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Welcome

I am delighted to present the third edition of the IAUN newsletter. Congratulations and well done to all those who submitted wonderful articles to this latest edition and a big thank you to our sponsors iMEDicare.

I am very proud to be a member of such a strong and interesting association like the IAUN. The articles throughout this newsletter are an indication of the hard work and cohesive ethos that Irish Urology nurses practice, a great example of this is explained in the piece written by Theresa Kelly and Robert McConkey.

National and international educational events were well attended by Irish urology nurses as you will see and well done to those who represented us by having their posters accepted to the international conferences. For those thinking about submitting a poster to our annual conference in January, we are always eager to showcase the nursing research being carried out around the country.

Social media is now a big part of the communication branch of the Iaun, so feel free to tweet or post any study days, events or innovative ideas going on in urology departments around the country. We would also be delighted to put them on our website and next newsletter. Thank you all again for being involved in our third edition and I hope everyone enjoys the articles. Have a great summer and see you all at the conference in January 2018.

Anita Cahill, IAUN Vice President

Services provided by iMEDicare Ltd

iMEDicare Ltd (www.iMEDicare.co.uk) offer a unique service which provides management and treatment options for both erectile dysfunction and urinary incontinence.

The company is based in Watford, England and has specialised clinical demonstrators throughout all of the United Kingdom and Ireland. These demonstrators are trained to assess the suitability of referred or private patients for a particular device and offer continuous education and support when needed. In Ireland, this role is occupied by Dr. Stephen Duffy who currently holds 14 vacuum therapy clinics across areas such as Belfast, Craigavon, Dublin, Waterford, Galway, Limerick and Cork. Patient contact however can be completed both in a clinical setting, such as in one of our dedicated hospital sites, or alternatively in the comfort of the patient's own home depending on their preference and route of referral.

SOMAerect vacuum therapy is our primary recommended device for the



Ger & Stephen

management of erectile dysfunction. Clinics are typically attended by male patients who have undergone treatment for Prostate Carcinoma, namely post prostatectomy or radiotherapy. We are however experiencing increasing numbers of referrals in other subgroups of patients, for example, diabetic/ cardiovascular patients for whom standard pharmacological therapy is contraindicated and also for those suffering from neurological conditions such as Multiple Sclerosis and spinal injury.

The SOMAerect device is fully customizable and sized to fit (STF) through the aid of participating in a physical demonstration with one of our designated technicians. It works by simply inducing full penile blood vessel engorgement hence leading to the potential restoration of natural function. The device is utilised by millions of men worldwide and has been clinically shown to be effective in 92% of cases. Consultation with one of our


Contact details:

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 www.iaun.ie

advisors offers straightforward explanation of its benefits for penile structural rehabilitation and also its advantages over alternative therapeutic options e.g. No similar unpleasant side effects as associated with PDE5 inhibitors (headaches, myalgia, visual disturbances etc). Contraindications to vacuum therapy do of course exist (any active blood dyscrasia with risk of unstable or abnormal INR) which is why patient assessment by one of our dedicated team members is of upmost importance for patient safety.

The most relevant choice of treatment for erectile dysfunction is usually made by the patient and their physician. Vacuum therapy devices are now being positioned as one of the first line treatment options as recommended by the British Society of Sexual Medicine (BSSM).

An audit of the specialised vacuum clinic at the Royal

Victoria Hospital in Belfast was recently conducted over a 2 year period. It highlighted that 36 out of 55 patients who had previously failed or who were deemed unsuitable for PDE5 inhibitors/Intracavernosal Injections were subsequently determined fit for discharge with no re-referrals required after their initial vacuum assessment. Of the 19 patients who did need a review, only 1 discontinued use of the device while 6 continued on additional treatments for optimum outcome.

Overall, clinical evidence underlines that vacuum therapy has a significant role in the treatment of erectile dysfunction particularly because it is safe, well tolerated, non-invasive and is a cost effective treatment option for the healthcare system.

By Barry Duffy & Darren Breen

Overview and Key-Points From Conferences

IAUN 14th Annual Educational Conference 2017

The 14th educational conference and annual general meeting of the Irish Association of Urology Nurses took place in the Gibson Hotel, Dublin on Friday the 27th January.

The 'Robo Rock' themed day began with an introduction and warm welcome from the IAUN president Lynn Casey. The morning session followed on from this and focused on renal stones, their treatment and associated complications. Mr Frank D'Arcy, Consultant Urologist from University Hospital Galway gave a very informative lecture on the advances in treating renal colic, from dietary advice to surgical procedures. Anita Cahill, Cancer Nurse Specialist Prostate Cancer in Cork University Hospital provided valuable nursing

information on the care of Nephrostomy drains, which was appreciated by all. Urosepsis is a dreaded complication of a UTI and associated with high mortality rates. Claire Costigan, CNM2 Cork University Hospital discussed the care of a patient with urosepsis, including how to 'Spot it, Treat it and Beat it'.

The midday session focused on a difficult case study which allowed for interactive discussion and poster presentations from urology nurses and departments, including feedback from last year's winners.

