IS INTRAURETERAL LIDOCAINE THE ANSWER TO POST-URETEROSCOPY STENT PAIN? SHOULD WE OFFER NURSING SUPPORT AS A STANDARD OF CARE?

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Introduction and Objective: Every year tens of thousands of ureteral stents are placed for a multitude of clinical indications. However, stent and ureteral manipulation-related pain has been reported by up to 80% of patients undergoing ureteroscopy.

Methods: A prospective randomized double-blinded study was conducted with 41 patients who underwent ureteroscopy and direct instillation of Lidocaine plus bicarbonate, or normal saline (control). Medication was prepared by the operating room nurse who was un-blinded to the treatment protocol.

Ureteric stent-on-a-string was left in place for 3 days, and removed by the patient. Patients completed pain scores at the 1h, 2h, 4h, 24h, 4 and 7-day time points. A medication and voiding diary were also collected. Patients contacted the research nurse for support and instruction. It was noted that potential emergency visits to the hospital were offset by this added support. In the Kingston region we do not provide this service as a Standard of Care.

Results: There was a modest improvement in flank and abdominal pain scores at 4 hours and one day after the stent was removed.

Conclusions: In this pilot study a novel administration of direct instillation of Lidocaine into the ureter appears safe and did show a modest advantage in pain and voiding symptom scores. However, these findings should be interpreted with caution as no statistically significant results were observed.

Further study into the area of postoperative support and instruction to patients is necessary.

A nurse driven study will be under way to assess the standard of care across Canada.

Submitted by Sylvia Robb RN, CCRP

References:

Beiko DT, Roberts GG, Intravesical Alkalinized Lidocaine as a Novel Approach to Post Ureteroscopy Pain: Double Blind Prospective Randomized Controlled Trial-presented, not published

LoBiondo-Wood G, Haber J, Nursing Research, Methods, Critical Appraisal, and Utilization, third edition

Salant P, Dillman DA, How to Conduct Your Own Survey
The Edmonton and Calgary chapter of The Urology Nurses of Canada were pleased to host Urology Excellence Conference (UEC) 2015 in Edmonton Sept 17-19 at the Westin Hotel. The theme was to "Branch out: Discover and Embrace Change". The program started with a brief overview of the changes seen in nursing and urology practice as witnessed by Liz Smits who has worked in urology for the majority of her 45-year nursing career. We welcomed approximately 120 delegates from across Canada and wish to acknowledge our sponsors and exhibitors for their support. The fun night was a combination shopping dining experience at West Edmonton Mall.

The Keynote speakers all gave excellent presentations. Dorothy Doughty gave an insightful overview on prevention and management of incontinence associated dermatitis and also a talk about differential assessment and management of constipation.

Dr. Scott North gave a presentation on the current state of the art in the treatment of castrate resistant prostate cancer and shed some light on how to deal with the side effects of these treatments. Dr. Adrian Wagg provided us with realistic expectations for treating UI in older people and the devastating effect and cost it has on them. Dr. William Gibson gave us a cynic’s view of the treatment of OAB and reviewed the current literature that is used to guide our practice. Dianna McDonald spoke on her Bangladesh experience with continence promotion and the difficulties they encountered. Dr. Lucas Dean talked about the ins and outs of acute urinary retention and gave some practical hints for management of acute urinary retention. Our closing speaker gave a thought provoking talk about the use of cannabis in the clinical setting.

Concurrent sessions covered a variety of topics including: continence and bowel management, bladder cancer and ERAS, urological emergencies, vaginal HRT, navigating care through testicular cancer, to PSA or not to PSA, case studies and the principles of stoma management, pharmatherapeutics and older adults, complete care diagnosis through discharge for patients undergoing radical prostatectomy. Other topics included pathophysiology and risk factors for UTI in pregnancy, cutting edge treatment for urethral strictures, mesh complications in pelvic floor reconstruction, risk factors and management of stones in pregnancy, ERAS: (Enhancing Recovery After Surgery) and case studies of managing prolapse and UI.

There were also four short paper presentations that covered current/ recent research on Botox, the use of Lidocaine in stent placement, implementation of urogynaecological assessment clinic in assisted living, and determining the research priorities for Canadian Kidney cancer patients. Sylvia Robb received the short paper award for her paper on the use of Lidocaine.

The conference received very good to excellent reviews and we can now sit back and enjoy the upcoming conference of the Kingston Chapter for UEC 2016.

Submitted by Liz Smits (VP West)

Over the span of my 45-year nursing career I have witnessed numerous changes both in nursing in general and in the management of urology patients. I feel very fortunate to have worked in urology for 38 years and indeed have seen many changes.

