Canadian Urological Association
61st Annual Meeting
June 25 - June 28, 2006
World Trade & Convention Centre
Halifax, NS
E-mail: cu2006@cua.org
Website: www.cua.org

Urology Nurses of Canada
at the CUA meeting
Monday, June 26, 2006
16.00 - 18.00 hrs
Casino Nova Scotia Hotel
Halifax, NS
Call: 902-473-2570
E-mail: emmi.champion@cdha.nshealth.ca
Website: www.unc.org

19th Urological Excellence Conference
“Up Where We Belong”
October 26 - 28, 2006
Marriott Chateau Champlain
Montreal, QC
Call: 519-934-1934 ext: 35657
E-mail: raquel.deleon@muhc.mcgill.ca
Website: www.unc.org

Association Quebecoise des
Infirmieres et Infirmiers
En Urologie
13e Journee Scientifique
November 3, 2006
Montreal, QC
E-mail: AQIIU@videotron.ca

Canadian Nurse Continence
Advisors Association
5th Biennial Conference
“Challenges of Continence...
Applying Best Practice”
May 5 – 6, 2006
Inn at the Forks,
Winnipeg, MB
Phone: 204-235-3505
E-mail: cnccwinnipeg@shaw.ca
Website: www.membersshaw.ca/cnccwinnipeg

Canadian Prostate Cancer Network
3rd Annual Meeting
July 30 - August 1, 2006
Calgary, AB
Website: www.cpcn.org

Society of Urologic Nurses & Associates
2006 Annual Conference
October 27 – 30, 2006
Hyatt Regency Crown Center,
Kansas City, MO, USA
Call: 888-827-7862
E-mail: suma@ajj.com
Website: www.suma.org

Society of Urologic Nurses & Associates
Annual Symposium
March 16 - 18, 2006
Marriott Marquis,
New York, NY, USA
Call: 888-827-7862
E-mail: suma@ajj.com
Website: www=suma.org

A Publication of the Urology Nurses of Canada
December 2005

PSA Screening for Prostate Cancer
Sue Hammond, RN

Estimates show that this year more than 20,500 Canadian men will be diagnosed with Prostate Cancer and over 4,300 will die from it. The gold standard for Prostate Cancer screening is the Prostate Specific Antigen (PSA) blood test accompanied by a digital rectal exam (DRE). Since the introduction of PSA testing in the late 1980s there has been much controversy and debate over its use in wide spread screening programs.

Prostate Specific Antigen is a member of the kallikrein gene family and functions as a serine protease secreted into the seminal fluid to help with seminal liquefaction. It is only produced in any significant quantity by the prostate epithelium and the periurethral glands.

PSA appears in both free and complex molecular forms in the blood. The complex PSA binds to alpha-1-antichymotrypsin and is higher in men with prostate cancer.

Several factors that affect PSA are:
- Prostate cell number
- Prostate size
- Recent ejaculation - effected 6-48 hours
- Prostate manipulation
  - Vigorous massage – effected 1 week
  - Cystoscopy – effected 1 week
  - Prostate Biopsy – effected 4-6 weeks
- Prostatitis
  - Acute – effected 3-6months
- Chronic
- Drugs: Finasteride (Proscar)
  - effected 3-6 months
  - lowers PSA for as long as the patient is on the medication

When screening is undertaken some general principles apply. A population for whom screening is appropriate must be defined. Sensitivity and specificity should be high and there should be a prevalence of the disease with a high fraction of undesirable consequences. The natural history of the disease should be known. Treatment must prevent the unfavorable consequences of the disease and costs and benefits reviewed.

There are 3 types of screening at present:
- Screening – this involves testing of the total population
- Early Detection – screening on request of the well informed
- Opportunistic screening – this screening is done outside given protocol in randomized trials and can be a contaminate in results.
In August a representative from UNC attended the second CPCN conference held in Toronto. She was in awe of the support and enthusiasm displayed by both presenters and delegates. Once again about 150 men, some accompanied by their spouses, gathered from across the country to learn more about Prostate Cancer and the treatments available. They were also there to share their experiences and the value of the support groups they are involved with.

