It was the day after I returned to work from the UNC conference in Halifax. What a great conference it was in such a beautiful city!

I received a telephone call from a man who has had prostate cancer for many years, but now it was time to start on ADT (Androgen Deprivation Therapy) for the first time. Well, naturally, he was devastated. He had heard, and read about all the horrible things that happen to men on this treatment. I talked with him for a few minutes, and then I suggested he take a look at the website: www.lifeonadt.com

Deborah Macleod had helped develop it and she spoke about it at the conference. They had some funding and had classes for men starting ADT. The classes were 1.5 hours, professionally led classes. They were given a free copy of the ADTBOOK and presented with evidence based strategies to manage the side effects of ADT. They presented lifestyle changes to enhance the patient’s success rate. Motivational interviewing was used to help the men find their internal motivations, and goal setting. The group setting normalizes the experiences. Unfortunately, when the funding ceased, the classes were discontinued.

Deborah noted that it was important to reach these men when they start ADT, before they develop unhealthy coping mechanisms. I directed my patient to the website. When I talked with him a few weeks later, he was most appreciative, and stated that he found the website easy to use, the information was presented clearly. He stated that it was helpful to know a credible place to obtain information.

The companion book Androgen Deprivation Therapy - An essential Guide for Prostate Cancer Patients and their Loved Ones by Richard J Wassersug, Lauren M Walker and John W Robinson is a comprehensive, easy to read guide to ADT therapy. I will offer it to the man starting the treatment. If the patient states he is not interested, usually his wife will gratefully accept it and read it and refer to it as needed. In some cases it opens the channel of communication between the couple. Several copies were donated to our centre by abbvie for this purpose.

Getting the information to the patients at the moment when they are most in need is an ongoing challenge. This online class and this book are great tools for nurses and educators to use for all patients, but especially those who do not have access to a centre to provide classes.

The knowledge we gain at a conference is so hard to quantify.

This was indeed a pearl.

Submitted by: Wendy Anstey, UNC ON Provincial Rep
2018 UEC Attendance Award Winner
2019 Urology Excellence Conference Agenda

Friday June 28
16:00 - 18:00 Registration

Saturday June 29
07:00 - 07:45 Registration
Breakfast & Meet the Exhibitors
07:45 - 08:00 Opening Ceremony
Susan Freed, UNC President & Conference Chair
08:00 - 08:30 “Immunotherapy for Bladder Cancer”
Dr. Robert Siemens, MD, FRCSC (C)
08:30 - 09:00 “Live Donor Transplant Program: A Urologists Toolbox”
Dr. Thomas McGregor, MD, FRCSC (C)
09:00 - 09:30 Dr. Chasta-Dawne Bacsu, MD, FRCSC (C)
09:30 - 10:00 Nutrition Break with Exhibitors
10:00 – 10:30 “Vaginal Erosions Related to Pessary Use”
Grace Neustaedter, RN, MN, NCA
10:30 - 11:00 “Advanced Prostate Cancer Clinic”
Liette Connor, RN
11:00 - 11:30 “Urological Trauma”
Dr. Kash Visram, MD, PYG 2 Queen’s University
11:30 – 12:30 Lunch with Exhibitors
12:30 - 13:15 National Award Presentations, UNC Annual General Meeting & National Election
Susan Freed, UNC President
13:15 - 13:45 “Urodynamics: Indications, Investigation and Interpretation”
Nancy Carson, RN, NCA
13:45 - 14:15 “Cannabis: A Psychoactive Drug, What Clinicians Should Know?”
Carolyn Richardson RN, MN, NCA, PhD (c)
14:15 - 14:45 Nutrition Break with Exhibitors
14:45- 15:15 “Debates in Endourology”
Dr. Michael DiLena, MD, PYG 4 Queen’s University
15:15 - 15:45 “Tips & Tricks for Passing a Urethral Catheter”
Emmi Champion, RN, NCA
15:45- 16:00 Closing Ceremony
Todd Bradley & Courtney Ware, Scientific Program Co-Chairs
17:40 - 18:40 Welcome Reception (as per CUA)

Sunday June 30 - CUA Fun Night: Relive the Best of the ‘80s!
Time: 1900h – 2300h
Location: The Voltigeurs de Québec Armoury (Manège militaire de Québec)

CHANGES TO THE PROGRAM
Program changes are unlikely; however, the organizing committee reserves the right to make changes to the program in the event of unforeseen circumstances.

Please visit www.cua.org for the CUA conference agenda.

