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www.iaun.ie

Welcome

I am delighted to present our second edition of the IAUN Newsletter. The IAUN newsletter is aimed at keeping members updated on important urology issues and developments and will be published twice a year. Packed full of invaluable information, the newsletter helps keep our members ahead with their professional development, skills and urology knowledge, by featuring articles, events and member profiles, plus much more!

The newsletter is free to all IAUN members. On this page you will see the names and contact details of our committee; please feel free to contact any of us with any questions or queries. Our third edition of the newsletter will be in June 2017 so if you would like anything included please feel free to email us and of course feedback is always welcome.

*Lynn Casey,
IAUN President*

Feature Article: Apollo Specialist Nursing Resource

Specialist Nurses as individuals and sometimes collectively can feel that they lack the ability to solve some of the wider challenges faced in their daily work.

Many report feeling disheartened in a world that is seemingly governed by cost savings coupled with the frustrations experienced by teams increasingly managed by managers who do not truly understand the nuances of specialist services resulting in some cases Specialist posts being replaced by less experienced staff. Whilst Specialist Nurses have gained a wide and deep clinical knowledge of their specialty many have not had the same support to develop skills to manage all of the demands of being a Specialist Nurse. When asked to 'pull together' a business plan or service specification many don't know where to start – Feeling that they cannot do everything they need to do or wish to do can make them feel lacking in power and can have a negative impact upon their and the service we provide.

Apollo is a standalone, free website, developed with the University of Ulster and supported by Coloplast. It is available to all specialist nurses to enable them to demonstrate their value and the cost efficient nature of their role. It contains a wealth of practical information as well as easy to use downloadable templates "The Apollo Nursing Resource website is a practical and valuable

tool. It captures the very essence of what we do and allows us to turn this into a meaningful dialogue which will assist with service provision and development" Maddie White Colorectal Nurse Specialist, University Hospitals Birmingham NHS Foundation Trust"

Since its launch in 2014 in excess of 35,000 users have viewed 160,000 pages. The job planning app remains the most used resource on the website, with 45,000 page views and downloads! It takes on average just 15 minutes to complete. The recently added revalidation templates have been viewed by over 5000 people and have been tweeted as a great revalidation resource for specialist nurses by the Chief Executive of the NMC

Specialist Nurses have already demonstrated they can very successfully develop their clinical skills and with some assistance and practice they can also better develop their abilities in explaining and demonstrating the value and worth of their role and the service they provide. Quite simply Apollo is here to help Specialist Nurses do just that. www.apollonursingresource.com

*Debbie Gordon
Head of Education & Medical Affairs
Continance Division
Coloplast UK*

Overview and Key-Points From Conferences

Irish Society of Urology Annual Meeting 2016

The annual meeting of the Irish Society of Urology took place in the Hodson Bay Hotel on Friday 16th and Saturday 17th September.

The scientific programme began on Friday morning with poster presentations on general urology. Topics of interest included the treatment of symptomatic varicocele, urosepsis, magnetic stent removal at a nurse-led clinic and morbidity associated with long-term nephrostomy tubes. This was followed by a session on prostate and renal cancer, transperineal prostate biopsy, active surveillance for prostate cancer and fracture risk assessment for men on hormonal therapy were some of the highlights from this session.



Guest speakers Richard Foster & Peter Brinsden

Guest speaker Dr Richard Foster from the University of Indiana delivered a very informative presentation on the management of low stage Testis cancer. The evening concluded with a buffet dinner in the Octagon restaurant during which Mr Eamonn Rogers delivered some very thoughtful words on the recent sad passing of his colleague Mr Michael Corcoran.

Saturday morning began bright and early with further presentations on general urology before the second guest speaker Mr Peter Brinsden from Cambridge delivered an address on the assisted reproductive technologies for Urologists. Highlights from the morning posters included presentation on the centralisation of penile cancer services in Ireland, PCNL and an interesting view on the role of virtual urology clinics. The meeting concluded with a lecture on the management of advanced testis cancer again delivered by Dr Richard Foster from the University of Indianapolis.

The ISU in conjunction with the RCSI offer very generous registration and accommodation rates for urology nurses who wish to attend this annual meeting. The IAUN will forward details of next year's conference to members as they become available.

