

# EAUN fellowship report

## Objective: To learn and experience the role of a clinical nurse



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**I specialise in providing care and support to patients with urological diseases, with a focus on prostate cancer (PCa). It is important to me to offer comprehensive and continuous care to patients and their families throughout their cancer journey.**

Since last year, the Urology Clinic at the University Hospital in Zurich has been restructuring to adapt to new requirements and approaches in the care and treatment of PCa patients.

A new clinical nurse role was introduced to provide high quality, professional care to patients and their families. The project is still in development, with a few steps remaining before full implementation. This is a new concept in Switzerland and requires research and comparison opportunities with nursing staff abroad who have many years of experience. This is why I chose to do an exchange in London, because the clinical nurse role has long been successfully implemented within the UK healthcare system.

I hoped that the exchange would allow me to further develop my advanced practitioner nurse role at the University Hospital Zurich. I applied to study at UCLH in London because I believed I could

learn from other clinical nurses in urology and integrate my experiences into daily practice. It was also important for me to network and exchange ideas with other urology professionals in order to support each other. The aim of my fellowship was to gain insights and knowledge about:

- Development of the nurse qualification
- Role and skills of a nurse practitioner and clinical nurse
- Organisation of daily work and care in the patient's ward
- Care and support of PCa patients

### Fellowship at UCLH London

I had the opportunity to spend four days at UCLH in October. My visit was very well organised by Hilary Baker (Lead Clinical Nurse Specialist for urological cancers). I spent three days at Westmoreland Street, UCLH and a ½ day at the MacMillan Cancer Centre. Both are based in the heart of London and are part of University College London Hospitals NHS Foundation Trust.

At Westmoreland Street, I met the urology department and had a visit to the RALP robotic Theatre, followed by a focal meeting, and MRI meeting. I had the opportunity to attend focal theatre, and meet with the andrology clinical nurse, as well as join a decision-making clinic.



Formally known as The Heart Hospital and specialising in cardiology, the UCLH at Westmoreland Street has been providing urology services since 2015

At the MacMillan Cancer Centre, I met the focal team and attended a uro-oncology meeting. I also spent time learning about robotic clinical governance, and shadowed the prostate CNSs in the office.

### Westmoreland

Urology services are offered at Westmoreland University College Hospital and include the diagnosis, treatment and prevention of diseases of the urinary tract in men and women and the male reproductive organs. Westmoreland covers the entire northern part of England in the surgical treatment of PCa patients. Between two and three patients are treated surgically (prostatectomy) every day.

***“On my first day I accompanied a clinical nurse and saw first-hand the care given to patients before, during and after radical prostatectomy.”***

Before the operation, the responsible urologist informs patients about the operation, risks and possible side effects. The patients are then cared for by clinical PCa nurses until the operation, at the in-patient area and aftercare. Compared to Switzerland, patients receive full care and advice from a clinical nurse. This makes it possible to discharge the patient home one day after the radical prostatectomy.

On my first day I accompanied a clinical nurse and saw first-hand the care given to patients before, during and after radical prostatectomy. The clinical nurses give patient all the necessary information before the operation. They support the surgeon during the radical prostatectomy and visit the patient with the urologist after the surgery.



Views of the river Thames with the well known Shard landmark in the distance

Before the patient can decide on a therapy, they are fully advised by the responsible urologist and clinical nurse and informed about the therapy options, risks and side effects, as well as possible support in the event of side effects. Depending on the aggressiveness of the tumour, the patient has various treatment options available, which are discussed on the tumour board after the diagnosis has been made.

Clinical nurses and radiologists and oncologists take part in the tumour board. They discuss the best possible therapy options for the patient and support them in making the therapy decision. My experience has shown that patients do not want to decide on therapy straight away and still need time to think about it. During this time, the clinical nurses serve as personal contacts for the patient.

Since COVID-19, conversations with patients often take place on the telephone. Before COVID, it was face-to-face meetings. With patients needing to travel from all over England, it is a positive and convenient way for the patient to now receive assistance by email or telephone.

### MacMillan Cancer Centre

The MacMillan Cancer Centre has become a specialist centre for the treatment of urological cancers. I accompanied a clinical nurse and an oncologist in consultation hours for half a day. The clinical nurse and the oncologist share a ward room together. There is always regular communication and exchange of information about the patient and his treatment. Clinical nurses accompany and advise patients. They are the personal contact for the patient.



A welcoming reception area at MacMillan Cancer Centre, London

### CNS Urology at the UCLH

My experience showed that the clinical nurses at UCLH in London are very well-trained nurses and have extensive experience in their urological specialty. Compared to Switzerland, clinical nurse specialisations in the urological field already exist in England. Most clinical nurses have a Master of Science degree or are still in training. Every clinical nurse has a medical mentor who supports and trains them. It is very impressive how the collaboration between the doctors and clinical nurses works. The clinical nurse's work includes caring for the patient from the moment the diagnosis is made, during therapy, and in follow-up care. They are the ongoing contact persons for the patients. They are in constant communication with each other, with the multidisciplinary team,

doctors, communities and home care facilities. Due to their experience and special knowledge, the clinical nurse can provide the patient with professional and correct treatment. They organise and coordinate the patient's treatment and ensure that the patient receives the full care, information and support needed.