UNC.org
Urology Nurses of Canada
PRESENTS
THE 32ND ANNUAL
UROLOGICAL EXCELLENCE CONFERENCE
“Breakthrough to excellence: #allons-y”

JOIN US!
June 29 - July 2, 2019
Quebec Convention Centre,
Quebec City, Quebec
This is the 3rd Joint Conference with the Canadian Urological Association
Register now at www.unc.org
Reserve your hotel at www.cua.org
before May 26, 2019 (based on availability)
2018 UEC ATTENDANCE AWARD WINNER

Linda Brockmann

Thank you to the UNC Executive for selecting me to be one of the successful applicants for the 2018 Attendance Award. This was our second Urological Excellence Conference joined with the CUA. I had not attended the CUA Sessions prior to the joint UEC/CUA conferences. A number of nurses from our worksite who attended the CUA Sessions every year, (always sharing some knowledge gained,) found the sessions very informative. After attending the joint sessions in 2017 and 2018, I agree! The CUA Sessions did not disappoint. I especially liked the panel discussions which covered the topic well. The questions to the panellists were very thought provoking and elicited a fairly entertaining (at times) discussion.

The vendor area provides a view into what is new in technology and in patient supportive equipment. We are familiar with what we use in our area and don’t always know of other items our vendors may have available or what other vendors may have. Exposure at events like this one allow us to see ‘what is out there’ and ask for them in our workplace.

Some of the volunteer groups are patient driven, just knowing they are out there to help someone who is facing the same or similar situation that they did, is inspiring. For people to be able to step out of their own personal crisis and want to reach out to others, takes a special person.

The UEC/CUA conference is a great way to network with those interested in Urology from across the country. It helps put a face to the name of those contributors to the Pipeline.

I find the UEC/CUA Conference helps me to stay up to date on the urology we practice every day. It also gives me a glimpse into the other areas of urology that I don’t see in my work.

I look forward to attending the 32nd Annual Urological Excellence Conference in Quebec.

Submitted by: Linda Brockmann, UNC AB Provincial Rep

2018 UNC Scholarship Award Recipient Speaks Up!

Thank you to the executive committee of the Urology Nurses of Canada for selecting me for the 2018 UNC Scholarship Award.

Throughout my nursing career Urology patients have always had a rap for being the patients with the issues that can wait, that can be dealt with by the next shift and I am humbled that the UNC has changed my focus and am proud to say I am a Urology Nurse!

Being an RPN has been one of the great accomplishments of my life, as I have dedicated my career to the service of others in hopes that I will make a difference. Being the 2018 UNC Scholarship recipient has proved that my passion for nursing has not changed as I continue to strive for better and more. Currently working through my Bachelor’s of Science in Nursing degree through Nipissing University has allowed for a more scientific approach to the care I provide to my patients. Developing the skills to think higher, to think bigger, has given me the passion to want the best for my patients. This award has impacted my current practice by allowing me to further my education to ensure I am improving the care for Urology patients. Seeing Urology patients in an acute-care setting ensures that I treat my patients as a whole-being and remembering that every need is valid and affects the next system. Also, being more thorough in assessments and identifying areas of concern without just passing it to the next shift. The knowledge that I have acquired from the UNC over the past few years is making a difference in the outcomes of patients.

Looking forward too many years to come!

Submitted by: Todd Bradley, RPN, UNC VP Central and Membership Coordinator

UNC: It’s Your Organization! How Can You Contribute?

Are you looking for a way to become a more active member of the UNC? There are various ways you can be more involved.

* **Local Level:** Participate in your local chapter by attending meetings, sharing information about the UNC with those you work with, or being part of your local chapter executive. If you don’t have a local chapter help start one!

* **Provincial Level:** Put your name forward for the Provincial Representative for your province or support your Provincial Representative by sharing what is going on in your local chapter.

* **National Level:** Run for one of the various executive positions that are elected each year. Attend the annual conference, share what you learned and when possible spread the word about what the UNC has to offer.

* **UNC Pipeline:** You can also write articles for the Pipeline about what you are doing in your practice or something new that interests you. One of the best ways to learn is to research and read about new things in order to present or write about them yourself.

Remember the UNC is only as strong as its members, so your participation strengthens this organization for everyone. When we challenge ourselves and step outside our comfort zone we grow professionally as well as personally.

Find what suits you best and participate today! You’ll be glad you did!