*Sean Diver
Irish Association of Urology Nurses*

2nd ESUN Course on Neurogenic detrusor overactivity and Overactive bladder



The 2nd European School of Urology Nurses (ESUN) course on neurogenic detrusor overactivity and overactive bladder took place in Rome, Italy on 4-5th November 2016. Over 30 people attended the course from all over Europe; Ireland was well represented by Therese Kelly from UCGH, Lorna Baldrick from Letterkenny, Jenny McMahon from Craigavon and myself from St. James's.

On Friday afternoon; Professor Christopher Chapple from Sheffield discussed the pathophysiology of overactive bladder symptoms and

updated us on neurophysiology and bladder pharmacology. Dr. Bertil Blok from Rotterdam then enlightened us on the terminology of lower urinary tract dysfunction and spinal cord disorders. We were afforded the very pleasant opportunity to share information at dinner that evening very close to the Colosseum where some selfies had to be taken!

The second day focused on the diagnosis and management of overactive bladder and neurogenic detrusor overactivity with speakers from Italy and the Netherlands. The course wound up with critical

appraisals of various case studies which prompted much constructive debate.

The course was very well received and the ESUN are hoping to run similar course in the future and would welcome suggestions for topics. It was also a lovely opportunity to visit Rome and I for one threw a coin in Fontana di Trevi to ensure my return there one day!

*Sonya Bowen, CNS
Department of Urology,
St James's Hospital*

BAUN Flexible Cystoscopy Workshop 2016

I was lucky enough to attend this conference back in November with help from Coloplast Ireland. It was extremely well attended by over 200 urology nurses from across Europe.

I attended a workshop on performing flexible cystoscopies. This workshop covered anatomy and physiology of the lower urinary tract, demonstration and practical work stations on flexible cystoscopy equipment which was invaluable and issues surrounding consent and competency. To see the full course agenda visit http://www.baun.co.uk/files/6614/7878/9471/Sunday_Workshop_Programmes.pdf

For anyone thinking of pursuing an Advanced Nurse Practitioner role to include the performance of cystoscopies this course is a must. Urology Nurses perform flexible cystoscopies throughout the U.K. and Northern Ireland and I would really hope it is something we can introduce in our practice in Southern Ireland sooner rather than later. On completion of the workshop they give you a training and assessment logbook which outlines stringent rules around practice and competency

The main conference was broken down into two parallel programmes featuring benign and oncology topics. The benign programme featured topics such as female sexual dysfunction, urethral stricture management and stone



disease. The oncology programme covered latest advice on muscle invasive bladder cancer, immunotherapy for renal cancer and effects of exercise on cancer. For more information please visit www.baun.co.uk. The conference was really educational with a packed agenda but some of us managed some 'down-time also'!

*Lynn Casey,
IAUN President*

BAUN Conference 2016

This year's 2016 BAUN Annual Conference was once again broad, interesting and at times made me want to split myself in two. The Location and venue were as always easily accessible.

Monday the 14th included many topics such as penile rehabilitation after prostate cancer, pelvic pain and three oral paper presentations. A very interesting presentation was the session 'Apollo -specialist nursing resource' which is explained in greater detail in this newsletter, I urge everyone to read this as it is a really helpful resource to be familiar with.

I thought the session on gender dysphoria was particularly well delivered. Guest speakers included two patients that had transitioned, one of whom had completed gender reassignment surgery. We were given insight into the difficulties they both faced from young ages. The description of gender dysphoria was profound in particular from the male speaker. Both spoke of puberty being a particular dreaded part of their development leaving some aspects that proves difficult to reverse or conceal eg Adams apples or deep voice. This led onto a discussion regarding hormone medication being given pre puberty with the concerns regarding the side effects being voiced.

The response from the male speaker was simply that his life was so much more fulfilled and happy now and he would happily deal with the side effects in lieu of the "unfulfilled confused existence that he once knew". That I have to say was profound for me. This session was

supported by Mr Nim Christopher who explained the surgical techniques involved and the commitment that these patients undertake.

The Tuesday programme was divided into oncology and benign programme. The oncology sessions discussed bladder cancer, renal cancer and metastatic castrate resistant prostate cancer. The role of the metastatic prostate cancer nurse was discussed highlighting how tailored support is crucial for these patients. The side effects from hormone therapies can be life limiting and indeed when their prostate cancer is progressing the role of this nurse can improve quality of life for both patients and their families.