The afternoon session focused on prostate cancer. Dr Peter Beddy a Radiologist in St. James Hospital gave a detailed lecture on the advances in diagnosing prostate cancer such as 3T MRI & MRI fusion biopsies. Professor Lynch from St James Dublin discussed Robotic Radical Prostatectomy and provided an excellent video of the entire procedure. The day concluded with a very interesting lecture on prostate cancer survivorship and the role of the nurse from Rachel Dalton, Irish Cancer Society Nurse UHG. Survivorship is an area that is rapidly developing and I hope will be further developed for all urological cancers in the future.

The day was very well attended, informative and enjoyable, it allowed nurses the opportunity to expand their knowledge but also to meet and develop valuable contacts with other urology nurses from around the country.

We can look forward to next years IAUN annual conference in the Red Cow Hotel on January 26th 2018.

*By Anne Daniels
IAUN*



Denis, Moya, Sean, Alice & Eva



Prof. Lynch



Mr. Frank D'Arcy



Claire Costigan



Fiona Stuart & Sinead Grogan

AUA-2017
MAY 12-16 **boston**



I was very lucky to attend this year's 112th AUA meeting in Boston. The meeting hosted more than 16,000 attendees from over a 100 countries making it the largest and most global event in urology! The conference and exhibition was huge with many sessions running concurrently on every aspect of urology.

Genomics featured widely in many of the lectures, something we probably have yet to gain experience of in Ireland. I attended an interesting lecture by Mr James Catto, Professor of Urology at the University of Sheffield, and an Honorary Senior Clinical Research fellow at the University of Oxford, United Kingdom on "Genomic revolution in bladder cancer may be on the horizon". He stated that although patient outcomes are yet to improve, the combination of advancing knowledge, technological breakthroughs and new treatments is setting the stage for a genomic revolution in the treatment of bladder cancer. "It's clinical outcomes that drive change in practices, and in bladder cancer we certainly aren't doing that well. The survival rates are not improving. Indeed, they sometimes look like they are going backward," said Dr. Catto, I think this is something we are all seeing in our practice. "Technology has advanced so fast and we now have faster and more powerful machines that can sequence genomes fast and inexpensively, and they are fusing diagnosis to treatment," Dr. Catto explained.

This evolving technology has already led to significant research advances, allowing investigators to identify a number of candidate gene approaches to study the underlying mechanisms of bladder cancer and its potential treatments. Interesting times ahead I feel!

I also had the honour of attending the inaugural meeting of the Hibernian Urological Society in association with The Irish association of Urology were keynote speaker Mr Patrick Walsh (Professor of Urology, The John Hopkins Hospital) gave us an overview of technical advances in radical prostatectomy 1982-2012. This was a superb lecture that showed Mr. Walsh's pure dedication to his men with prostate cancer and how he made every effort and succeeded to minimize side effects post-surgery for his patients. This was a fantastic meeting, the first of many I'm sure.

Overall this was a fantastic experience. There is no nursing section as such but I did get to meet members of SUNA, the American equivalent of IAUN. They have an excellent website with handy resources, check it out at www.suna.org

*By Lynn Casey,
IAUN President*



Uro-Oncology Nurse Meeting - 28th April 2017

Mind, Body & Soul; Prostate Cancer Management

The 7th floor of the Radisson Blu, Golden Lane, Dublin was the venue for our second annual meeting on April 28th kindly sponsored by Ipsen. In attendance were a group of 30 nurses from urology, medical and radiation oncology backgrounds from various hospitals including Beaumont, Mater, UCHG, UHL, St Luke's, MRH, AMNCH, Beacon and St James's. Sonya Bowen and I developed the theme 'Mind, Body and Soul: Prostate Cancer Management.

Dr Dearbhaile O'Donnell, Consultant Medical Oncologist, kicked off the day with a very enlightening talk on "The changing Landscape of Metastatic Prostate Cancer". Dr. O'Donnell spoke of the treatment options available to patients including hormone therapy and chemotherapy and how patients tolerate the regimes. Dr O'Donnell updated us on the Stampede trial and spoke of the need to be aware of the various bone therapies and how they can affect the bone and the need to monitor calcium levels.

Aoibhín McGreal is a Clinical Specialist Physiotherapist who practises in the Beacon and privately in Kildare. Aoibhín gave us an insight into how she assesses men's ability to exercise their pelvic floor pre and post-operatively. We had interactive discussion as to how we advise men to locate their pelvic floor muscles. Aoibhín informed us of Jo Milios, an eminent physiotherapist in Australia, who advises patients to 'lift their nuts to their guts'. Research has found that another technique of advising men to 'shorten their penis' also helped men find their muscles.

Keira Higgins, Senior Dietician from Tallaght hospital, gave an in depth talk on the dietary needs and requirements for patients undergoing cancer treatment. Kiera informed us of some simple tips to assist patients such as eating pineapple prior to eating to cleanse the palette and using a plastic spoon to reduce the metallic taste. Early referral to a dietician would of course benefit the patient but this unfortunately

is not always feasible within the limitations of the public system. For patients or those who may be interested; Keira also recommended reading; 'Good Nutrition for Cancer Recovery' by Dr Anita Ryan.