Submitted by: Gina Porter RN, NCA, UNC Pipeline Editor
UNC Kingston Chapter: The 8th Annual Margaret Huddleston Memorial Conference

Every year the Kingston Chapter hosts a local event that supports the nurses within the community and surrounding area. This event is hosted as a memorial for a Kingston Urology nurse who dedicated her career to fostering a center of excellence in ensuring her patients’ received the latest and most compassionate care possible. Every year we are growing and continue to reach nurses from all areas. In November 2018 we were pleased to have provided education to over 90 nurses from a variety of practices and clinical areas, such as Cancer Centers, Renal Units, ER, ICU, In-patient Surgical wards, Long Term Care, Community Agencies, CFB Kingston and Educational facilities.

Kingston Chapter President Todd Bradley, opened the event noting: “Our mission is to enhance the specialty of urological nursing in Canada by promoting education, leadership, research and clinical practice to ensure professional growth and development. We are honoured once again this year to be back at Queen’s University School of Medicine where as partners with Kingston Health Sciences Centre, we are proud to support the outstanding leaders in Urology. We are here to generate innovation, present new world class research and the latest advancements in practice. We are fortunate to have a strong group of academic urologists leading the way here in Kingston with trend setting practices.”

This year the Kingston Chapter provided education on three current hot-topics within healthcare for the Kingston and surrounding area. Dr. Jason Izard spoke to the nurses about his research within GU Cancer, providing an ASCO Update. Dr. Thomas MacGregor invited the nurses into his operating room to share his Live-Donor Transplant program. Lastly, we welcomed an NP from the Ottawa area who has spent a portion of her career looking at the effects of Medical Cannabis and providing the nurses with one of the hottest topics in health-care at the current time.

As always, events like this are not possible without the never failing support from our corporate sponsors: TerSera, Red Leaf Medical, SziOPlus and Hollister. The nurses had the opportunity to visit their booths and interact with the latest products they had to offer.

The event was a huge success and is still providing positive feedback. The Kingston Chapter is already starting to plan the 9th Annual conference in Fall 2019.

Stay Tuned!

Submitted by: Todd Bradley, RPN
UNC Kingston Chapter President
UNC VP Central and Membership Coordinator

UNC Halifax Chapter News and Updates

The Halifax Chapter of UNC had a very successful Dine and Learn event on April 11th. Over 70 attendees from all over the province were present. We had two nurses from the in patient urology unit discuss nursing care issues encountered with quadriplegic and paraplegic clients, which was very informative. The second speaker of the evening was Liette Connor RN, who works as a research nurse in the advanced prostate clinic in Halifax. She spoke of new treatment options and research advances in this area. Spoiler alert! I don’t want to give away too much of her talk as she will be presenting it at the UEC in Quebec City. Our final speaker was a third year urology resident who gave an excellent talk on a very hot topic right now, Urological care of transgendered clients. This session was met with much interest and many questions.

Submitted by: Tammy Bowles, NS UNC Provincial Rep

UNC Victoria Chapter News and Updates

Things have been quiet on the Victoria front...

The Victoria Chapter is in the process if starting a Journal Club, we were extremely lucky to have Kari the BC provincial Rep secure funding for this to be a biannual event. The First date yet is to be determined.

Membership numbers are up for Victoria! Two of our chapter members, along with 10 other Victoria-based nurses, and one nurse from the Cowichan district, were provided with funding to attend the CUA/UEC this year! A huge “THANK YOU” to the Victoria and Duncan Urology groups for providing funding for the sixth year. Everyone is excited to have the UEC come back to Victoria next year. It’s been way too long!

Submitted by: Courtney Ware, UNC VP West
**Calgary, AB Chapter**

Calgary Chapter hosted their 1st Urology Education Day on February 7th, 2019 at the Rockyview General Hospital. The theme for the day was "Love Your Prostate". Over 70 nurses from OR, Recovery Room, DSU, Outpatient Urology and Community Care attended the Education Day. A few excellent urologists were invited as speakers: Dr. Spanner, Dr. Bavestock, Dr. Kozak, Dr. Kawakami and Dr. Lee. Clinicians learned a lot from these well planned and organized urology presentations.

Special thanks to Urology Ed day Committee (Chelsea, Kris, Heather, Natalie, Tara, Torey, Anthony, Carolyn and Geman) for planning this event.

Calgary chapter is proud to announce that they now have a Face book Account.