### What I learned from this experience

It was exciting to see the potential of the clinical nurse role and the great services they provide. It is great to see how clinical nurses, doctors and multidisciplinary teams work together to ensure the patients receives comprehensive care. An important aspect is the comprehensive treatment path. The patient is fully cared for and accompanied from the time of diagnosis, during treatment and aftercare. The patient always has a contact person.

This is a service that unfortunately does not yet exist in Switzerland and is of great importance for patients. I will take these positive aspects into my everyday practice and try to implement them. It was an impressive time, I learnt a lot, and only experienced positive things. I met very nice people who shared their knowledge, skills and abilities with me. I would like to thank everyone again and hope to encourage other EAUN members to apply for a scholarship programme.

My sincere thanks go above all to the EAUN, which gave me the opportunity to experience such a educationally rewarding fellowship.



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# EAUN Guidelines Updates

## EAUN Board guideline subgroup boosts support for guideline panels and members



**Robert McConkey,**  
**MSc, ANP**  
EAUN Board Member  
Guideline Subgroup  
Co-chair  
Galway (IE)



**Franziska Geese,**  
**MScN**  
EAUN Board Member  
Guideline Subgroup  
Co-chair  
Berne (CH)

**Grounded in the latest scientific evidence, the EAUN guidelines offer recommendations on best practices for diagnosing, treating, and managing urological conditions. The guidelines are developed and updated by panels of experts in the field comprised of nurses, doctors, and other healthcare professionals.**

To comprehensively support the guideline development process, the EAUN Board established a dedicated guideline subgroup, led by two co-chairs. This subgroup plays a pivotal role in identifying guidelines due for revision or creation, initiating guideline development, and providing overall support to the guideline panels.

The subgroup's guidance to the guideline panel members, coupled with its logistical support, ensures the timely and effective development and updating of evidence-based guidelines.

### The EAUN Guideline Manual

The EAUN Guideline Manual, originally published in 2013, has been recently updated by the EAUN Board guideline subgroup to reflect the latest developments and best practices in [guideline methodology](#).

The EAUN Guideline Manual is an essential tool for ensuring a standardised development and updating process using a rigorous and transparent approach. The manual covers topics such as:

- The roles and responsibilities of all persons involved in developing and updating guidelines
- The methodology and process of conducting a systematic literature review, appraising evidence quality, formulating recommendations, and grading evidence strength
- The ethical principles and standards associated with guideline development

### Transrectal ultrasound guided biopsy of the prostate

The EAUN's 2019 guideline on transrectal ultrasound guided biopsy of the prostate will not be updated due to advances in prostate cancer diagnosis and treatment. The European Association of Urology now recommends the transperineal approach for prostate biopsy over the transrectal approach, citing lower infection and bleeding risks, and higher accuracy and detection rates. A new guideline is needed to guide clinicians performing and caring for men undergoing transperineal prostate biopsies. The EAUN Guideline subgroup is developing a strategy for this new guideline.

### Intravesical instillation with mitomycin C or bacillus Calmette-Guérin in non-muscle invasive bladder cancer

The 2015 guideline on intravesical instillation

with mitomycin C or BCG in non-muscle invasive bladder cancer provides comprehensive recommendations on administering intravesical chemotherapy or immunotherapy. The guideline covers various aspects from the use of intravesical agents to the management of instillation-related complications. An update for this guideline is planned, with a panel of experts already formed and undergoing training. The update process is expected to start in 2024 and finish in 2025.

### Catheterisation guidelines

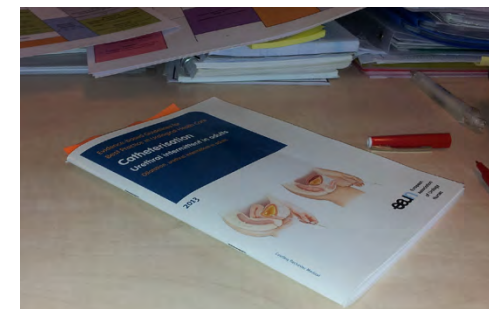
The EAUN produced two catheterisation guidelines: "Catheterisation - Indwelling catheters in adults – Urethral and Suprapubic" and "Catheterisation - Urethral intermittent in adults". These two guidelines were published in 2012 and 2013 respectively, and are now in the final stages of being updated.

The intermittent catheterisation guidelines will be launched at the 24th International Meeting of the European Association of Urology Nurses (EAUN24) in Paris. You are invited to attend EAUN24 and learn more about these guidelines on common and important aspects of urinary catheter management. The updated versions will include new and relevant evidence on topics such as:

- The indications, contraindications, benefits, and risks of different types of catheters
- The selection and handling of catheters
- The prevention, identification, and management of catheter-related complications
- The education, support, and empowerment of patients and caregivers.

