the early rise.

On Saturday morning I attended the Joint USANZ/ANZUNS Functional & Female Urology Workshop & Big Dilemmas and New Developments in Nocturia presented by Professor Eric Rovner from Medical University of South Carolina, Charleston and Dr Michael Wishaw a Geriatrician at Royal Melbourne Hospital. This was the first year that joint workshops were held. All the work shops were of interest to me and relevant to my practice which is that of a Urology and continence nurse working in Urology Service in large public Hospital in southern Adelaide. Since returning I have started using the TANGO questionnaire (which was available from the Trade) to assist with nocturia clients.

In the afternoon was the Non-muscle invasive bladder cancer workshop with presenters Alex Zlotta, Bente Thoft-Jensen, Liz Hayes, Stu Wilder & Kath Schuback I was particularly interested in this workshop as looking after the patients being referred for intravesical therapies is a role I have picked up at my workplace in the last 2 years.

The tone of this meeting seemed to me to be more congenial and collaborative than previous meetings I have attended. The scientific content was illustrated with stories and case studies amongst facts and figures and research articles.

The presentations by Stu Wilder, Nurse practitioner from Victoria were memorable. He presented at the bladder ca workshop and spoke from the heart. Clearly connecting with his community and trying to improve their access to health services. His catch cry was “whatever can be done in the city should be also available in the country”. He serves a farm community where he saw the need to make access to country people easier.

The tone of this meeting seemed to me to be more congenial and collaborative

Farmers he said were rather notorious at not attending outpatient appointments or delaying treatments if it interfered with farm life. Seeding and harvesting always came first. It was difficult to travel 5 hours to the city for an apt or treatment. They had already set up tele conferencing with their Urologist to good effect. He discussed with his Urologist Dr Gill from Geelong about doing the same thing with flexible cystoscopies. This has been very successful with Stu doing cystoscopy with Dr Gill in his office in the city watching in real time.

Depending on doctors and nurses work places and business models there are a variety of ways that teams managed setting up nurse led clinics etc.

Liz Hayes was asked to set up nurse led cystoscopy clinic at Royal Melbourne Hospital due to long waiting lists in the public system. Her paper was also relevant to our practice.

Lyn Walkley
CLINICAL NURSE, UROLOGY/CONTINENCE SERVICE
FLINDERS MEDICAL CENTRE, SA

KAY TALBOT
Picture with Peter Healthcote: receiving thankyou from USANZ
The decision to attend the ANSUNS ASM in February was an easy decision with the goals of continued professional development on all levels of urology that interest me. My areas of interest relate to prescribing, communication, clinical assessment, incontinence and erectile dysfunction. I as a newly endorsed nurse practitioner have an additional 10 hours of CPD to maintain in the area of pharmacology, diagnostics and referring. With this in mind, I planned to hone in on the trade to make contact with the reps to help me consolidate my knowledge on urology medications and their interactions. Having access to the pharmaceuticals benefit scheme and navigating my acute and supportive care (Victorian) notation as a prescribing NP is of benefit to my clients, however many of the medications available to my clientele (voiding dysfunction and lower urinary tract symptoms) are not included in the PBS and hence available on private script means I need to maintain and enhance my knowledge on medications available.

I attended the breakfast session on Monday titled “what a way to start the day” by John Mulhall talking about erectile dysfunction this was a fast paced session that had my attention hanging on his every word. New knowledge I gained was how adrenaline negatively affects erectile function, and hence how important it is to assess and treat appropriately, ie ½ a dose of a PDE5 inhibitors may give a less than optimal result which in turn can accentuate performance anxiety with an increase in adrenaline and so the cycle continues.

The nurses program on Saturday was just totally insightful and inspiring, we are truly surrounded by entrepreneurs and the support from USANZ, ANZUNS and the trade makes the difference, our patients are the lucky ones. Kath Schbach lead an inspiring team of individuals in the Non-muscle invasive bladder cancer workshop, who presented their experience with advanced nursing practice of nurse led cystoscopy, BCG and teleconference.

None of these topics are new, however it was great to see Australian nurses providing a world-class service.

On Monday, the quality presentations continued. Justin Chee presented on his experience on female to male surgery and urethral strictures care pathway with in the session’s topic covered transgender diversity.

As always, my mind is a buzz when returning from the ANZUNS conference, I am renewed with inspiration and armed with newly formed relationships that networking with our colleagues brings. The never to be missed BARD educational evening was educational on many levels including African dance lessons.

The ANZUNS AGM was well represented, and during this meeting it was highlighted that La Trobe University is no longer running the Urology / Continence postgraduate certificate course. ANZUNS have agreed to write to La Trobe to express our concern in this for our future urology nurses. Our Continence colleagues have also agreed to write to La Trobe.

