

## Inside this issue:

Chairperson's Report	1
Editor's Report	2
National Bladder and Kidney Cancer	2
New VUNS Members	2
Men Warned of Prostate Cancer Risk	3
Victorian Urological Nurses ASM Scholarship/Education	4
New payment arrangements for membership	4
2011 Country Meeting – Lorne	4
VUNS Committee 2010/2011	5

## Chairperson's Report December 2011

Dear VUNS Members

This is my final newsletter as VUNS Chairperson. I am handing over to Donna Cowan who will take over as Chairperson into 2012. I would like to take the time to reflect over the year.

February saw many of us at the ASM in Christchurch. It seems so long ago now, but the memories will last forever. In July we had our annual joint meeting with the Continence Nurses MOW. This was well attended and promises to be bigger and better next year. We also had our AGM on this day which proved to be a great success. August saw the 12<sup>th</sup> Australasian Prostate Cancer Conference. Although this is not actually a VUNS education meeting, it is well worth urology nurses attending for their professional development. October was the USANZ Vic branch country meeting. Thank you to

Chris Redpath who organised the nurses study day. The session with Dr Mark Salloway was very interactive and informative. I can really recommend attending this weekend. It is a very relaxed atmosphere and everyone has the opportunity to socialise and enjoy themselves.

The executive committee have been working hard to ensure that all VUNS members are supported with ongoing education and scholarship opportunities. I would personally like to thank the committee members;

Pat Bugeja  
Ros Lawrence  
Alison Overton  
Donna Cowan  
Chris Redpath  
Kellie Matthews  
Carla Daminco and  
Melissa Caruso

for their ongoing support and commitment to enable VUNS to continue supporting their members.

The 2012 ASM is in Darwin in April so ensure that your contact details are up to date including a current email address. This will ensure you don't miss any important information.

This is our last Newsletter for 2011. I would like to take this opportunity to wish all our VUNS members a Happy and safe New Year.

Hope to see you all at our Christmas function on Wednesday, 7 December 2011.

**Kath Schubach**  
Chairperson

---

## Newsletter Editor:

Melissa Caruso

Email:

melissa.caruso@southernhealth.org.au

Deadline for next

Newsletter: January 2012 for February

---

## Editor's Report December 2011

2011 has definitely come and gone before our eyes, with 2012 just around the corner we look forward to a very busy educational year.

In this edition of the newsletter we have included some very important information for members: **VUNS will now only accept bank transfer for membership** so please contact your bank if unsure as to how you undertake a bank transfer. The new

membership form is also included in the newsletter. Also a reminder that VUNS offers ongoing scholarships for conferences or professional development, please visit our website for application forms and criteria eligibility.

I would like to thank Kath for all of her hard work and enthusiasm as the VUNS chairperson and a welcome Donna

to the role of chairperson for 2012.

Thanks to all who have contributed to this edition of the newsletter and I would like to wish you all a very Merry Christmas and a safe, healthy New Year. See you all in 2012

Melissa Caruso

Editor

If you would like to contribute to the newsletter please contact me via email [melissa.caruso@southernhealth.org.au](mailto:melissa.caruso@southernhealth.org.au)

## National Bladder and Kidney Cancer Symposium 9-11 February 2012, MCG

The 2nd National Bladder & Kidney Cancer Symposium will be held from 9 to 11 February 2012. Building on the success of the inaugural meeting in 2010, this will provide a multidisciplinary update on the management of these malignancies,

through a combination of plenary sessions, case discussions and a surgical workshop.

The nurses program includes a twilight session on Thursday and all day Friday focusing on bladder cancer. This will be an exciting

meeting to start off 2012.

Please refer to the website [www.bkcs2012.org](http://www.bkcs2012.org) for further details and registration.

Early bird closes on Friday, 16 December 2011 so get in early!!

## New VUNS Members

Welcome to our new members:

Keren Gillespie - St John of God Berwick

Amanda Jenkins - Cabrini Hospital

Justine Mathew - St Vincents Hospital, Melbourne

Jenny Roberts - Portland District Health



## MEN WARNED OF PROSTATE CANCER RISK

As a recipient of a scholarship for the Urology conference in New Zealand I have been asked to produce an article for the VUNS Newsletter. It was much easier to except the scholarship than it was to find something to include in the newsletter, I hope some of you find this article of interest and informative, I have trolled the Internet to find a topic that is current and I hope informative.

NSW Cancer Council have reported on a five year study of more than 200 NSW men, the study has focused on treatments for men with advanced prostate cancer, the treatments they received were the hormone-based androgen deprivation therapy (ADT), external beam radiotherapy and radical prostatectomy.

