

Updates from the Danish Post-EAUN Meeting

Key urological nursing issues examined in "Rethink with Aarhus 2017" meeting



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Since 2010 the Aarhus University Hospital (Denmark) has been hosting an annual scientific meeting with focus on research and development in urological nursing in cooperation with the EAUN.

The initiative originated in the spring of 2010 during the memorable volcanic explosion of Iceland's Eyjafjallajökull Volcano, which then made inter-continental travel a major challenge. At that time it was nearly impossible to fly to the Annual EAU-EAUN Congress in Barcelona due to the fact that air-traffic was totally grounded during that week in April 2010.

As chair of the EAUN back in 2010, it was almost unbearable to realise that so many of our colleagues across Europe were unable to make it to Barcelona. The board was very proud of the scientific programme and was looking forward to welcome the highest number of attendees ever recorded by the EAUN at that time. The rest of the story is well-known: improvisation, flexibility and a very good sense of humour were keys in the success of the annual meeting in 2010. As in previous years, the enthusiastic Danish nurses submitted a big number of abstracts and signed-up for lectures and workshops, but, sadly, only a few had the opportunity to present their work.

On my way back to Aarhus (DK) via Amsterdam (a 24-hour ride in a bus kindly provided by the Dutch urologists) I had plenty of time to reflect about the Barcelona meeting. How could we present the "gold nuggets" from the Barcelona programme to our colleagues back home, and moreover, encourage them to present their own work on a national platform? The idea of a national post-EAUN meeting

turned to reality and since then the Department of Urology in Aarhus has been hosting this meeting.

Today, this one-day educational meeting has turned into an international event where we invite Danish and international speakers to present key take-home messages from the EAUN and focus on national research, cooperation and development in urological nursing practice. A similar post-EAUN meeting is also a highly recognised annual event in the Netherlands.

Meeting highlights

The 8th Danish meeting this year was held last May 4 and gathered around 65 nurses. Below are some of the highlights:

Mr. Ronny Pieters (BE) from Ghent University Hospital made an excellent opening with the presentation: "Self-catheterisation, the golden standard?" In my view, the audience was convinced that so far CIC IS the golden standard, although we are all still waiting for the breakthrough which may guarantee the absence of side-effects.

Mrs. Nihal Mohamed from Mount Sinai in New York discussed the under-reported psychosocial needs in cancer care and the unmet needs in patients undergoing radical cystectomy. What do we actually miss? In particular, we need more pre-information and preparation regarding sexual health, change in bodily functions and psychosocial issues, all of which are often major concerns in the community.

Mr L. Drudge-Coates of the King's College Hospital in London took us on "a guided tour in his racing car"



Nora Love (US) lectures on a new role in urology nursing



Co-organisers Erica Grainger and Rikke Knudsen (President FSUIS)

and brought us the latest updates on how to support the patient with advanced prostate cancer, directions for future care and educational needs.

Mrs. N. Love of the Memorial Sloan Kettering Cancer Center in New York lectured on testis cancer and the challenges especially with very young disabled men. She examined questions such as: Is sperm-banking relevant or ethically correct if the patient cannot cope? And in cases when care-givers do not allow such an action, what's the role of the nurse? These are not easy questions and approaches may differ across borders in Europe due to ethical dilemmas.

Mrs. Therese Juul of the Aarhus University Hospital presented the framework for an alternative organisation of follow-up treatment and care in a survivorship clinic for patients treated with any type of cancer.



Ronny Pieters (BE) opens with a presentation on IC



Bente Thoft Jensen and Lawrence Drudge-Coates, both former EAUN Chairs

The programme also included the presentation of the latest EAUN guideline and upcoming ESUN-courses and local Danish research projects. These were presented by:

- Brigitta Willumsen, Holstebro (AUH), RN-Ph.D.-stud; A new approach to home-based exercise for prostate cancer patients receiving androgen deprivation therapy
- Susanne Vahr, Copenhagen University Hospital, RN-Ph.D. -Stud: Complications in radical cystectomy pathways- what's evident?
- Annette Hjuler, Aarhus University Hospital, RN-Continence Adviser: Can self-installation improve QoL in Patients with painful bladder syndrome?

Finally, "Rethink with Aarhus 2017" would like to thank the co-organisers: Susanne Vahr of the EAUN Board, Rikke Knudsen of the Danish Urological Nurses and Erica Grainger of the Department of Urology, Aarhus University Hospital.

The meeting was free and this was made possible due to the continued and enthusiastic support of the following companies: IPSEN, Wellspect HealthCare, BL Medical, IBSA, Janssen, Navamedic and Ferring Pharmaceuticals.

The next meeting will be on June 14, 2018 at the Aarhus university Hospital, Auditorium B, 08.30 AM. The Call for Abstracts will be announced in October.

European Association of Urology Nurses

Scandinavian biennial conference on urology

Nurses' programme delivers thought-provoking insights



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The Scandinavian Association of Urology (NUF) organises a biennial conference for urological doctors and nurses from the Nordic countries. This year the 31st Biennial Conference 2017 was held in Odense, the birthplace of famous fairy tale and Danish author Hans Christian Andersen.