Just before lunch, Martina Thullier, CNS in Palliative Care at St. James's gave us a very insightful presentation on palliative care. Martina kindly brought our attention to palliative care needs assessment guidance which is well worth taking a look at and is available on www.hse.ie/palliativecareprogramme

Italian was on the menu for lunch which was a wonderful spread of pasta, pizza, salad and delicious desserts.

Aine Lavelle, Advanced Nurse Practitioner on Radiation Oncology kept us all awake after lunch with a detailed account of the radiation service available to patients. Aine spoke of the various side effects of radiation therapy and how to assist patients cope with same. Aine runs an erectile dysfunction clinic and this too generated much interactive discussion.

Mary Scarff is a Psychotherapist, Stress Management, Relationship & complimentary Therapist who works with ARC Cancer Support Services. She enlightened us on the holistic approach to treating cancer patients using alternative medicines and complimentary therapies.

We are very grateful to Ipsen for sponsoring this wonderful day. It was a lovely opportunity to learn and share information with our Uro-oncology colleagues. Many thanks to the speakers and those who attended and made the day such an informative and interactive experience.

*By Marion O'Brien
& Sonya Bowen*



SAOLTA Urology Nurses Network (SUNN)



SAOLTA Urology Nurses Network (SUNN) was established by Ms Therese Kelly (Candidate ANP Urology GUH) and Mr Syed Jaffry (Consultant Urologist GUH, Galway Clinic and Bons Secours Galway) as part of her Masters in Advance Nurse Practice. The aim of the network is to provide a platform which promotes and facilitates communication, education and the standardisation of Urological best practice within the Northwest region, and to provide an interface with the Consultant Urologists/Urogynaecologist. The ultimate objective is to promote excellence in the delivery of care to the Urological patient and to enhance the urological patient's experience within the North West region.

Urology Nurse Specialists from SAOLTA University healthcare group, Galway Clinic, Bons Secours Galway, St. John's Hospital Limerick, and the PCCC (Continence Advisors and Healthy Bladder & Bowel Nurses) were represented at the Inaugural Meeting held in Galway on the 30th September 2016. Mr Syed Jaffry and Mr David Bouchier Hayes represented the Urological Consultants, and Ms Mary Pat Fitzgerald represented Urogynaecologist. They enlightened us regarding future Urological developments and innovations. The future development of the dynamic roles of the Urological Nurse specialist, Advance Nurse Practitioner and Continence Nurse Advisors were deliberated.

Exciting ideas emerged from the meeting, including the formation of a directory of Urological Nurse Specialists throughout the Northwest (reference point going forward for

all staff to locate community/hospital Urological nurses who can assist in the care of Urological patients). This directory also identifies the clinics and urology specialities that these specialist nurses govern and the referral pathway to access their service. The formation of a Urology website for the Northwest region, currently under design and will incorporate patient and professional sections. The standardisation of PPGs' and patients leaflets (Community and Hospital) is another ongoing project for the group which will promote best practice and consistency of advice & care

to Urological patients. Our first Educational Study Day on Recurrent Complicated Urinary Tract Infections will be held 29th September 2017 in Galway.

The Michael Corcoran Award including Educational Bursary has been established in honour of our esteem colleague, Mr Michael Corcoran (Consultant Urologist UCHG & Bons Secours) who passed away in 2016. He was instrumental in the formation of the Urology Service in the West of Ireland and his presence, great sense of humour and expertise will be sadly missed by all of us who had the great honour of knowing him. Our sincere thanks to his wife Patsy and family for giving their blessing to this prestigious award, which aims to promote excellence, innovation and practice development in the field of Urology.

Sincere thanks to all our very generous sponsors, without whom events like this would not be feasible and their continued support for unrestricted educational events is essential in the promotion of excellence and best practice.

*By Therese Kelly & Robert McConkey
(ANP Urolog Candidates GUH)*



Upcoming Events

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| ● ICS International Continence Society Annual Meeting - 12th – 15th September 2017. Florence | 20th September 2017
Centre for Life, Newcastle UK | 25th – 27th September 2017. Bruges, Belgium | ● BAUN Annual Conference |
| ● European Society for Paediatric Urology 15th Annual Educational Committee 15th – 16th September 2017. Krakow, Poland | ● Hollister Education 1st International Nurse Conference 26th – 27th September 2017. Amsterdam (Deadline for abstracts 7th July.) | ● SUNA Society of Urologic Nurses and Associates Annual Conference 13th – 16th October 2017. Hilton Chicago, Illinois. | 27th – 28th November 2017. SEC Centre, Glasgow. |
| ● BAUN Essential Study Day | ● ERUS – EAUN Robotic Urology Nurse Meeting | ● 3rd ESUN Course – Bladder Cancer 27th – 28th October 2017. Amsterdam | ● IAUN Educational Conference 26th January 2018, Red Cow Moran Hotel, Naas |
| | | | ● EAUN Annual Conference 16th – 20th March 2018. Copenhagen |



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.