The benign programme was equally packed with interesting talks most notably female genital mutilation (FGM). We were introduced to the reality that these girls face at young ages and the complications they endure as they go through life particularly in their child bearing years. This primitive surgery lays the ground for urological complications that last throughout their lives. As Irish nurses we should become more familiar with and should equip ourselves with the knowledge to recognise genital mutilation and report it as is our legal obligation. On a positive note there is much work being abroad and at home to support women who have experienced FGM and through this work it is hoped that this practice will eventually cease to be carried out.

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

The Stand Alone Module – Care of the Urology Patient

Provided by Beaumont Hospital in partnership with School of Nursing and Midwifery Royal College of Surgeons Ireland.

Urology as a speciality requires urology specialist nurses to have an advanced knowledge base and clinical skills set which are unique to this area. Rapid advances in medical science and technology in the field of urology continue to expand the boundaries of nursing practice. The Urology module is designed to provide nurses with in depth knowledge and skills that will allow for higher levels of judgement and decision making required to enhance quality patient care and management and advance practice in Urological nursing.

Qualification: Level 9 NFQ

The syllabus will include a wide variety of topics to include, anatomy and physiology of the urinary tract, urological conditions, investigations, complications and trauma, urological

cancers, stone disease, stoma care, neuropathic bladder, surgery, equipment, services and patient education.

On completion of the four month programme, nurses working in the urology setting will have the necessary skills, knowledge, expertise and confidence to provide care through current best practice to meet the needs of urology patients. Competence will be developed through the use of critical thinking, analysis and reflection.

Assessment

The Level 9 assessments include a 4000 word written assignment, and an oral presentation. Formative assessments will also be included throughout the course.

Urology Module 2017

Proposed Dates (subject to change)
Study days are mandatory and require full attendance in Beaumont Hospital



*Feb 15th & 28th *March 22nd
*April 4th & 19th

Applications forms are available at <http://www.rcsi.ie/nursing-stand-alone-modules> and must be submitted to the RCSI. The total cost of the module is €950.

Email enquires welcome at helendunne@beaumont.ie and evachristy2@beaumont.ie

All course information above is kindly provided by:

*Ms Helen Dunne – Renal Nurse
Education Coordinator and Ms
Eva Christy – Urology Coordinator,
Beaumont Hospital.*

Information For Registered Nurse Prescribers

Just a quick note on a recent memorandum from the NMBI as I realise more and more of us are prescribing in our practice. Following a review some changes have been made to the practice of prescribing:

Recommendation 7 of the Review states “The HSE national mandatory requirement for RNPs to input their prescriptions into the NMPDCS should be removed”. This recommendation can be implemented with immediate effect. Audit of nurse and midwife medicinal product prescribing is

considered essential in order to support best practice. In order to support the audit process, the ONMSD national prescribing team has developed a publication Nurse and Midwife Medicinal Product Prescribing Toolkit: Guidance for Clinical Audit which includes a suite of audit tools.

The Toolkit and tools are available at the following link: <http://www.hse.ie/eng/about/Who/ONMSD/Practicedevelopment/NursePrescribing/Guidance-for-ClinicalAudit-for-Nurse-and->

[Midwife-Prescribing.html](#). Please refer to the Report on Nurse and Midwife Medicinal Product Prescribing Review of Existing Systems and Process (NMBI and ONMSD HSE, October 2015) for further information including rationale for this recommendation (available at): <http://www.hse.ie/eng/about/Who/ONMSD/Practicedevelopment/NursePrescribing/review-of-existing-systems-and-processes.pdf>

Lynn Casey

Upcoming Events

- BAUN Section of Benign Bladder is holding a FREE study day in the Future Inn, Bristol on 22nd March 2017.
- 18th International Meeting of the European Association of Urology Nurses. 25th - 27th March 2017. ExCeL London
- The John Fitzpatrick Irish Genitourinary Cancer Conference, 6th - 7th April 2017, Aviva Stadium Conference Centre, Dublin.
- BAUN Annual Conference, 27th - 28th November, SECC, Glasgow



Membership Registration Process

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