The three-day conference gathered participants from Norway, Sweden, Iceland, Finland, USA and the United Kingdom. The conference organisers prepared separate scientific programmes for doctors and nurses, an exhibit and a social programme which included a visit to the Town Hall and a Congress Dinner at the beautiful harbour of Odense.

The nurses' scientific programme started with the session "Men, cancer and their partners". Speaker Helle Ploug Hansen is a well-known nursing professor in Denmark. The session tackled topics such as challenges in everyday life among men with cancer and, in particular, how men and their partners differ in the way they respond to the challenges following a cancer diagnosis.

A session on bladder cancer included a lecture on history titled "Black magic to evidence treatment and care," followed by a presentation of "A Cystectomy Pathway in Denmark anno 2017." This session provided a good and professional discussion on how we can implement research and evidence in our treatment and care. An example from Aarhus University Hospital showed how results from a PhD study is implemented in the pre-operative preparation for patients undergoing cystectomy.

Matilda Fagerberg, a nurse from Sweden, performs cystoscopies without assistance from a doctor. In a symposium called "Cystoscopy as a multidisciplinary procedure," she presented the "Swedish Set-up." In Sweden they have a certified cystoscopy education for nurses, and urologists are very "open minded" with regards to the role of specialised nurses. From the doctor's point of view, there are a lot of benefits if nurses perform cystoscopies as a standard procedure. A very interesting symposium, the session showed how the role of urological nurse has changed over the years, and how our specialty is still evolving in many ways.



Rikke Knudsen and Maysa Steitieh during "A cystectomy pathway in Denmark anno 2017"



Erica Grainger chairing of the session "Urological emergencies"

The programme also included a poster session (with both poster and oral presentations), a session on "New Technologies," and a discussion about the impact of technology as viewed by patients and nurses. The session "Urological emergencies with focus on nurse's responsibilities" triggered a discussion regarding the importance of observations by nurses, and the challenges in treating urological emergency cases.

Theologian Niels Christian Hvidt ended the nurses programme with a themed session "Does Faith Move Mountains? And do Mountains move faith? Current research looks into the links of existential meaning, faith and health in different clinical settings. Moreover, the session examined how attention to these topics has increased. The lecture underscored the importance of reminding ourselves that human beings also have a great need for faith and belief during times of crisis.

In all, the nursing programme of the biennial congress was an inspiring, thought-provoking meeting with a high level of knowledge,



Finland, Sweden and Denmark represented at NUF in Odense

presentations, dedicated speakers and enthusiastic participants.



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European Association of Urology Nurses

EAUN shares ERAS expertise after radical cystectomy

Abu Dhabi nursing workshop to highlight best practices

As part of the European Association of Urology Nurses' (EAUN) goal to share expertise and boost knowledge exchange, a day-long workshop on Enhanced Recovery Protocols (ERAS) following radical cystectomy will be held on November 10 in Abu Dhabi, United Arab Emirates (UAE).

The Enhanced Recovery Protocols (ERAS) After Radical Cystectomy Workshop will take place during the four-day 6th Emirates International Urological Conference which gathers opinion leaders, experts, specialists and related healthcare professionals in the UAE to discuss key issues, research developments and best practices in urology.

"The workshop aims to provide the participants not only with the main rationale of ERAS but also the core principles for activating the patient. We will also present the EAUN recommendations for urostomy and neobladder management. Moreover, there will be a discussion regarding surgical wound care and the nursing interventions to identify practical insights," said EAUN Chair Elect Susanne Vahr (DK).

Vahr, together with EAUN Scientific Committee member Bente Thoft Jensen (DK) and former EAUN Board member Willem De Blok (NL) will serve as resource speakers and workshop facilitators.

During the first segment, the programme will cover key and practical issues such as ERAS principles, pre-operative nursing interventions (education of the patient, nutritional status, smoking cessation and physical exercise), and post-operative nursing interventions (wound care and care of stents, drainage tubes and the indwelling catheter).

With De Blok as lead presenter, two practical sessions will instruct participants on how to teach urostomy patients to regain independence, and another on the proper use of neo-bladder intermittent catheterisation. Thoft Jensen and Vahr will serve as co-facilitators.

"These two sessions are important for participants to gain practical insights, identify potential problems and improve their communication skills with regards guiding and informing cystectomy patients. In our experience urology nurses have a need to learn these basic skills and make them part of their nursing care," the organisers said.

The afternoon programme will begin with Thoft Jensen presenting the session on "How to activate the patient to meet discharge criteria regarding nutrition and physical exercise." Practical recommendations based on best practices will inform participants of helpful tips which contribute to a more optimal nursing approach.

After the lectures and practical sessions, participants will be tested by doing a group work based on a patient case. The test will not only function as a self-assessment of what participants have actually picked up but also identify potential problem areas in clinical routine. Reduced workshop fee rates are available to participants who are also attending the main Emirates International Urological Conference.