The study found the side effects from these treatments were causing multiple problems in the men's everyday lives; the side effects included incontinence, hot flushes impotence and fatigue. The men with advanced prostate cancer answered questions; these answers were compared with similar ones from men without prostate cancer.

Men who underwent ADT, a common treatment that reduces the male hormone testosterone and dihydrotestosterone in an attempt to stifle the growth of prostate cancer cells, suffered the worst decline in quality of life.

About 55 men had radical prostatectomy to remove the entire prostate, this often led to poorer urinary function and greater risk of incontinence, however Dr Smith the Lead researcher said these men had excellent survival chances, and were more likely to rationalise the side effects.

Dr Smith is going to address the Clinical Oncological Society of Australia's annual scientific meeting, he said the study has suggested men need to be warned about the possible effects treatment could have on men's quality of life. He said, we aren't saying men shouldn't have these treatments, but they need to be aware of side effects, and make decisions about which combinations are right for them. **(This report was accessed from [ninemsn.com.au/health/8374597/men-](http://ninemsn.com.au/health/8374597/men-warned-of-prostate-treatment-risks)**

**warned-of-prostate-treatment-risks.)**

I look forward to reading this research further when it is published. After reading the report, I reflected on my own practice and the knowledge I have gained over the years, I think individuals delivering these treatments are becoming more informed of the side effects facing these men, and the health community is doing their best to combat these side effects.

I'm hoping my contribution to the VUNS newsletter has got you wondering about your patients, and their families with advanced prostate cancer. I would welcome people to drop Melissa an email on their thoughts on this NSW study, and include things you do in your practice, to try and help the men and their families combat the side effects of advance prostate cancer treatment.

Kellie Matthews  
Urology and Continence  
CNC

**VUNS offers ongoing scholarships for conferences or professional development**

**To be eligible the applicant must be a financial member of VUNS for at least 12 month prior to application**



## Victorian Urological Nurses ASM Scholarship/Education Application

**IMPORTANT:**  
As of 2012, all new memberships and renewals will be by bank transfer only

A reminder to all members that scholarships are available to provide financial assistance to members of Victorian Urological Nurses (VUNS) Special Interest Group to participate in the USANZ Annual Scientific Meeting, other urological conferences such as the

National bladder and Kidney Symposium or to participate in professional development that directly enhance the applicant's professional learning on issues related to urological nursing.

**Applications for the 2012 Bladder and Kidney Symposium close on Monday, 16 January 2012**

**Applications for the 2012 ASM close on the Monday, 27 February 2012**

Please find attached an application form refer to the website for further details.

### New payment arrangements for membership...

As of 2012, all new memberships and renewals will be by **bank transfer only** to: Victorian Urological Nurses Society  
BSB: 033-395  
Acct # 11-0933

**Payment is only by bank transfer (internet), if unsure on how to make transfer please contact your bank for details. Please find enclosed the new membership form.**

Send membership form to:  
Pat Bugeja  
25 Munro Avenue  
Ashburton VIC 3147  
Email: [pat.bugeja@mh.org.au](mailto:pat.bugeja@mh.org.au)  
mob:0408312565

### 2011 Country Meeting – Lorne

10 lucky members that attended the 2011 country meeting in Lorne will be placed in a draw to win back their registration fee (value \$40.00).

Winners will be notified via email shortly and published in the first newsletter of 2012.



---

## Victorian Urological Nurses Society Inc

All correspondence to be directed to:  
Carole de Greenlaw—VUNS  
C/- Australian Nursing Federation  
540 Elizabeth Street  
Melbourne Vic 8006

Email: [cdegreenlaw@anfvic.asn.au](mailto:cdegreenlaw@anfvic.asn.au)  
Phone: 9275 9333  
Fax: 9275 9344

We're on the Web:  
[anfvic.asn.au/sigs/](http://anfvic.asn.au/sigs/)

## VUNS Committee 2010/2011

<b>Chairperson</b>	Donna Cowan
<b>Treasurer</b>	Pat Bugeja
<b>Membership</b>	Libby Beale
<b>Newsletter Editor</b>	Melissa Caruso
<b>ANZUNS Rep</b>	Donna Cowan
<b>Affiliate Liaison</b>	Alison Overton
<b>General Committee Members</b>	Ros Lawrence Kellie Matthews Chris Redpath Carla Daminco



### Disclaimer

Information has been provided for this newsletter in good faith to inform our membership. While every effort is made to keep the newsletter current, no warranty is made by the contributors, expressed or implied, as to the accuracy of the information contained in this newsletter.

---