Healthy hormones: Support for men on hormone therapy

Five years after the first seminar – where are we now?

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In 2015 we published a paper in the International Journal of Urological Nursing on a new service for men on hormone therapy which we called ‘Staying healthy on hormones’. This was an innovative way to provide support and education for men on ADT regarding side effect management and metabolic effects.

We organised a seminar for men using hormone therapy away from the clinical area. The aims of the seminar were to understand treatment and its side effects, offer advice regarding side effect management, suggest simple lifestyle changes to mitigate long-term metabolic effects and empower men to engage in primary care and play an active role in their monitoring and care (improve self-efficacy).

Five years later, the seminars are still an important part of the care pathway for our patients. To date > 400 men and > 100 loved ones have attended the daylong event. I have presented in Europe, America, Australia and New Zealand. I am impressed and humbled by the way my fellow nurses have embraced the ideas and brought similar ideas to their own patient groups.

Developments

There have also been some exciting developments. We received a legacy donation from one of our patients for a project to support men with advanced prostate cancer. Using staff input and patient focus groups, we identified activities which would bring men and their loved ones together. The project is called the Advanced Prostate Cancer Club (APCC). To date we have provided 5 healthy hormone events, 4 daytrips to destinations in and around London, including Kew Gardens and Leeds castle, 2 art class courses, singing workshops and 2 very successful Christmas Lunch socials the most recent of which involved 55 members enjoying lunch in a riverside pub in Greenwich. We have a regular walking group. We have also provided Look Good Feel Better sessions, where men have participated in a pampering workshop and were advised on skin care. We have also run 3 ‘grave talks’ which are sessions run with the chaplaincy, palliative care and a local undertaker, exploring issues around death and dying in a safe space. Plans include an exercise club and memory book project. However, there have been (and still are) some challenges.

“...an innovative way to provide support and education for men on ADT regarding side effect management and metabolic effects”

Money

The biggest challenge is funding. In order to run the Healthy Hormones day, we need to hire a room and provide refreshments. We have used a variety of methods over the years. For example, with the support of pharma or with charitable grants. And currently with the large legacy fund mentioned previously. However, this isn’t sustainable funding, thus one of our biggest challenges is making this service future-proof. To this end we have asked the group to propose ideas about fundraising. We set up a charitable website page in order to facilitate this. Members are planning a concert and a golf day, and even before these events, donations from members have already exceeded £2600. The page can be found at https://ukurginmoneypixing.com/APCC

Time

Another challenge is the time commitment to make these projects successful. We have used some of the legacy funding to pay for a support worker who serves as contact person and organiser for events. This has been transformational, and she has become an essential and valued member of the team.

Access for men

Whilst the interest in seminars has been very positive, we are aware that not all men can or want to attend. We are looking into the reasons why and have started a focus group for black men to see whether the club could provide specific services to encourage more participation from this community. The feedback was that these men would prefer activity-based groups such as practical exercise classes. We are starting these soon.

Measuring the impact

Whilst feedback measured by questionnaires and by comments collected after events has been extremely positive, we are also working with colleagues to see whether attending seminars results in behavioural change in terms of diet and exercise. We are also collecting data on how attending the APCC affects measures such as anxiety, mood, and ability to socialise.

Most of the feedback consists of emails, cards and letters from the men themselves. Peer support is a major unmet need for this patient group (Patterson et al. Unmet Supportive Care Needs of Men with Locally Advanced and Metastatic Prostate Cancer on Hormonal Treatment: A Mixed Methods Study. Cancer Nursing 40(6). 2017). This indicator meets that need, as is shown in the following feedback:

“Many thanks for a most enjoyable social event at such a beautiful location. People were so relaxed and happy. You had everything organised perfectly. It made it so easy for us to mingle and meet new people”

“...it was good to see tough with you after what has been a very difficult time following weeks of uncertainty and severity. The thought of attending these events with others who are experiencing similar situations certainly makes the road ahead seem much more positive”

“Meeting the other people in the group and talking to them and sharing the experiences of their prostate cancer journey was an eye-opener. It made us realise that everybody has a different story to tell and that we are not on our own”

“I was blown away by the kindness of the people attending and felt at home straight away”

“Such a blessing to be with such an amazing group of understanding people”

And from one 85-year old man after our “Look Good Feel Better” session:

“Eyes, hair, mouth, make up The people they need to adore me So Christian Dior me from my head to my toes I need to be dazzling, I want to be rainbow high So Lauren Basal! Anything goes To make me fantastic, I have to be rainbow high”

References


Denmark, the supervisor must be “employed in the European countries but considers it a “strength which has to be underpinned by quality and sound practice”.

European countries this is not the case yet. Differences across Europe concerning e.g. the duration of the doctoral training, which institutions are entitled to award doctoral degrees, the status and benefits of doctoral candidates, and transferable skills and qualifications required for doctoral supervision.