Workshop Programme

08.30-08.40	Introduction to the European Association of Urology Nurses <i>Susanne Vahr (DK)</i>	
08.40-09.00	Anatomy and physiology: 1. Principals of NMIBC and MIBC pathology 2. Radical cystectomy <i>Mohsen M. El-Mekresh (UAE)</i>	
09.00-09.30	Principals of Enhanced Recovery Protocols (ERAS) <i>Susanne Vahr (DK)</i>	
09.30-10.00	Preoperative nursing interventions: education of the patient, nutritional status, smoking cessation and physical exercise. <i>Bente Thoft Jensen (DK)</i>	
10.00-10.30	Postoperative nursing interventions: wound care and care of stents, drainage tubes and the indwelling catheter. <i>Willem De Blok (NL)</i>	
10.30-10.45	Break	
10.45-11.30	Practical session: How to teach urostomy patients to regain independence <i>Willem De Blok (NL) & Bente Thoft Jensen (DK)</i>	
11.30-12.30	Practical session: How to teach patients with a neo-bladder intermittent catheterisation. <i>Willem De Blok (NL) & Susanne Vahr (DK)</i>	
12.30-14.00	Lunch	
14.00-14.30	How to activate the patient to meet discharge criteria regarding nutrition and physical exercise. <i>Bente Thoft Jensen (DK)</i>	
14.30-15.30	Test: Group work based on a patient case: Identifying nursing diagnosis and nursing interventions in radical cystectomy using the principals of ERAS <i>Susanne Vahr (DK), Willem De Blok (NL), Bente Thoft Jensen (DK)</i>	
15.30-16.00	Summary of test and questions.	
16.00-16.30	Break	

Full details and registration: www.eusc2017.com/workshops



19th International EAUN Meeting

eaun18

17-19 March 2018, Copenhagen

EAUN18 takes inspiration from Danish tradition

Scientific Programme to offer key updates on nursing management

Copenhagen will host the 19th International EAUN meeting (EAUN18) from 17-19 March 2018, and as part of the EAUN's objective to provide top quality meeting updates, the members of the Scientific Congress Office have prepared an exciting, surprising and highly educational programme.

"As in London, the congress in Copenhagen will contain some surprises. In EAUN17 we had the excellent "Westminster House of Commons" Session which attracted a large audience. That session was created to honour a tradition of the host country (United Kingdom). In a similar way we will honour Denmark and its traditions in a different and remarkable session," said Corinne Tillier, Chair of the EAUN Scientific Congress Office.

EAUN18 will have two plenary sessions. According to Tillier, the first plenary session will have as overarching theme the EAUN's goal to provide skills training and knowledge exchange to prepare next-generation urology nurses. This is an important priority for the EAUN as the session will directly address core educational needs.

The second plenary session, on the other hand, will be an in-depth examination of the issue of urinary sepsis. Expert lectures and practical nursing insights will be offered to the participants for them to have a comprehensive and updated knowledge on various nursing strategies and approaches in managing urinary sepsis.

Wide range of topics

"In this congress we will also discuss various themes such as complementary or alternative medicine in

urology, pelvic rehabilitation, Disorder of Sex Development (DSD), bone health in prostate cancer, end-of-life care in urology, conservative bladder cancer management and many other interesting topics," added Tillier. The topics were carefully selected in response to the current challenges and pressing issues often encountered by nurses in daily clinical practice.

For the first time, the SIG Bladder Cancer Group (Special Interest Group) and the SIG Continence Group have designed a specific thematic session, and members of these working groups will also chair and lead the session. The session of the Bladder Cancer SIG Group will focus on BCG (Bacillus Calmette-Guerin), while the Continence SIG session will take up painful and underactive bladder.

Prizes

To build on the success of previous EAUN congresses, Tillier said regular features such as the Poster Sessions will be part of the programme with recognition and cash prizes for the top three best posters (€500, 300 and 200). The Nursing Research Competition, which aims to support and encourage innovative work, will offer a €2,500 prize. Also to be featured next year are the well-attended Video and Difficult Cases sessions. "We look forward to meet our colleagues from across Europe and beyond to exchange experiences and share our expertise in all fields of urology," Tillier said.

Submission open

Submission is now open for poster abstracts, video abstracts, nursing research plans and difficult cases. Participants who are invited to present in the Video



Stefano Terzoni,
Chair EAUN



Corinne Tillier,
Chair SCO

and Difficult Cases sessions will receive a complimentary registration, as part of the EAUN's efforts to promote promising work. Submission is not only open for nurses and members since all abstracts dealing with a topic that is relevant for urology nursing are welcome. The criteria and rules for all submissions can be found at our congress website at www.eaun18.org. Deadline is 1 December 2017.

Organisers said they will offer some travel grants to EAUN18 for members. The application date will be announced by email and on the congress website, so watch out for future updates!

The congress in London saw a significant increase in participation and submissions, and we hope to receive a record number of submissions and number of participants for EAUN18. See you in Copenhagen!

Visit the website for more information!

Submission deadline: 1 December 2017

Abstract and Video Submission
Difficult Case Submission
Research Project Plan Submission

Deadline: 1 December 2017

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