

Fellowship great professional experience for Maltese nurse

European networking boosts knowledge in onco-urological patient care



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Since February 2018 I work as a uro-oncology practice nurse navigator. I have taken up this post after having worked as a nursing officer in a urology ward for 8 years. The practice nurse navigators have been established in Malta as part of a national cancer plan for the Maltese Islands (2017-2021), set out to address the emerging new challenges in cancer control.

Nurse navigators offer individualised assistance to patients, families and caregivers to help overcome healthcare system barriers, provide education and resources to facilitate informed decision-making and timely access to quality health and psychosocial care throughout all phases of cancer care.

EAUN fellowship

I was lucky to have been granted a fellowship programme by the EAUN for the second time. In September 2016 I had the opportunity to visit the NKI-AVL Oncology Hospital in Amsterdam (see European Urology Today October-December 2016). At that time I was in charge of a urology ward in Malta and responsible for the coordination of intravesical therapy for bladder cancer patients.

At NKI-AVL oncology hospital I did not just to observe and exchange clinical practice; my one-week experience with Ms. Corinne Tiller (one of the clinical nurse specialists) gave me the drive to choose a new path in my career: the role of a uro-oncology practice nurse navigator.

Experience in urology and management

My management role inspired me to identify gaps between acute urology and oncology care, but the interest to work in the field of uro-oncology was mostly inspired by the EAUN and the opportunities to network and meet with inspiring urological practitioners during the annual conferences, the fellowship programmes and the European School of Urology Nursing (ESUN) bladder and prostate cancer courses, which I attended in 2017 and 2018.

Care pathway coordination

Since I embarked on my new career pathway, I have been working on local clinical pathways for urological cancers namely prostate, bladder, kidney, penile and testicular. In July I started coordinating the care pathways of prostate, bladder and kidney cancer patients: from being present during the breaking of the news to offering psychological support and information required to both the patient and his/her relatives, both in the acute and the oncology hospital (Mater Dei Hospital and Sir Anthony Mamo Oncology Centre).

Robot-assisted laparoscopic prostatectomy at UCLH

I applied to the EAUN to visit the uro-oncology centre of the UCLH to see how this important uro-oncology facility manages these services. I believe such first-hand experience can boost my knowledge and understanding and improve my competences as a uro-oncology practice nurse with focus on prostate cancer. Our hospital has a close training cooperation with UCLH. Moreover, some of our patients are referred to UCLH to have their robot-assisted laparoscopic prostatectomy.

Furthermore, I also believe that as patients become more demanding and the complexity of the health care delivery system increases, the need to intensify knowledge through research, networking and exchange of best practice becomes increasingly important.

Successful EAUN fellowship at UCLH

My visit at UCLH was well organised by Ms. Hilary Baker (Lead Clinical Nurse Specialist (CNS) for Urological Cancers). At Westmoreland Street I was mentored by uro-oncology CNSs Nora Chu and Jonathon Soviana who are responsible for prostate

cancer patients. At the MacMillian Centre I was well taken care of by Janet Forgenie and Hazey Mc Bain, CNSs for prostate, bladder and penile cancers.

My fellowship programme schedule was as follows:

Monday, 3 December

Welcome, Post Cystectomy Nurse Led Clinic, MRI prostate Multi Disciplinary Prostate Meeting, Nurse-led Follow Up Clinic Post MRI

Tuesday, 4 December

Prostate Clinic (one stop clinic, new diagnosis, treatment decisions, active surveillance)

Wednesday, 5 December

MacMillian Centre Clinic, observing advanced prostate cancer management

Thursday, 6 December

Post Surgical School, Nurse Led Post RALP Clinic

Friday, 7 December

Multi Disciplinary Team (MDT) Meeting (Wimpole St.), Surgical School, Post MDT Meeting Clinic with the uro-oncology team

The host institution

The new state-of-the-art University College Hospital (UCH) is located on Euston Road, urology services are provided at UCH at Westmoreland Street, while treatment and other support services for cancer patients and their families are offered at The UCH Macmillan Cancer Centre at Huntley Street.

The urology services at Westmoreland Street include:

- Inpatient Stone Team Services (patients being admitted for operations)
- Robotic Surgery inpatients
- Andrology inpatients
- Male reconstructive inpatient surgery
- Adolescent urology inpatients
- Urological Cancer patients
- Functional restorative and female urology inpatients
- All urology outpatients clinics

My experience

It is impressive how urological cancer care is provided in this hospital. There is a close collaboration between the UCLH team and the GP. Patients travel all over the UK to receive the specialist cancer care that UCLH offers. I was also impressed to see how many patients choose to take part in clinical research studies. The nurse-led clinics are lead quite professionally by CNSs. It was evident how knowledgeable the nurses are, as well as being good listeners and supportive to their patients. They took time to explain everything their patients wanted to know about their prostate cancer and all the investigations, including the MRI in the post-MRI meeting clinic.