In the previous edition of EUT we explained why nurses are motivated to follow a course the nurse must be affiliated to a university the PhD (an almost impossible mission). And of her own financial funds to allow the conduction of climbing the Mont Blanc mountain! First the nurse was legally considered as a graduate study. However, the difficulties for French nurses to start was legally considered as a graduate study. Many French nurses who are motivated to follow a PhD feel “forced” to move to Switzerland, Belgium or Canada because until recently a PhD was not available for them in France. Since 2018, some French universities are becoming aware of the neediness and advantages of doctoral nurses. It offers hope to French nurses.


"...there is a wide diversity across Europe concerning e.g. the duration of the doctoral training, which institutions are entitled to award doctoral degrees, the status and benefits of doctoral candidates, and transferable skills and qualifications required for doctoral supervision.”

No financial advantage

There is one thing similar all over Europe concerning e.g. the duration of the doctoral training, which institutions are entitled to award doctoral degrees, the status and benefits of doctoral candidates, and transferable skills and qualifications required for doctoral supervision.

In conclusion, there are still many diversities across Europe and even among national universities in PhD education. Despite the efforts of the EUA to make recommendations and, maybe in future, guidelines, it seems that uniformity in doctoral education is still far away. We can also point out that PhD education requires a lot of perseverence and we can only hope that doctoral nurses will soon be recognised for it in many European countries.

"Spot-on" evidence-based nursing care

New research and developments

Dear EAUN members,

The growing evidence in urology nursing care is amazing!

With this column, the EAUN SIG Groups want to put the spotlight on recent publications in their field of interest. This month’s articles have been carefully chosen because of the scientific value from PubMed and represent different methods and approaches in research and development in urological nursing care. We hope new initiatives will have your attention and continuously provide information on ‘spot-on’ urological nursing care.

If you would like to inform us and your colleagues about new initiatives or exiting developments in one of the special interest fields you can contact us using the email addresses below.

Best regards

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Gillian Hennessey-Doyle (Dublin, IE) receives her well-deserved doctorate degree

European Urology Today

35

Nurses and Doctor of Philosophy (PhD) education - part 2

Diversity between universities a “strength which has to be underpinned by quality and sound practice”
ERUS-DRUS20
ERUS-EAUN Robotic Urology Nursing Meeting
5-7 November 2020, Dusseldorf, Germany

The English and the German full-day nurses’ programmes will be organised on separate days.

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EAUN20 spotlights the best of urology nursing
Sessions to tailor treatments, foster rapport & raise efficiency

How do you deal with uncommon, complex patient cases? Do you think that nurses and doctors view patient care the same way? Is it possible that treatment can be both quality and cost-effective? Top experts with the latest research in urology nursing will offer you crucial insights to these questions.

Read on to know more about activities at the upcoming 21st International EAUN Meeting (EAUN20) which will take place in Amsterdam, the Netherlands from 21 to 23 March 2020.

Are your patients misinformed?
One of the many notable activities at EAUN20 is the Are your patients misinformed? workshop which will take place on 21 to 23 March 2020. The workshop is organized by the Dutch National Society of Operating Room Assistants.

Are you interested in promoting patient education? The session “Collaboration between nurses and doctors” will take place on Friday, 20 March from 14:30 to 17:15 hrs. The English and the German full-day nurses’ programmes will be organized on separate days.

Between two perspectives
“The interaction between nurses and physicians is of paramount importance in offering efficient and safe treatment to patients. By optimising the division of tasks, the patient is better informed and treated. However, it’s time for a paradigm-shift!” said Dr. Stefan Haensel (NL) who will present the doctors’ perspective in the two-part lecture during the Plenary Session 1 “Collaboration between nurses and doctors”. The session will take place on Saturday, 21 March 2020 from 09:00 to 10:00 hrs.

He added, “As an example, optimal patient care doesn’t always mean a speedy diagnosis. The first priority is to help a patient cope with fear and uncertainty. This can be achieved by providing reliable information and treatment strategy tailored to fit the patient.”

Dr. Haensel stated that according to a survey, the two most important factors in patient satisfaction is how well the staff works together and a pleasant environment in the clinic.

Nursing solutions in difficult cases
On Saturday, 21 March 2020 from 11:00 to 12:30 hrs., the Specialty Session 1 “Nursing solutions in difficult cases” will commence and be overseen by EAUN Chair Elect Mrs. Paula Allchorne (GB).

Generally, the EAUN Guidelines focuses on patient cases that are often encountered. The Specialty Session at the upcoming EAUN Congress will address and discuss typical and/or difficult cases faced in daily nursing practice. The session will also offer delegates the opportunity to exchange knowledge; from discovered solutions to pressing, unanswered questions.

He added, “The session is designed to help HCPs improve patient care and outcomes; streamline processes in the workplace; develop the skills of specialist nurses. In addition, the session will also explore the exceptional current and future activities that the EAUN has and will establish urology nursing.”


Register now for the late fee!
Deadline: 26 February 2020

Centered on incontinence, catheter-associated urinary tract infections (CAUTIs), and erectile dysfunction, the workshop will help nurses adopt effective teaching strategies for their patients’ learning needs.

Interested participants can register online or by sending an email to registrations@congressconsultants.com.