Welcome to the summer edition of the SUNWA newsletter, I hope most of the Christmas rush is behind you and you can look forward to a relaxing time welcoming in the new year.

We’ve had a few changes on the committee since the AGM in August with Andrea Douglas stepping down as President, Jean Marie Le Roux resigning as secretary and Hong Vo stepping down as her term was complete. We would like to thank them all for their ongoing support and contribution to SUNWA. The new committee consists of Kendall Shelton as treasurer and secretary; Francesca Leggot, newsletter editor and Jane Neve our education officer with support from Jenny Cunnoid. Daniel Lightowler and Erica Botha continue in supportive roles. I accepted the nomination for President and together we plan to develop and deliver an exciting year ahead with education events and informative newsletters.

Our recent November education evening was a great success and we took the opportunity to acknowledge the contribution to SUNWA by Jenny Bennett and Sharron Hickey in presenting them Lifelong memberships. As many of you may be aware Jenny and Sharron were instrumental in creating, developing and promoting the growth of SUNWA and continue to contribute to the ongoing professional development of Urology Nursing at a local and national level. We thank them for their encouragement and ongoing support of urology nursing in Western Australia.

Congratulations to Anita Clarke, the successful applicant for the ABBVIE award for 2016. Anita plans to attend the USANZ/ANZUNS conference on the Gold Coast in April and we will look forward reading her account of the Annual Scientific Meeting. For those thinking about attending the ANZUNS conference early bird registration closes by March 6th, 2016. At the time of print ANZUNS has not released information regarding applications for educational awards and grants but we will circulate emails as we receive them.

In other news the USANZ WA State Section meeting was held on October 23 -25th in Bunkers Bay Resort, Dunsborough. A small dedicated contingent of SUNWA members attended and was by all accounts a great meeting with a good variety of educational and social activities to enjoy. Jane Neve, winner of the SUNWA scholarship reports on her experience and feedback on the event.

SUNWA’s first Education Event for 2016 will be held on Thursday March 31st. Further details will be circulated in the new year and please also check the SUNWA website for up to date information on forthcoming education events and scholarship opportunities.

I would like to take this opportunity to wish you all best wishes for the festive season and look forward to catching up with you all at the SUNWA events next year.

Lisa Ferri
President
Education Evening

Our November study evening consisted of a combined talk from Dr Ak Hamid and Carly Hartshorn. Dr Ak Hamid is a urologist who has a focus in neurourology amongst other things. Carly is the CNC spinal urology nurse at Fiona Stanley Hospital. Ak and Carly spoke about spinal urology.

Their talk was both educational and entertaining. They provided insight into how spinal patients manage their bladders to fit into their daily routines and capabilities. I felt inspired by their passion for their patients and enlightened by the complexity of spinal urology patients.

We had a great anatomy review from Ak and Carly and learnt that most patients with a spinal cord injury will have some degree of bladder abnormality. A bladder abnormality which has resulted from a spinal cord injury or neurologic dysfunction is referred to as a neurogenic bladder.

The goals of treatment for a spinal patient are preserving the upper urinary track, minimising complications and maximising quality of life without too much intrusion from a difficult bladder! Emotional support is a huge part of Carley and Ak’s roles as they must find a suitable urology management plan so as not to compromise patients lifestyle, sexuality, psychological and physical wellbeing.

The biggest take home message from Carley and Ak was the importance of patients fitting in their bladder needs around their lives rather than adapting and compromising their quality of life to manage their bladder.

We learnt that nurses working in every area can contribute to the safety and wellbeing of spinal patients by referring them back to the spinal urology unit at Fiona Stanley Hospital. It is imperative that spinal patients have regular follow ups which would include diagnostic tests to rule out hydronephrosis and reassess their bladder needs to optimise quality of life. As ongoing follow up these patients would often also require urodynamics to assess bladder pressures, bladder and sphincter function, a cystoscopy to keep an eye on bladder anatomy as well as routine blood tests, functional assessments and evaluation of suitability of chosen treatment plan.

Ak and Carly educated us about assessment of dexterity, the teaching of self intermittent catheterisation, botox treatment, CLAM procedures, long term SPC and urinary diversion. Spinal patients are particularly unique all requiring very different management plans. Carly expressed the importance of regular review as many spinal patients will have some degree of change in their bladder over time. The initial management plan provided may not be suitable long term. Hence the importance of all health care providers being mindful to encourage their patients with spinal cord injuries to be reviewed by the Fiona Stanley Spinal Urology unit.

Overall the evening was a great success, the environment was friendly and lighthearted. The food was great and the venue easily accessible for our members. We had great attendance and would like to say thank you to all who came along.

Francesca Leggott
Lifelong Members

This year we had the pleasure of granting two special ladies SUNWA lifelong memberships. Jenny Bennett and Sharron Hicky have both been instrumental in the development and growth of SUNWA from its very inception.

In their careers as specialist urology nurses Jenny and Sharron led the way in providing exceptional care to patients. In their roles as mentors Jenny and Sharron provided many nurses with the knowledge and skills to ensure efficient patient care and optimise patient outcomes. It’s motivated urology nurses such as Jenny and Sharron who go above and beyond on committees such as SUWNA that we are as fortunate as we are today.