### Are you interested in joining a guideline panel?

The EAUN Board is committed to maintaining contemporary evidence-based guidelines for its members, and one of its strategic goals is to increase its capacity to do so. The EAUN has three published guidelines listed below that need to be



Evidence-based guidelines are essential tools for urology nurses to provide evidence-based care to their patients

updated. With the additional resources, the core aim is to further the updating of the following three guidelines in due course:

- Incontinent Urostomy (published in 2009)
- Continent Urinary Diversion (published in 2010)
- Male external catheters in adults – Urinary catheter management (published in 2016)

Guidelines are produced through educational grants of companies. While the EAUN continues to seek collaboration with sponsors to ensure the ongoing development and production of evidence-based guidelines for their members, it is important to note that sponsors have no influence over the process. The guidelines are developed independently, free from commercial bias, ensuring the highest standard of evidence-based practice.

The EAUN Board wholeheartedly endorses the use of evidence-based guidelines as essential tools for urology nurses to provide high-quality, evidence-based care to their patients.

Members of the EAUN receive frequent newsletters encouraging them to join and participate in a guideline panel. Members and non-members can state their interest and send feedback by contacting the EAUN via e-mail ([eaun@uroweb.org](mailto:eaun@uroweb.org)).

# "Spot-on" evidence-based urological nursing care

## New research and developments

Dear EAUN members,

**The growing evidence in urology nursing care is amazing!**

With this column, the EAUN Special Interest 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 other sources and represent different methods and approaches in research and development in urological nursing care.

We hope this initiative 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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**EAUN Special Interest Group - Sexual Health**  
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### Selected from PubMed and other sources

#### Bladder cancer

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# EAUN24: A must-attend event for urology nurses!

## Comprehensive coverage of urological cancers and benign urology

EAUN24 in Paris, France, from 6 - 8 April 2024, is set to be a remarkable gathering of urology professionals, offering a wealth of knowledge, networking, and a chance to be part of the global urology community. It's an event not to be missed, providing the latest insights and fostering collaboration in the field.

In this article, Ms. Morna Jones (GB), a member of the EAUN Scientific Congress Office, shares highlights of the key topics and activities planned for EAUN24: "The three-day scientific programme covers a diverse and in-depth range of topics for urology care professionals. With expert speakers from various nationalities, this meeting is set to be the European nurses' hub for learning and networking."

### Nursing research, problem-solving and innovations

One of the standout features of EAUN24 is its comprehensive coverage for both urological cancers and benign urology. For cancer disease, topics include prostate and bladder cancer, both non-muscle invasive and muscle invasive. For benign urology, there are sessions on sexual health, the role of the advanced practitioner, stone management, an EAUN guidelines update on intermittent self-catheterisation, urology and menopause, scrotal conditions, and the management of male lower urinary tract symptoms.



**Register now for the early fee!**  
Deadline: 5 February 2024

### Poster presentations

EAUN24 participants can join the poster viewing and expert-guided poster tour and engage with colleagues showcasing their research, ideas and innovations. It's an exceptional learning platform for the global



*Hands-on training on flexible cystoscopy in Milan earlier this year*

urology nursing community to exchange ideas and experiences.

### EFUN project collaborations

Following on from last year's introduction of a urology nurse curriculum, EFUN (Educational Framework for Urological Nursing) and AFIC (the French Oncology Nurses Society) have organised a joint session on educational disparities in Europe, covering the importance of a curriculum for urology nurses and the role of (inter)national societies. This session will conclude with a lively debate with the audience.

### Hands-on training

A hands-on training course on Flexible cystoscopy will be offered on Monday morning. Check the full [programme](#) online and register via the [online registration system](#). An additional fee applies.

### Hospital visits

The Henri Mondor University Hospital in Paris is organising a delegate tour as part of the

popular annual Hospital Visits. During these visiting sessions it is possible to learn about the hospital and their nursing and urological practices. In Henri Mondor Hospital, there is a focus on oncology and endourology. Don't forget to watch out for emails that registration is open, as numbers are limited and it is a first-come, first-served basis.

### Nurses' dinner

Delegates can join us at the Nurses' Dinner, the perfect place for networking and enjoying the company of colleagues worldwide. This also gives everyone an opportunity to meet the Board, SCO and SIG members. It is a fun, formal evening to announce the winner of the Ronny Pieters Award and to thank everyone

who has contributed to the success of the EAUN. Registration is through the [online system](#).

For a comprehensive overview of the full programme, please visit [www.eaun24.org](http://www.eaun24.org).

EAUN24 is a great place to network, meet international colleagues and share best practices. As well as opening your eyes to the world of urology! If you register before 5 February 2024 (23:59 CET) you can benefit from the [early fee discount](#).



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# EAUN24

## Paris, France

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 European Association of Urology Nurses



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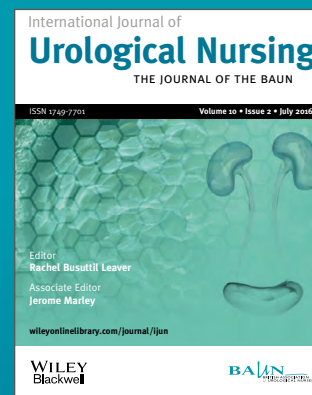
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