There has been great changes and improvement regarding pay, hours of work, support services and collegiality with the entire team. Changes have been made that have greatly altered patient management. Gone are the days when patients were admitted 2-3 days pre-operatively and stayed for 4-14 days post-operatively depending on the procedure. Support services are now very much an integral part of the team and indeed assess and treat at the bedside. The use of pre-admission clinics and same day admission protocols has greatly reduced the length of stay.

When I started work at the UAH we used an open system for our CBI/IBI and the nurse had to pour sterile water into bottles the risk of infection and electrolyte imbalance was higher. Changing to the closed system, as we now know it with isotonic solutions was a major improvement. They also did open surgery (pyelolithotomy, nephrolithotomy and ureterolithotomy) for stones and we used Penrose drains not the JPs that are used today. We were not allowed to use sterile gloves for dressing changes and using thumb forceps to insert a pin into the Penrose drain was indeed an acquired nursing skill. The advent of ESWL, percutaneous lithotripsy, laser lithotripsy and laparoscopic surgery has indeed changed the management of urology patients. These are the most dramatic changes however improvements have been made in the management of kidney tumors, bladder tumors, kidney stones, prostate surgery, and reconstructive surgery.

With the increasing demands on the health care system it will be necessary to embrace the changes that will enhance and improve patient outcome.

By Liz Smits (VP West)
UNC National Sponsors

All of our National Sponsors were presented with Certificates to recognize their generous support of the UNC.

UNC / UEC AWARDS WINNERS

Award of Merit - Liz Smits

Nursing Education Initiative - Shirley Turcotte

UEC Attendance Award: Todd Bradley, Courtney Ware, Angela Black, Andrea Crooks, Margaret Bartlett

Research Award and Short Paper Award - Sylvia Robb

29th ANNUAL UROLOGICAL EXCELLENCE CONFERENCE

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September 22-24, 2016

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Kingston, Ontario

wavesofchange2016@gmail.com

Deadline for submission: February 29, 2016

Kingston Chapter News

We are busy organizing the National conference which we are hosting September 22, 23, and 24th, 2016.

Five members of the planning committee attended the Edmonton conference which we thoroughly enjoyed and learned from.

We continue to host monthly meetings and most recently Angela Black RN presented the modules for prostate cancer PCA & 411. Angela assisted with the modules and the link to access them is posted on the UNC website under the education tab.

We now have 2 members from Kingston who are part of the National executive. Todd Bradley is the new membership coordinator and Sylvia Robb is the new secretary.

We hope to see many of you at the National conference in Kingston.

By Sylvia Robb R.N. CCRP
I am honored to be the recipient of the Education Award from the Urology Nurses Annual Convention in Edmonton in September 2015. The $500.00 award will give me the luxury to enrol in a course to promote my education and teaching. I will share this in a future Pipeline article.

Reflecting on my 35 years of nursing, I began my fist clinical placement on a Men’s Urology Unit. Back in 1980, Urology patients were admitted the day pre-op, had surgery and spent 7 nights post-op before being discharged. I remember the CBI irrigation bottles were glass and I only dropped one, (it shattered in the hallway, much to my embarrassment). As a new student I was very fortunate to work alongside of excellent Urology nurses. They mentored me in all aspects of urology care. For example:

- How do admit, take a history and settle a Urology patient on a unit.
- Urological assessment (long before the days of bladder scanners)
- Signs and symptoms of urosepsis
- Post-op care and charting
- Pain management for Urology patient
- Discharge teaching for Urology patients

In retrospect, my foundation for patient care was created during my first nursing practicum. Following graduation, I worked on Surgical Units in both hospitals in Victoria for over 20 years. I was fortunate to change jobs in 2003 to a Surgical Daycare Unit where I continue to work part-time. I work alongside urologists and urology patients. The short admissions and quick discharges require effective teaching and timely discharge planning. This is the challenge of today’s nurse, how do we support our Urology patients without the luxury of time? A co-worker, Jill Jeffrey, promoted the UNC for clinical and professional support. She was correct and I have enjoyed professional and personal growth.

By joining the Urology Nurses of Canada 3 years ago, I have received education, funding and mentorship. Attending the Ottawa and Edmonton conferences has sparked my interest in being a urology mentor. I am fortunate to also be a sessional nursing instructor for the College and University in Victoria. In my teaching role, I try to mentor students to make focused evidence based assessments, quality patient care and promote safe patient discharges.

I am working with the Victoria chapter to foster growth in Urology nursing. Last month I hosted an open Victoria Chapter meeting and had nurses from all aspects of Urology care: a Urology office nurse, OR nurse, Cystoscopy clinic, Surgical Daycare care, and the Surgical unit.

