

Systemic treatments for prostate cancer course in Lisbon

Highlights from the 6th Course of the European School of Urology Nurses (ESUN)



The 6th ESUN course - *"Systemic treatments for prostate cancer - promoting wellness and improving quality of life and adherence"* took place from 9-10 November, during EMUC24 in Lisbon, Portugal. Through a series of lectures, discussions, interactive group work, and a skills development workshop, top experts provided an in-depth update on oral systemic therapies, the possible side effects, as well as practical strategies for managing side effects. Tips on how to communicate and educate patients and their caregivers, as well as how to promote behavioural change were also shared.

Below is a summary of the key learnings from delegates

- There were discussions on how to optimise communication and patient centred care through motivational interviewing. Delegates were taught how to apply motivational interviewing correctly through techniques such as summarising. A high level of motivational interviewing can help patients identify their personal goals, which can empower them and support their decision-making. It was re-iterated that patients and caregivers often lack sufficient information, hence the communication skills of nurses are crucial for improving patient understanding and managing expectations. A presentation from a patient's perspective highlighted that patients can only retain a certain amount of information at a time, emphasising the importance of consistent and repetitive communication. There was also a module on how to discuss sexual health concerns with a patient, recognising that sexuality encompasses more than erectile function.

- Delegates gained an expanded understanding of systemic treatments used in metastatic prostate cancer and their side effects, particularly the signs and symptoms of androgen deprivation therapy (ADT) side effects and how these can be treated/managed. This included bone health challenges tied to osteoclast and osteoblast function. Effective management strategies for physical and emotional side effects were shared, along with how to recognise unmet needs of both patients and caregivers, and tailoring care to suit their individual goals and priorities.
- A lecture on prostate cancer outcomes allowed delegates to deepen their understanding and see how tailored support by nurses can improve overall satisfaction from the patient, as well as overall survival. Nurses were able to share their experiences, and interestingly, these discussions indicated that the challenges and questions they face are similar across Europe.

In summary, the themes of this course emphasised the importance of combining clinical expertise with empathetic communication to improve outcomes and patient satisfaction in prostate cancer care. Nurses can bridge information gaps for patients in terms of addressing side effects of treatment and



Discussing daily practice and how to improve with peers



Participants and faculty of the ESUN Prostate Cancer Course in Lisbon

outcomes and be a great support to patients in their cancer care journey. Motivational interviewing and improved communication skills enhance the ability to address patient priorities and unmet needs effectively. Communication is key... "Always have an open mind to your patients. You should ask the questions".

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Dissemination of new knowledge to regional teams
The participating nurses were enthusiastic to share their new knowledge with their peers. Plans included

dissemination with colleagues via in-house presentations, updating current training documents, and team meetings. Efforts will also involve arranging educational meetings and interactive discussions with colleagues to address issues like ADT side effects.

Acknowledgement

This course was made possible with unrestricted educational grants from Ipsen and Accord for which we are very grateful.



Motivational interviewing training was part of the prostate cancer course

How to improve NMIBC patient pathways

Learning points from the 7th course of the European School of Urology Nurses (ESUN)



During EMUC24 in Lisbon, the 7th ESUN Course took place from 9-10 November. Titled, *"Improving NMIBC (non-muscle invasive bladder cancer) patient pathways"*, this course focused on enhancing the care experience for NMIBC patients by addressing intravesical therapies, side effect management, communication, and new approaches like laser ablation and home-based treatments.

Delegates completed an online questionnaire after the course and here are their key learning points:

- Managing side effects, particularly from BCG and mitomycin therapies, remains a universal challenge. It was noted that dwell time adjustments are less impactful than previously thought, with severe LUTS (lower urinary tract symptoms) often arising after the first dose. Counselling, education and support systems like buddy programmes and pre-TURBT "schools" have proven to have a positive effect on patient outcomes. It was emphasised that sexual function needs more open discussion during consultations when considering the impact of treatment on intimacy.
- In the light of innovations and new treatment approaches, home-based BCG therapy might be a promising development, reducing treatment burden and improving access. Transurethral laser ablation (TULA) presents an opportunity for expanding nurse-led services, showcasing the evolving role of nurses in NMIBC management. Lastly, it is vital that PROMs (patient-reported outcome measures) and patient feedback of their experiences should guide treatment pathways to align care more closely with patient needs.

- The power of collaboration and networking: Improved communication skills and education strategies can enhance patient recall and adherence to treatments, especially for the management of side effects. There was an emphasis on holistic patient evaluation, highlighting that good communication on emotional and sexual health aspects can increase quality of care.

"This workshop format provided valuable exchange of evidence-based practices and insights, enabling participating nurses to tackle shared challenges."

During the group discussions and workshop module there was the opportunity for delegates to collaborate with their colleagues. This workshop format provided valuable exchange of evidence-based practices and insights, enabling participating nurses to tackle shared challenges. This course re-iterated that nurses play a pivotal role in improving NMIBC care through patient education,



The presentations sparked much discussion



Participants and faculty of the ESUN Bladder Cancer Course in Lisbon

communication, extended services, and research. The course addressed the importance of being aware of the burden of treatment and how essential it is to have supportive patient pathways. A 'parting quote' to take home was to pay attention to the human aspect of care and strive to understand a patient's perspective.

Acknowledgement

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K. Chatterton presenting on side effects of NMIBC treatment

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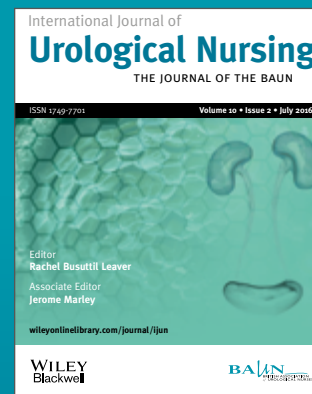
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