Dr Chodak from Chicago gave a general overview of all known treatment options and emphasized the importance of patients getting involved in their own care.

He was followed by Dr Toguri who gave a talk about BPH and Drs Cook and Morgan, who covered all aspects of Brachytherapy. Dr Finelli gave a presentation on Laprascopic Radical Prostatectomy and had the delegates fascinated with a video of the surgical procedure. A new treatment called HIFU - High Intensity Focused Ultrasound - was discussed by Dr Woods.

Corporate Sponsors
Urology Nurses of Canada
Corporate Sponsors for 2005/2006

Each year Urology Nurses of Canada acknowledges and thanks our national Corporate Sponsors for their continued support.

For the year 2005/2006 they are:

Titanium Level
AstraZeneca

Silver Level
Pfizer

The standing ovation was saved for Irene Lange-Mechlan, the director of the Prostate Centre at TSRCC. She touched everyone with her very personal story of how she became the sole palliative caregiver when her husband was diagnosed with prostate cancer. She strongly recommended that men should talk about their diagnosis and seek the needed support from family and friends.

The conference was not only about listening to medical experts. Two concurrent workshops facilitated by Ron Benson and Jim Moran of the Man to Man Prostate Cancer Support group were held. These involved group discussions covering topics which benefit all support groups.

Calgary will host the 2006 CPCN Conference and UNC will continue to send representatives. We encourage UNC chapters to assist support groups in their areas.

CPCN Conference

Urinary Spectrum

Urology Nurses of Canada Review Board has recently endorsed The Urinary Spectrum, a color chart developed by Jill Jeffery and Joyce Slater from Victoria, BC. This chart was developed to provide visual reference and create consistent language when referring to urine color in any care setting. There is also a continuous bladder irrigation(CBI) troubleshooting chart with suggested Nursing Actions according to urine color. They are marketed in kits that come with color strips and a chart with the colors and corresponding interventions.

The colors are very accurate and there should be no trouble having the interventions approved by Nursing Practice Committees and Urology Departments. The cost is very reasonable.

One nurse states "I have had nurses from other floors asking where they can get the color strips".

For further information please contact
Jill Jeffery - e-mail: jeffery@telus.net

Urine Spectrum

www.unc.org/may5.htm

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“Rise to the Occasion: Overflow to the East” UEC - 2005

Halifax was the location of the Urological Excellence Conference for 2005. About 150 delegates from across the country converged on the Maritimes for our annual UNC conference entitled “Rise to the Occasion: Overflow to the East”.

Following the warm welcomes by Dr. Norman, Chief of Urology Department and Susan Freed, UNC President, Dr. Bell discussed Prostate Cancer surgery and its complications. He stated that our goals should be cancer control, bladder control and sexual control.

The keynote address that sparked the most interest was “Sexuality and the Teen”. Nova Scotia’s new youth sexual health resource, “Sex? – A Healthy Sexuality Resource” is the product of a three year-long development process involving focus group work with over 500 youth, parent/teacher focus groups and input from national and provincial experts in the field of sexual health/sex education. The speakers reviewed the resource, gave opportunity for questions and each delegate was given a copy.

Involving focus group work with over 500 youth, parent/teacher focus groups and input from national and provincial experts in the field of sexual health/sex education. The speakers reviewed the resource, gave opportunity for questions and each delegate was given a copy.

Dr. Dianne Heritz gave a comprehensive presentation on Interstitial Cystitis discussing prevalence, genetics, etiology, diagnosis, treatments and management strategies.

The concurrent sessions were all very good and I found it hard to choose.

Nova Scotia has a wonderful Cancer Patient Navigator service and nurses from this expanding program gave an informative talk about this success story.

“Reaching for Gold with Neobladder Surgery – What does nursing have to offer?” by Jean Brown an Enterostomal Therapist gave many useful nursing tips.

Frankie Bates discussed the taboo topic of Stress Urinary Incontinence and the need for advocacy groups to improve the lives of women with SIU.

Once again hard work on the part of the organizing committee paid off. They are to be thanked and commended for their efforts. We still have the Urology Song pinned on our notice board at work to remind us of our travels and the urology nurses of Nova Scotia.