We had a great dialogue and want to foster how we can improve the care for Urology patients. I will be hosting a meeting in November, and have challenged chapter members and guests to bring 2 new people. We want a vibrant voice for Urology in Victoria. Our chapter goal is to have 10 new members join. Thank you to Urology Nurse of Canada for their generous support and I want to pay this forward by mentoring and growing the Victoria chapter. I look forward to attending Kingston in 2016!

Respectfully submitted, Shirley Turcotte BA, RN, BSN, PIDP

A New Calgary Chapter!!

Our initial meeting was held on October 16th at 7:30 am at the Urology Outpatient Department, Rockyview General Hospital in Calgary. We discussed the following:

- Forming a new Chapter
- Different ways to encourage urology nurses to become members of the Urology Nurses of Canada
- New member opportunities
- Publication opportunities in the Urology Nurses of Canada Pipeline Publication
- Obtaining Urology Nursing Journals
- Education opportunities at future chapter meetings
- Different ways to encourage urology nurses to join our Calgary Chapter

Our official Chapter meeting will be held on February 2nd, 2016 at 6:30 pm

Venue: Red Water Grille, MacCleod Trail

Education and dinner will be provided

For more information please contact:
Carolyn Richardson, representative for the province of Alberta, Calgary Zone
Carolyn.richardson@albertahealthservices.ca

Saint John Chapter News

We were all fortunate to be able attend the UEC (Urological Excellence Conference) in Edmonton Alberta in September. This was a wonderful opportunity to learn from world renowned speakers and local speakers as well as network with Urology Nurses.

We are currently planning our 3rd “Nurses Dine and Learn” for May 26th, 2016. This has been a well-attended evening the past 2 years. We plan to have three speakers covering a variety of Urology topics and related topics from suggestions generated from our last event.

Continuing education and sharing our knowledge is vitally important to our Nursing practice and we must strive to take every opportunity we can to participate when these opportunities arise. I would like to encourage each local chapter to try and provide some form of learning opportunity to your coworkers in the Urology field this coming year. We are a small specialty nationally and need to create awareness both to our fellow staff members and the public we care for.

By Nancy Carson –secretary, Saint John local chapter.
We had a great dialogue and want to foster how we can improve the care for Urology patients. I will be hosting a meeting in November, and have challenged chapter members and guests to bring 2 new people. We want a vibrant voice for Urology in Victoria. Our chapter goal is to have 10 new members join. Thank you to Urology Nurse of Canada for their generous support and I want to pay this forward by mentoring and growing the Victoria chapter. I look forward to attending Kingston in 2016!

By Shirley Turcotte, BA, RN, BSN, PIDP

I would like to take this opportunity to thank the UNC Executive for the Attendance Award I received at the UEC Conference in Edmonton Alberta this September. I enjoyed myself a great deal. I was very impressed by the keynote speaker Dorothy Doughty. She was an amazing presenter. This was a highlight of the conference for me and I know others felt the same way.

I have been a UNC member for the past 16 years and I have met many lifelong friends as well as learned a great deal along the way. I am grateful for the award and once again it reinforces to me that the UNC take their mandate for the promotion of education in urology across our nation very seriously.

I had the honor to work with Janssen this past year on a learning module for Prostate cancer. I enjoyed working with Leila Younes of Janssen in order to help promote healthy living for men along their prostate cancer journey. This was a great opportunity for me to increase my knowledge base as well as educate my colleagues across Canada on helping men who have a diagnosis of prostate cancer. If you go to the UNC website listed below and click on the links. You will then see a heading pca 411. This is a great way to gain educational hours. It is also a wonderful way to educate new staff members on your ward. I am also starting a blog on the PCA 411 site with Janssen’s help. This is an exciting time for Prostate Cancer research, which I am passionate about. I would love for all members to take a look and feel free to send me an email letting me know what you think or what you would like to see on the blog. UNC has reviewed and approved the information on the website as well as the Canadian Urological Association.

Thanks again to the UNC for their generosity in attending the UEC in Edmonton this year and promoting educational opportunities for nurses across our great nation.

I would also like to let everyone know at this time about the next UEC conference in Kingston, Ontario. I have the privilege of working with a wonderful keen local chapter who are passionate about learning as well as education. I am Co - Chair of the next UEC event with Sylvia Robb and we are looking forward to having a great turnout in Kingston.

We have been working hard on this event mixing history with innovation. Jan Giroux will be leading the way with the scientific program which will be cutting edge and exciting.

If you have any questions regarding our local chapter or the UEC 2016 feel free to email us at wavesofchange@gmail.com.

I would also like to invite everyone at this time to visit the UNC website. www.unc.org.

