Dear Members,

Welcome to the autumn edition of the SUNWA newsletter, we have been lucky to have had a warm introduction to the cooler months.

We would like to thank our members who attended our recent study event in April. We hosted a Urology Trivia Night with Dr Sunny Lee, we wanted members to enjoy a more relaxed learning environment and have a good opportunity to network amongst fellow urology nurses. Although we had less people attend than expected, our members who did attend provided positive feedback. Our next SUNWA educational event will be mid-year along with our AGM.

You would have recently received an email from SUNWA with regard to changes to the SUNWA constitution. The constitution has been updated by one of our longstanding members, webmaster and frequent committee member Greg Bock. Greg has put a tremendous amount of work into revising the constitution in order to comply with new association requirements. We have sent you a number of documents that you may review prior to the changes being voted on at our AGM. We of course value your feedback and welcome any questions.

We would love members to consider joining the committee at the next AGM, we have a number of roles which will need filling and would welcome any questions about the committee via email.

Being on the SUNWA committee is a great opportunity for networking and will contribute positively to your own professional development, many of our dedicated SUNWA members rotate on and off the committee as it is a rewarding and enjoyable association to be part of. New committee members will always be well supported by both their fellow committee members and past committee members, we all work as a team and help and guidance is never far away.

We are very pleased to announce that Julie Sykes was the winner of the ABBVIE award. Julie will be granted $2000 to attend an educational event of her choice.

As always we value your input and welcome ideas for future study events, newsletter articles or any other thoughts related to SUNWA. We look forward to seeing you all at our next educational event.

Francesca Leggott
I had the opportunity to attend the USANZ 71st Annual Scientific Meeting in conjunction with the 23rd Annual Scientific Meeting of ANZUNS.

Melbourne provided great scenery for the conference and well and truly met all of our educational needs as well as providing an opportunity for professional networking with a cultural experience enjoyed in the heart of Melbourne.

Congratulations to the ANZUNS conference committee for developing an engaging program with the focus being ‘Entrepreneurship and Empowerment of Urology Nurses in the workforce.

We began with a joint ANZUNS / USANZ workshop, this conference was the first one in which there has been a shared workshop. The workshop provided us with knowledge and understanding of functional and female focused urology complaints and treatment. The controversial topic of surgical interventions for stress urinary incontinence with the use of mesh was discussed. This previously common procedure is currently under scrutiny.

A variety of abstracts were presented from nurses, our new best presenter is Marinelle Doctor. You can read her presentation in the ANZUNS newsletter, it is titled: ‘Trial of Void: What is the least trialling method’

Plenary sessions covered the latest topics in urology, present and future.

Of particular interest to me was a presentation by a nationally renowned speaker Mike Rolls, Mike has a incredible amount of natural resilience and an ability to maintain positivity and productivity by focusing on all the things he can do, and do them extremely well. He shared the message with us to never give up and focused on how to grow your potential.

Mike shared his very personal journey with us and expressed his thoughts of having the world at your feet one moment, then to have it taken a way in a flash. I would recommend my urology nursing colleagues to visit his website: www.mikerolls.com.au.

I was truly motivated both personally and professionally. His story was absolutely incredible.

The ANZUNS conference committee should be congratulated on this conference. Nursing empowerment was embraced throughout the conference and I appreciated the speakers who came to share their experiences and journey.

SUNWA is proud to offer two scholarships for members to attend this conference. I highly recommend that SUNWA members consider applying for the award and attending next years event.

Jane Neve
We recently hosted a Urology Trivia Night. For those who missed out, here is a small snapshot of questions and answers from the 10 rounds of quiz questions from the night. We thank all who came along to support SUNWA.

What is the most common cause of orchitis?
Mumps

Why is testicular descent important?
Risk of hernia, increase risk of testicular cancer

What is the most common renal tumour in children?
Wilms

Define hypospadias?
Abnormal opening of the male urethra distal to the sphincter mechanism.

What is Bladder Trabeculation, what is a cause?
Hypertrophied muscle layer of bladder, caused by bladder outlet obstruction

Name two of the main types of bladder tumours?
Urothelial Carcinoma (transitional cell carcinoma), Squamous cell Carcinoma, Adenocarcinoma

What is this describing: Symptoms of urgency, with or without urge incontinence; usually with increased daytime frequency and nocturia.
Overactive Bladder

What are the medications that can cause or exacerbate urinary incontinence?
Anticholinergics, SSRI’s, Ace inhibitors, Diuretics

The Kidneys filter how many litres of blood per day?
200L

Urine is formed in a three step process, list the process which takes place in the nephron?
Glomerular filtration, tubular reabsorption, tubular secretions,

For men on ADT for prostate cancer, what are they recommended to do to combat the side effects?
Exercise

If there is Prostate Cancer it is always able to be felt on a digital rectal exam?
False

Name common causes of a Colovesical Fistula?
Diverticulitis, Crohn’s Disease, Radiation, Malignancy/Cancer

Name 3 symptoms of a Colovesical Fistula?
Pneumaturia, Fecaluria, Suprapubic pain, Dysuria, Urgency, Frequency, Haematuria.

What is the normal PH reading range expected after NGT insertion?
1.5 – 3.5

How many ML of urine should be produced by an adult human with no comorbidities per hour?
0.5ml/kg/hr
Many of our uro-oncology patients are left wondering ‘what now’ after cancer treatment. Many feel inspired to implement a healthy lifestyle to reduce the risk of cancer recurrence and promote longevity, but are unsure where to begin…

Cancer Council WA’s Life Now Program offers free evidence-based group classes for cancer patients and their primary carer. Programs operate in both metropolitan and regional WA and are facilitated by qualified instructors.

The Programs on offer include exercise, Tai Chi, yoga, meditation, mindfulness and mindful art. Life Now also provides a 12 week exercise program specifically for young people affected by cancer. For more information you can call the Cancer Council on 13 11 30 or visit their website.

Patients are able to self refer to the Cancer Council by calling 13 11 20 and can visit cancerwa.asn.au and enter ‘Life Now’ in the search.

If you have patients who are unsure about participating in group classes or have commitments which restrict their ability to attend the Life Now program, they can be referred to the Cancer Council website where they can find videos instructing them how to perform certain exercises aimed to promote wellness.

It is widely understood that exercise is considered safe during and after cancer treatments and patients are recommended by Exercise and Sports Science Australia to participate in regular exercise due to a number of health benefits. Such benefits include reducing fatigue, managing pain and nausea, preventing weight gain, preserving metabolism, reducing bone mineral density loss and maintaining muscle mass. Exercise is also shown to improve sleeping patterns, improve physical function and ultimately improve quality of life.

Written in conjunction with the Cancer Council Life Now Officer.
SUNWA continues to extend our thanks to our members for your ongoing contribution to our committee and our newsletter.

We welcome input to the newsletter from members and award $50 for a published article.

If you have any information or events you would like to contribute please email sunwa1994@gmail.com