I would like to add that when I attended the Ausmed NP prescribing conference in Melbourne March 22-23, I spoke with one of my past lectures at La Trobe who was present. She reported that the enrolment numbers were low, in addition to no longer having a course coordinator. She was interested that we were concerned and if any of you out there were looking for a new challenge, then perhaps you could just be what the university is looking for in a new course coordinator, at the least do not stop enquiring if you are interested in enrolling.

I want to take this opportunity to thank the organising committee and you the delegates for all the work that is put in to make a successful and enjoyable conference. I thank the ANZUNS committee for assisting me with the scholarship to attend. If you have not considered applying for assistance I encourage you to put pen to paper and apply for next year in Brisbane 11-13 April 2019.

Dianne Jones
Hi Fellow ANZUNS members.

I represent ANZUNS on the Australian and New Zealand Urogenital and Prostate Cancer trials Group (ANZUP) Scientific advisory committee (SAC).

This year has seen a collaborative approach in working with ANZUP to update our nursing guidelines for NMIBC.

I have been working closely with the ANZUP Bladder Cancer subcommittee group to update these guidelines. This has been an enormous task taking nearly 2 years to complete. I would personally like to take this opportunity to thank many of the ANZUNS members who have contributed with editing this document; your assistance has been greatly appreciated.

I am pleased to inform you that the nursing intravesical guidelines are being released at the Melbourne ASM.

This has been achieved with the collaboration of ANZUP/ANZUNS. ANZUP and ANZUNS continue their association with opportunities for nurses to become more involved.

Kath Schubach
UROLOGY NURSE PRACTITIONER ANZUNS REP

ANZUNS has been participating in the online knowledge sharing network Sosido (www.sosido.com) for the last few months.

So far 605 members have been invited to join this online network for prostate cancer nurses. About 30-40% of these members are accessing the weekly email digests, with 8-10% clicking through to the articles and content to seek further information. These numbers are similar to the other groups using Sosido and show really good early interest in the community.

The articles and publications provided to members have been extremely beneficial and provide nurses with an up to date overview of what’s happening in the prostate cancer field. The forum has also recently partnered with Elsevier to offer prostate cancer-specific article reviews via Practice Update to our members.

PracticeUpdate is an internationally-renowned editorial board that reviews articles in all the major journals and selects articles they consider most important and potentially practice changing.

Members are encouraged to read the email digests and click the links to access more detailed information provided on the online platform. Any members who did not receive the account set-up email are advised to contact Nicholas Howard (Project Manager). He will be able to assist you with creating an account so you can gain access to the CaP Forum. You can contact him via;
prostateforum.anzuns@gmail.com

Please remember to check your junk/spam folders in your email account if you haven’t received an email from Sosido. Please also whitelist the following email addresses to avoid these emails going to your junk/spam folders in the future; contact@sosido.com and prostateforum.anzuns@gmail.com

As a reminder, ANZUNS CaP Forum members also have access to a secure members-only forum to ask and answer questions. You can access the Q&A section via the Sosido website.

We look forward to staying in touch with you through the ANZUNS CaP Forum community on Sosido, and we welcome your questions and feedback.

Thank you to Astellas Australia for providing a generous unrestricted grant which has allowed ANZUNS to participate in this important initiative.
Putting People First

Program highlights include:

- Leading international and Australian experts
- Up-to-date management and research for prostate and other genitourinary cancers
- PCFA ANZUP Nurses Symposium
- Translational Research Symposium
- Clinical trial Concept Development Workshop
- Overviews of current and planned ANZUP trials
- ANZUP MDT Masterclasses with expert panels
- Community Engagement Forum: A little below the belt
- Travel fellowships available for ANZUP members!

Our outstanding international faculty includes:

Tamim Niazi – Radiation Oncologist at the Jewish General Hospital, Montreal, Canada

Angie Smith – Assistant Professor of Urology at the UNC Department of Urology, North Carolina, US

Laurence Albiges – Medical Oncologist and Head of Genitourinary Unit of the Department of Cancer Medicine, Gustave Roussy, France

Bertrand Tombal – Chair the Division of Urology and Professor of Urology at the Université catholique de Louvain (UCL), Brussels, Belgium

Chris Sweeney – Medical Oncologist at the Dana-Farber Cancer Institute, Boston, US

Sumanta (Monty) Kumar Pal – Associate Clinical Professor, Department of Medical Oncology & Therapeutics Research, City of Hope, California, US
I would like to thank ANZUNS for the opportunity to attend their national conference this year. As always, this conference was jam packed with learning chances. I particularly enjoyed the presentation about Nocturia and its treatment with nocdurna. I have recently begun my Nurse Practitioner masters and have been consulting patients with severe Nocturia. I found the information provided in this session extremely valuable not just in the use of this new medication but also in general about Nocturia and the pathology of its occurrence.

Of course, another benefit of this conference is the opportunity it provides to catch up with other members of the nursing and medical urology world. Seeing the new and exciting things that my colleagues are doing certainly inspires me to continue to improve my practice.

Thank you
Karen Walsh
PROSTATE CANCER NURSING SCHOLARSHIP

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