Respectfully submitted, Angela Black RN CCRP

Getting To Know Our UNC Members - Courtney Ware

Thank you to the executive committee of the Urology Nurses of Canada for selecting me as one of the recipients of this year’s attendance awards. The Edmonton UEC was the second conference I was able to attend, the first being Ottawa last year.

With only 6 years into my nursing career, I have been fortunate to work within urology for the whole duration. For just over 2.5 years I was lucky enough to work in Victoria’s first cystoscopy clinic at the Royal Jubilee hospital. It was a very busy area with 25 cystoscopies performed in a 4hr period, along with stent removals, super pubic catheter changes, dilations, stone removals and other local procedures if needed. The relationships’ that I have developed with the patients, that I was fortuitous enough to see every 3 months, has forever changed me. Urology patients I feel are the best patients. I now have a different role in urology, as I have moved to the emergency department. Seeing patients on a more acute basis I am able to thoroughly assess and bring forward concerns that need to be acted on immediately. The knowledge that I have acquired from both the conferences and the wonderful group of nurses that partake in the UNC Victoria chapter meetings and conversations, will continue to help me gain more experience and a chance to bring the discussion of changes in urology.

I am looking forward to Kingston UEC and the CUA in Vancouver in 2016 and learning more about the wonderful world of Urology.

Respectfully Submitted, Courtney Ware

The Urology Nurses of Canada would like to wish all it’s Members and Sponsors

Merry Christmas
&
Happy New Year.

If your chapter or organization has an upcoming event that you would like to advertise in the Pipeline, submit the information with contact email to uncpipeline@hotmail.com
UNC Representatives 2015-2016

**UNC Executive**

**President:** Gina Porter  
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Nova Scotia: Emmi Champion  
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How to form a local UNC Group

1. Contact nurses and allied health in your area interested in Urologic Nursing.  
2. Pick a topic and a speaker (for initial meeting).  
3. Book meeting room  
4. Contact local sales rep for potential support of meeting.  
5. Advertise meeting and distribute information about the UNC.  
6. Create local executive e.g. chairperson, secretary, treasurer.  
7. Organize educational meetings/events.  
8. Contact UNC provincial representative regarding local business meetings.  
9. Encourage submissions of articles and upcoming events to The “Pipeline”.

Local Chapter news info: [www.unc.org](http://www.unc.org)

**Victoria Info:** Jill Jeffery - Tel: (250) 658-5632  
**Edmonton Info:** Liz Smits - Tel: (780) 407-6154  
**Toronto Info:** Frances Stewart - bladderqueen@hotmail.com  
**Kingston Info:** Sylvia Robb - Tel: (613) 548-7800  
**Ottawa Info:** Susan Freed - freeds@teksavvy.com  
**Montreal Info:** Raquel De Leon - raquel.deleon@muhc.mcgill.ca  
**New Brunswick Info:** Gina Porter - gina.porter@horizonnb.ca  
**Halifax Info:** Emmi Champion - emmi.champion@cdha.nshealth.ca  
**Newfoundland Info:** Sue Hammond - Tel: (709) 368-0101
Coming Events

CNCA Biennial Conference
May 27th-28th, 2016
Calgary, Alberta
www.cnca.ca

71st Annual CUA
June 25th - 28th, 2016
The Westin Bayshore
Vancouver, BC
www.cua.org
Nurses meeting at CUA
June 27th, 2016

Dine and Learn
May 26th, 2016
Thandi’s Restaurant,
Saint John, NB
Saint John Chapter of UNC

45th Annual ICS 2016
September 13th - 16th, 2016
Tokyo, Japan
www.isooffice.org

29th Annual UEC
"Waves of Change ~ Charting the Course"
"Where History & Innovation Thrive"
September 22nd - 24th, 2016
Marriott Residence Inn Kingston Water’s Edge
Kingston, ON
www.unc.org

Annual CANO/ACIO
October 20th - 23th, 2016
Hyatt Regency,
Calgary, AB
www.cano-acio.ca

Society of Urologic Nurses and Associates:
SUNA Annual Conference
November 4th - 6th, 2016
Marriott Wardman Park,
Washington, DC, USA
www.suna.org
find SUNA on facebook-
www.facebook.com/UrologicNursing

WHAT DO ALL THESE ABBREVIATIONS MEAN????

AUA - American Urologic Association
AQIIU - Association Québécoise des Infirmières et Infirmiers en Urologie.
CANO/ACIO - Canadian Association of Nurses in Oncology
CNCA - Canadian Nurse Continence Advisors
CUA - Canadian Urologic Association
ICS - International Continence Society
NCA - Nurse Continence Advisor
PCCN - Prostate Cancer Canada Network
SUNA - Society of Urology Nurses of America
UEC - Urological Excellence Conference
UNC - Urology Nurses of Canada