Communication skills and extensive knowledge

The communication skills of the nurses and the extensive knowledge on prostate cancer, facilitated the relationship with the patient and led to patient satisfaction and less anxiety. There was time to discuss their concerns and their care pathway before any other investigations and surgical interventions were performed.

Another nurse-led clinic I attended was the post-prostatectomy clinic. The nurse was very professional in her holistic assessment of her patients. She mainly focused on post-operative incontinence, sexual dysfunction and coping skills.

Effective communication

Effective communication was also evident between the physician and the uro-oncology nurse specialist whom I followed throughout my visit at UCLH. There is a close working relationship with an open attitude and a feeling of mutual respect and trust which facilitates the decisions taken by the CNS.

I also had the opportunity to assist Mr. Timm Briggs (consultant urological surgeon) at Westmoreland St. during one of his clinics (Post MDT Clinic) as well as Dr. Mark Prentice, Clinical Fellow in Clinical Oncology, at the MacMillian Centre. I was really welcomed in their clinic, for which I am very grateful. The team took their time to explain everything I wanted to know and ask with regard to management of the prostate cancer patient, both at the stage of active surveillance and at the advanced prostate cancer stage.



Ms. Ms. Nora Chu and Mr. Jonathon Saviano at the Surgical School

The Surgical School

Every Friday, the surgical education session is held at UCLH Westmoreland Street for patients who will be having a prostatectomy. It is also part of an enhanced recovery programme. The session is intended to facilitate post-operative recovery and care. Information is given about the operation, post-operation care and care at home. It has been shown that patients who attend Surgical School recover faster because they are aware of each milestone along their pathway. It was evident from the way patients asked questions and were involved in the discussion that this educational session is beneficial for them. This session was very useful and enabled me to enrich my knowledge about various topics, such as the way the operation is performed, pelvic floor exercises (or Kegal exercises) and the management of erectile dysfunction.

What I have learnt from this experience

Not only have I reached my visit objectives, I have also reflected on the importance of networking in nursing. I analysed the level of care that we deliver in our country compared with other European countries. I tried to share information - clinical, administrative or research-based - which is necessary for and beneficial to improving our health care system.

An important and impressive observation is the connection between the urology team at UCLH and the GP in the community. Another important observation is the way the CNS ran their clinic, the way they explained everything related to prostate cancer, from the stage of the disease, the investigations and the management, to the information given to help patients decide on their treatment options.

The experience I gained will surely boost my knowledge with regards to uro-oncology and the way I will organise patient care. I would again encourage all EAUN Members to apply for a fellowship programme.

My sincere gratitude goes to the EAUN for giving me this great opportunity. Finally I would like to thank everyone in the team involved in organising my visit at UCLH for their warm welcome, especially Ms. Hilary Baker, Ms. Nora Chu and Mr. Jonathon Saviano who really went out of their way to mentor me and make my visit a valuable learning experience.



University College London Hospital at Westmoreland Street

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Extending international and professional friendship

The EAUN increases collaboration by visiting several conferences of national nursing associations



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- Educate everyone who takes care of a patient with an indwelling catheter to follow guidelines on catheter care
- A dipstick test is worthless to detect UTI in patients with indwelling catheters
- Urine culture should only be performed in patients with symptomatic UTI
- If the catheter has been in situ for more than 7 days, it should be changed before collecting urine for culture
- It is useless to perform urine culture routinely after antibiotic treatment

of its members and stimulating professional involvement. To that end, the FSU selects a local committee to plan a conference every year. This way the long distances are overcome as the conference is brought to the nurses in different parts of Norway. Local speakers are chosen and thereby evidence-based interventions are connected to local practices, familiar to all participants. This is an excellent way to promote the exchange of experience and good practice between the members. This year the EAUN chair was pleased to receive an invitation to speak about 'Recommendations for care of an indwelling catheter according to EAUN guidelines'.



EAUN Chair Susanne Vahr Lauridsen (DK) and former EAUN Chair Bente Thoft Jensen (DK) at the SUNA conference in San Diego (US)

It is a central EAUN aim to foster the highest standards of urological nursing care throughout Europe and to facilitate the continued development of urological nursing in all its aspects. We acknowledge that the EAUN can learn a lot from the national urological nursing associations. Therefore, representatives from each urological nursing association in Europe are invited to a joint meeting, on the occasion of the annual EAU and EAUN meeting, to share knowledge and experiences in urological nursing.