Jenny is a champion of urology nurses, always encouraging personal goals and professional development. Jenny in her role as Urology Clinical Nurse manager at Hollywood private hospital, was an initiator amongst a group of motivated urology nurses and Urologists who leased with colleagues such as Keith Kaye and the executive team at Hollywood Private Hospital. This team of people were passionate about urology nursing and together initiated the Urology specialist nursing organisation. Jenny recalls unfettered resources and support from all mentioned to make SUNWA happen. Jenny was the first member of SUNWA and has held many roles on the comity throughout her career.

Sharron held many roles on the SUNWA committee over the years and joined the committee as Education officer and subsequently held the positions of President and Vice President. Sharron is passionate in her commitment to SUNWA and Urology Nursing and joined the ANZUNS committee as treasurer and Web Administrator each for several years. Sharron was awarded the Nursing and Midwifery excellence award in 2010 and won the ANZUNs Scientific paper in 2012.

Jenny and Sharron’s drive and determination to provide exceptional patient care resulted in the Urology Ward at Hollywood Private Hospital becoming a nationally recognised centre of excellence for urology nursing. Jenny and Sharron are both passionate about education, they teach with patience and enthusiasm and have been positive influences to many nurses. Their knowledge of urological issues, procedures and patient management is exceptional. Over the years they have built up great rapport with Urologists and are both highly respected and appreciated ladies.

We are very fortunate to have Jenny and Sharron in our corner and we thank them for their contribution.

Lisa Ferri and Francesca Leggott

A selection of forthcoming events

**European Association of Urology**  
Munich Germany, March 11-15, 2016  
[www.eaumunich2016.uroweb.org](http://www.eaumunich2016.uroweb.org)

**USANZ 69th Annual Scientific Meeting**  
Gold Coast Australia, April 16-19th, 2016  
[www.usanz.org.au](http://www.usanz.org.au)

**American Urology Association Annual Conference**  
San Diego, USA, May 6th-10th, 2016  
[www.aua2016.org](http://www.aua2016.org)

**14th Urological Association of Asia Congress**  
Suntec Singapore, July 21-24th, 2016  
[www.uaacongress2016.sg](http://www.uaacongress2016.sg)

**Paediatric Urology Fall Congress 2016**  
Montreal Canada, September 09-11, 2016  
[www.fallcongress.spuonline.org](http://www.fallcongress.spuonline.org)

**Urology Nurses of Canada Annual conference**  
September 22 -24th 2014  
[www.unc.org](http://www.unc.org)

**Society of Urologic Nurses and Associates, 2016 Annual Conference**  
Marriottt Wardman Park, Washington DC, November 4-7th, 2016  
[www.suna.org](http://www.suna.org)
SUNWA extends their thanks to Hollywood Private Hospital for their ongoing support and encouragement to urology nurses. We would welcome input to the newsletter from members and $50 is awarded for a published article.

USANZ State Meeting

Jane Neve

Thanks to SUNWA for providing me the scholarship award to attend USANZ State Section Meeting in October. Held at Pullman Bunker Bay, nestled in the beautiful surroundings of bush land overlooking the ocean provided the perfect backdrop for Urology Doctors and their families. The weekend provided a relaxed environment and gave plenty of opportunity to network, socialises and overall enhanced my education.

I was one of five SUNWA members whom attended. Due to the low numbers there was no nursing component, however we were most welcomed by all. My objectives were met, in that the information from the abstract presentations was relevant to my practice.

The guest speakers are both Doctors from NSW. Firstly Dr James Wong who’s focus is Reconstructive urology, specifically urethral stricture disease, reconstruction and restoration of lower urinary function in patients. The second speaker Dr Howard Lau was the first urologist in Australia to perform laparoscopic donor nephrectomy and laparoscopic radical nephrectomy. Dr Lau currently performs Robotic surgery.

What interested me was the complications following a radical prostatectomy- Anastomotic stricture, recto-urethral fistulas -rare but requires urgent management. I found this particularly useful as I have had patients whom have bladder neck contracture. Radical prostatectomy involves making a connection (anastomosis) of the bladder neck to the membranous urethra after prostate is removed. If the connection becomes narrow from scarring this is called a bladder neck contracture. This can also occur after radiation, the symptoms include slow/intermittent urinary stream, pelvic pain, urgency and frequency of urination. Incomplete emptying and increase urinary incontinence- (overflow incontinence). The management includes urethral dilation and if this fails the patient would require an incision of the bladder neck.

The presentations by registrars’ provided plenty of controversial discussions. This year’s Winner J Friend- “Potpourri of benign scrotal masses in pre pubertal males-a 7 year review”. Objective: to review the types of benign scrotal masses in treated pre-pubertal males in WA and review their outcome. Conclusion: surgically exposed benign scrotal masses have varied pathology- despite this range of pathology if benign lesion is clinically suspected in the pre pubertal age group aiming for testicular preserving surgery with frozen section is recommended.

The best paper was awarded to Dr John Stanley “10 year outcomes using low dose rate brachytherapy for localised prostate cancer: Australian results from a large cohort in the west” Aim: to report long term PSA and toxicity outcomes for patients with localised prostate cancer treated with Iodine – 125 permanent implantation at a single Australian centre. Conclusion: Excellent long-term biochemical control was demonstrated with Iodine 125 permanent interstitial implantation.

Not all work though…. we indulged in local cuisine, wine tasting and had a scenic drive around Margaret River, Dunsborough, and Yallingup.

I look forward to next year, I hope more members will join me at Exmouth!