What I’d really like to know
Is why my prostate has to grow?
When I was young it had its day
But now these days have passed away

Annoying things I must endure
And sad to say they’re hard to cure
I swallowed pills, and herbals too
Yet good results were all too few

It’s like a door that shuts up tight
With symptoms always worse at night
As best I can I push and strain
In hopes the flow will start again

Sometimes the bladder will not go
And other times it’s very slow
And then at times it leaks away
Just why or when I cannot say

I must be sure a toilet’s near
When running water I can hear
Because the fact is surely true
That soon I will be “running” too

The tinkling sound as well I know
Will make my bladder want to flow
Of all the drugs, I’ve run the race
And now a surgeon’s knife I face

Although in truth I must admit
The knife is not attacking it
In fact it is a tender spot
A private part the surgeon’s got

I’d rather it was left alone
My reproductive hidden zone
It does not fill my soul with glee
To have a tube stuck into me.

Though I’m assured it soon will go
Indeed I hope that that is so!

I thank my surgeon and the rest
A team I know will do their best
I hope my verse will raise a smile
And ease your efforts for a while

The doctor took some blood from me
A PSA it was to be
If reading high there is a care
The cancer might be hiding there

It was not high, it was not low
In between, I’d have to know
Higher than it was last year
A warning sign I guess I fear

What we shall do is sit and wait
And test again at later date
If it is down then that is great
But if it’s up what then’s my fate?

A surgeon’s knife, spare me the thought
It maybe cure - or maybe not
Already I have lost some bits
Resulting in great benefits

Female drugs will slow things down
But bigger breasts could make me frown
What size bra should I obtain
To keep my bosoms free from strain?

Radiation too can cure
Or will it? I’m not too sure
I know it makes one bald and sick
But maybe it would do the trick

Left alone they’re often slow
These cancer cells to live and grow
There’s quite a chance they would not kill
Ere death ensues from other ill

No doubt you think I’m being morose
But what’s to come no person knows
I trust my prostate is benign
And I will live on till ninety-nine

Dr. Allan Arneil
The Prostate

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Local Chapter News info: www.unc.org

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 the initial meeting).
3. Book meeting rooms.
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 “Pipeline.”

Help Wanted!
The UNC invites you to participate with some of the UNC initiatives including:
• Authors for Pipeline articles
• Submission of Abstracts for UEC-2006 Concurrent/Scientific Papers/Posters

Corporate Sponsor
Award Winners
The winners of the UNC Awards Program were announced at the Urological Excellence Conference - 2005 which was held in Halifax, NS during October. These awards are made available through unrestricted educational grants given via our Corporate Sponsorship Program.

The winner of the Male Sexual Dysfunction Award was Louise McIntosh from Gloucester, ON for her article entitled “The Role of the Nurse in the Use of Vaginal Pessaries To Treat Pelvic Organ Prolapse and/or Urinary Incontinence: A Literature Review”. It was published in Urologic Nursing – February, 2005. The corporate sponsor was AstraZeneca.

We congratulate the winners.

UNC Award of Merit
Is there some research in the field of urological nursing you wish to do?
What about developing some educational material?
Is there some more education you wish to pursue?

Start thinking about applying for next year’s awards.
The awards are Research, Editorial, Male Sexual Dysfunction and Scholarship.

UNC Award of Canada Awards
At each Urological Excellence Conference awards are given by Urology Nurses of Canada for the best short paper presentation and the best poster.

The winners of the award for best Short Paper Presentation was Lorna Butler/Sue Marsh from Halifax, NS reporting on research to develop a questionnaire for accurate measurement of men’s sexual health. These men have had prostate cancer and it is hoped that the questionnaire will be used in future clinical trials.

The winners of the Poster award were Anne Crowell and Susan Whalen from Halifax.

The title of their poster was ’Education and Documentation of Self catheterization in the Ambulatory Setting for Women Undergoing Tension Free Vaginal Tape Procedure’.

UNC Award of Merit
Every year Urology Nurses of Canada seeks nominations for the Award of Merit. This is an award, which honors a nurse who has not only contributed to Urology Nurses of Canada but has shown leadership to her local colleagues and demonstrated a high level of nursing skills.

This year’s winner is Emmi Champion from Halif..