Danish urological nursing conference

In 2018, EAUN representatives also visited several national conferences to further explore potential areas of collaboration. The first stop was the Danish national urological nursing conference (FSUIS) held in September 2018. Nurses taking care of patients with urological disorders in hospitals and home care participated. The programme addressed several interesting topics. In particular, the session addressing urinary tract infections (UTI) and indwelling catheters from the perspective of a urologist, a microbiologist, a general practitioner and a nurse showed how dedicated the participants were to learn about evidence-based nursing interventions regarding prevention of infections. Take-home messages were:

"...the session addressing urinary tract infections (UTI) and indwelling catheters from the perspective of a urologist, a microbiologist, a general practitioner and a nurse showed how dedicated the participants were..."

Norwegian conference in September

The next stop was the Norwegian Urology Nurses conference (FSU) also held in September, 2018. The Norwegian association was founded as early as 1986 and aims at increasing the professional competences



The EAUN lecture at SUNA discussed Stopping smoking in relation to radical cystectomy

SUNA in San Diego

I travelled from the rainy and cold northern Europe to a very sunny and warm San Diego in October, when I was invited as Chair of the EAUN to attend the American Society of Urologic Nurses and Associates conference (SUNA) UroLogic Conference. The SUNA conference started with a wide range of preconference workshops addressing cystoscopy, urodynamics, vulva disorders and women's sexual health. I participated in the latter and it proved to be a very interesting workshop, presenting evidence-based interventions to female patients with sexual disorders.

BAUN in Bournemouth

The British Association of Urology Nurses (BAUN) holds its annual conference in early winter. This year it was held on England's south coast at the Bournemouth International Centre on 26 and 27 November 2018. To demonstrate the increasing collaboration between the BAUN and international societies, the EAUN Chair was invited to give the EAUN lecture - which is now part of the BAUN programme. The title of the lecture was 'Will bladder cancer patients stop smoking in relation to radical cystectomy?', which sought to outline preliminary results from an ongoing study. Unfortunately, illness prevented me from attending and, on my behalf, the lecture was given by Jerome Marley, former BAUN President and currently a temporary EAUN Board

Member. At BAUN, Jerome continued ongoing discussions with BAUN and Andrea Nixon, Chair of the Australian and New Zealand Urology Nurses Society (ANZUNS) with regard to the cooperation on the development of a urological nursing curriculum. More information will be available soon, e.g. at the upcoming EAUN19 Meeting in Barcelona (www.eaun19.org - registration is now open). The EAUN Chair Elect, Paula Allchorne (UK), was also invited and provided a presentation as an inspirational leader in urology. According to the reports the BAUN conference was as exciting as it usually is!

Each new year begins with January, named after Janus who both looked back and forward. Looking forward I know that it will certainly be a pleasure to continue working with all of our urological colleagues across Europe and further afield as we address issues that are common to us all. I am especially excited to continue working with the presidents from FSUIS, Rikke Knudsen, and from FSU, Heidi Nikolaisen, as well as working again with Gwen Hooper from SUNA and Jane Brocksom, the newly elected BAUN President. In the spirit of Janus, it is also very appropriate to send our best wishes to outgoing BAUN President Julia Taylor and sincerely thank her for her enthusiasm and collegiality.

European Association of Urology Nurses

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Call for papers

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'Learn with the best' congress very successful

Scientific programme with practical courses and live surgery in Portugal



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Full-day programme for nurses

A full-day programme with various topics on patient safety in the operating room, prevention and infection control, patient positioning and dangers in laparoscopy from a nurse's perspective, laparoscopic instruments and the future role of nurses in surgery (to mention a few) was offered specifically to operating room nurses on the first day of the congress. Around one hundred and thirty nurses were registered for the meeting and took part in the congress.

"This three-day congress addressed both laparoscopic surgeons in urology surgery and operating room nurses and combined a scientific programme with both practical courses and live surgery."



The team that presented in Lisbon at the EAUN-supported nurses laparoscopy course. From left: Linda Söderkvist (DE), Jeannette Verkerk-Geelhoed (NL), Birgitta Keil (DE) and Jane Petersson (DK)

On behalf of the EAUN we would like to thank Birgitta Keil (DE) and Jane Petersson (DK) for contributing to the first edition of 'Learn with the Best' and the nurses programme, Dr. Rui Farinha for inviting the EAUN to contribute to this successful nursing programme and Ana Pais (PT) for her valuable support.