Submitted by: Geman Chen, Calgary Chapter Rep

**Edmonton, AB Chapter**

Our 2019 Urology Daze will be held on May 3, 2019 at the Chateau Louis Conference Centre in Edmonton. Topics this year include Kidney Cancer, Male Infertility, Medical and Legal Considerations of Cannabis use in Alberta Health Care Facilities, Enhanced Recovery After Surgery In the Cystectomy/Urology Patient and Constipation & Complex Bowel Management. Registration and conference information can be found at: [http://urologyinterestgroupedmonton.ca](http://urologyinterestgroupedmonton.ca)

Submitted by: Betty Ann Thibodeau
Pediatric Urology Nurse Practitioner
Chair of the Edmonton Urology Interest Group

**Saint John, NB Chapter**

Saint John is busy planning its annual Dine and Learn for September 2019. We already have two of our three speakers lined up and are currently working on sponsorship of the event. The event is always a big hit with our local nurses. Our local Urologists always support the event by giving of their time to present on a variety of topics. We are looking forward to another great event.

Submitted by: Frankie Bates, NB UNC Provincial Rep

**Follow UNC National on Face Book!**

**CALL FOR NOMINATIONS - It is that time of year again!**

Time to think about nominations for the UNC Executive positions up for election this year. If you know of someone who would do a great job or you are interested in a position yourself, please forward the name and current contact information along with the position nominated for, to Gina Porter at uncpipeline@hotmail.com

Each nominee will be contacted to ensure they are interested in having their name stand. They will then be required to submit a short bio that will be available to all those attending and voting at the UEC in Quebec in June. The duties for each position can be found in the constitution on the UNC web site. Nominations will also be accepted at the UEC prior to the Annual General Meeting.

The positions that are up for election this year are as follows: Vice-President East, Membership, Secretary and Treasurer as well as all the Provincial Representatives.

Please have nominations in to Gina Porter by June 1, 2019 to allow for nominees to be contacted. If you have any questions please feel free to contact any member of your UNC Executive.

**Remember:** You must be present at the AGM and a member in good standing for the current year in order to vote. Show your support for the UNC and attend the UEC this year. Exercise your right to vote!
UNC Info

UNC Representatives 2018-2019

UNC Executive

President: Susan Freed
Past President: Gina Porter
Vice-President West: Courtney Ware
Vice-President Central: Todd Bradley
Vice-President East: Emmi Champion
Membership: Todd Bradley
Sponsorship: Frances Stewart
Treasurer: Nancy Carson
Secretary: Carolyn Richardson

UNC Provincial Representatives

West: British Columbia: Kari Massey
Alberta: Linda Brockmann
Alberta: Geman Chen
Saskatchewan:
Central: Manitoba: Gayle Nickol
Ontario: Carrie Elder
Ontario: Wendy Anstey
Quebec:
East: New Brunswick: Frankie Bates
Nova Scotia: Tammy Bowles
Newfoundland and Labrador: Marg Hollett
Prince Edward Island: Tara Rose Stewart

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

Victoria: Ali Maclaggan- Ali.maclaggan16@gmail.com
Edmonton: Betty Ann Thibodeau - bettyann.thibodeau@albertahealthservices.ca
Calgary: Carolyn Richardson - richardson.carolyn7@gmail.com
Toronto: Frances Stewart - bladderqueen@hotmail.com
Kingston: Todd Bradley - bradleyt@kgh.kari.net
Ottawa: Susan Freed - freeds@teksavvy.com
New Brunswick: Gina Porter - gina.porter@horizonnb.ca
Halifax: Tammy Bowles - pooh_cav@hotmail.com
Newfoundland: Sue Hammond - hammond_so@yahoo.ca
Coming Events

2019 Urology Daze
May 3, 2019
Edmonton, AB
http://urologyinterestgroupedmonton.ca

UNC / CUA Joint Conference
June 29th to July 1st, 2019
Québec Convention Centre
Quebec City, QC

32nd Annual UEC - Saturday June 29th

74th Annual CUA June 29th PM to July 1st
Registration fee for UEC portion covers the Scientific Program of the CUA as well as Fun Night.
www.unc.org
www.cua.org

ICS 2019 GOTHENBURG
49TH ANNUAL MEETING
September 3rd - 6th, 2019
Gothenburg, Sweden
www.ics.org/2019

2019 Dine and Learn
September 10th, 2019
Thandi’s Restaurant
Saint John, NB

Society of Urologic Nurses and Associates:
SUNA UroLogic Conference
September 20th - 23rd, 2019
Disney’s Coronado Springs Resort ,
Lake Buena Vista, FL , USA
www.suna.org
find SUNA on facebook-
www.facebook.com/UrologicNursing

2019 Annual CANO/ACIO
October 20th - 23rd, 2019
Winnipeg, Manitoba
www.cano-acio.ca

WHAT DO ALL THESE ABBREVIATIONS MEAN????

AUA - American Urologic Association
CANO/ACIO - Canadian Association of Nurses in Oncology
CNCA- Canadian Nurse Continence Advisors Association
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

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