Presentations at the 'Learn with the best' congress in Lisbon (PT)



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From 8 to 10 November 2018, the first edition of the joint laparoscopy course meeting 'Learn with the best' took place in Lisbon, Portugal, at the Lisbon Marriott hotel.

EAUN proudly contributed four speakers to the nurses day. This three-day congress addressed both laparoscopic surgeons in urology surgery and operating room nurses and combined a scientific programme with both practical courses and live surgery. Dr. Rui Farinha from Centro Hospitalar de Lisboa Central, EPE / Hospital de São José in Lisbon was one of persons in the organising committee who initiated contact with the EAUN. He invited the EAUN to collaborate in creating a laparoscopic surgery training programme for operating room nurses at the 'Learn with the Best' congress.



L. Söderkvist (SE) and J. Petersson (DK) demonstrating laparoscopic instruments

Four members of the EAUN, including two Board Members, were invited as faculty for the nurses' programme. We shared our field of expertise together with the Portuguese and Spanish nurse speakers. We were all a bit nervous that there might be a language barrier to understand us as international faculty, since we presented our topics in English, and the rest of the congress was in Portuguese. But it turned out that there was nothing to worry about, since we soon discovered that the nurses do understand a lot of English but prefer to speak their own language, for instance when they are giving a presentation.

Enjoyable and informative congress

As EAUN Board Members we were warmly welcomed by the organising committee and we enjoyed taking part in this congress. It was a great opportunity for all of us, both faculty and local nurses, to network and learn from each other with regard to our daily work with patients in the operating room.



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European Association of Urology Nurses

Future-proofing urological nursing for the 21st century

20th Meeting of the European Association of Urology Nurses prepares for coming challenges

EAUN19 will offer urology nurses food for thought and strategies for keeping their roles and practices up to date in a changing work environment. Does nursing change as surgical technique advances? How can new generations of nurses be trained and what skills can younger nurses bring to the table? How can nurses evaluate their work and make sure that advances ultimately benefit the patients?

Register now for the late fee!
Deadline: 15 March 2019

These questions will be addressed in the second EAUN19 plenary session in Barcelona. The 20th International EAUN Meeting is 2019's biggest urology nursing event, offering three days of scientific sessions, a variety of training opportunities and courses and much, much more.

Emerging priorities

This plenary session is designed to help nurses prepare for coming challenges that they might face, and to start thinking strategically on how to overcome them. Increasing demands on nurses and healthcare in general. Developing new patient-centred services requires planning that in turn might require wider skills or new ideas about organisation. An awareness of nurses' own wellbeing also ultimately benefits the patient, allowing urology nurses to ultimately better support the health of others.

Training a new generation of nurses, and integrating this generation in the existing workforce also brings a variety of challenges but also opportunities. New research on millennials examines the (perceived) differences as professionals, and whether they want to continue to become nurses at all. On the other hand, increased computer literacy and other skill sets may well be an asset as nursing practice and patient demands change in the coming years.

In its scientific programme, EAUN19 also offers poster and video sessions, state-of-the-art lectures and thematic sessions covering a whole range of urology nursing topics.

Additional courses

In addition to the scientific programme, EAUN19 is offering participants two special courses. Together with the EAU Section of Uro-Technology and the European School of Urology, the EAUN is holding a hands-on training session for nurses on flexible cystoscopy on Friday, March 15. Registration is open.

On March 18, there is an additional course for nurses: Nurses in a leadership role: *Cultivating your leadership*. The course will focus on leadership, effectiveness and communication in relation to patients, teams, colleagues, surgeons and other superiors. The course takes place from 12:30 to 15:30 and participation costs €62.50. Please contact Ms. Angela Terberg (a.terberg@uroweb.org) to indicate your interest.

For the complete Scientific Programme visit www.eaun19.org

Hospital visits and more

A regular and essential part of the EAUN meeting is a visit to local hospitals. These offer insights into the nursing practices and patient management that can then be adapted and applied in participants' home institutions. In Barcelona, delegates can expect to visit the Fundació Puigvert, University Hospital Vall

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d'Hebron, or the University Hospital Clinic of Barcelona. Each has unique insights to offer! EAUN19 also gives delegates the chance to partake in the Urowalk, a planned walk that takes in some of

Barcelona's many sights. An EAUN Dinner is also offered, serving Catalan cuisine at Restaurant Barceloneta, offering views of the fishing port Moll Dels Pescadors.

All-in-all, EAUN19 is set to be the most complete and educational meeting yet. We look forward to welcoming you to Barcelona!



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