

# EAUN Stockholm 2009: a decade with the EAUN

## Annual congress closely examines a wide range of nursing care issues

The success of the 10th International EAUN Meeting held in Stockholm from March 18-20 clearly conveyed the message that urology nursing is increasingly occupying a key role in modern urology.

With almost 250 delegates from 33 different countries attending this year's annual meeting in Stockholm, the EAUN has definitely realised one of its aims to achieve a more active and prominent international profile as acknowledged by the rising interest coming from our colleagues and partners in urological healthcare.

Let me thank the Swedish Association of Urology Nurses and the local board representative, Ms. Ulla Lindström, for their generous help and support in preparing for the Annual Meeting 2009.

*"The guideline on Incontinent Urostomy has been a great success, not only in Europe, but it has also attracted the attention of international groups."*

### Pre-congress events

The board is also very grateful to have had the opportunity this year to invite many international colleagues with considerable experience, thereby providing a challenge to the EAUN delegates in a broad range of topics in urological nursing. As a result a few more initiatives saw daylight during this year's congress. Pre-congress workshops were introduced before the official opening by the EAUN Scientific Committee. More than 100 participants heard the "State of the art of nocturia causes -Treatments and reasons for treating" presented by an outstanding team composed of the best scientists from across Europe.

As the congress kicked off with a very good start, a workshop on superficial bladder cancer followed, providing an overview of Hexvix® cystoscopy including a description of patient's benefits, selection and the practical considerations involved in patient preparation. Aside from technical glitches expected in live transmissions from the Karolinska Hospital, both workshops were an absolute success. And certainly we will work on improving the concept for Barcelona 2010.

### Opening ceremony

EAU Secretary General Prof. Per-Anders Abrahamsson officially opened the congress. In his remarks, he underscored urological nursing's pivotal role and noted the future challenges in urology. He also gave his recommendations on achieving future milestones within the EAUN as he acknowledged the EAUN's accomplishments and the progress it has seen in the last decade. Offering the continued support that the EAUN can expect from the EAU, he said: "Obviously, the growth of urology in the future is closely linked with urology nursing, an important contributor to urology."



Prof. Abrahamsson opening the meeting

Stockholm 2009 is considered a milestone in urological nursing in Europe and EAU Chairperson Bente Thoft gave an overview on the important breakthroughs and icons in the EAUN's history during the last decade. She noted that like in other human endeavours, success, progress and development are gradually built or achieved by the pivotal contributions made by nurses. Mr. R. Pieters (Belgium) and Mr J. Marley (Ireland), both former chairmen of the EAUN Board, credited as amongst the EAUN pioneers were also formally recognised during the opening with lifetime achievement awards by the EAUN members.

"These two colleagues have made outstanding contributions with their continuous effort to develop

urology nursing to what it is today, and with the awards the EAUN hopes and wishes that both will remain closely linked with the EAUN in the coming decade as well," said Thoft.

Walter Artibani, EAU's Adjunct Secretary (Science), graced the EAUN's opening day by chairing the first symposium focusing on the management of the neurogenic bladder by intermittent catheterisation. His interest and active engagement in the annual meeting by providing advise and guiding the EAUN's activities during the past year is surely appreciated by the board. The EAUN definitely looks forward to a closer collaboration with Prof. Artibani in the years ahead.

The neurogenic symposia touched on controversial topics which led to very enthusiastic discussions on the basic principles and awareness when using this technique in emptying the bladder. The delegates were given a broader view of the implications with a introduction to the prevalence of bacteriuria, urinary tract infections and other co-morbidities in nursing home settings. Awareness amongst these groups of patients is certainly required and should be given a high priority in daily clinical practice.



Elisabeth Lund talking on ward hygiene and prevention of UTI at the ESU course

### Champagne reception

The traditional Champagne Reception this year took place at the wonderful Park Restaurant right at the venue- Stockholm Congress Centre. As expected the service was excellent and provided a perfect occasion for all participants and guests to network and catch up with colleagues from abroad. We also took note of the new delegates coming from the US, Serbia and south Europe, and we hope that these meetings will lead to new opportunities for collaboration.

### ESU course on UTI

The second day of the congress opened with the European School of Urology (ESU) providing a very informative course on the clinical principles and the crucial issues in clinical practice regarding urinary tract infections. The course also covered topics such as disease progression, the increasing awareness on urinary tract infections (UTI) and prevention strategies in different settings. The course also included an intense debate regarding the nurse's role in UTI prevention, future prospects and an overview of the changes in clinical practice all over Europe. The ESU course not only provided basic principles in clinical practice but also presented the huge impact of the disease in public healthcare and the major clinical consequences.

### State-of-the-art lectures

The series of state-of-the-art lectures also underscored the new directions in urology nursing. The Astra Tech symposium- Neurogenic Bladder and Sexuality- not only highlighted a very underrated topic, but also presented possible new directions in this field of European urology nursing. The session was chaired by a panel composed of three representatives from neuro-urology, caregivers and former patients with spinal cord injury.

As a team, the panel tackled poorly understood conditions and the management of sexuality issues that are related to urology. This approach, demonstrated in a centre in Stockholm, represented not only a breakthrough in current traditional management but also showed the crucial role by urology nurses. The session emphasised the existing taboo in healthcare regarding sexuality and the possible options for an active sex life despite age or a debilitating condition such as spinal cord injury.

Before the close of the second day, Mr. M. Drake from Bristol (UK) generously took the place of Ms. D. Newman (Philadelphia) who, unfortunately, had to cancel in the last minute. Mr. Drake gave an outstanding presentation on current research regarding the treatment of incontinence for the elderly. He gave a comprehensive overview and the salient implications of the disease, the prevalence of incontinence and quality of life issues. The background information clearly highlighted the need for a wider public awareness on basic incontinence problems, amongst the non-malignant health problems that often get less attention in health care discussions.

The last symposium on Day 2 successfully ended with another new initiative from the EAUN's educational committee, which also aims to increase the awareness on continence care. Members were called upon to send difficult continence cases, and which were discussed by the attendees. Mrs. N. Love from New York (US) gave an excellent presentation regarding problems and complications arising from incontinent stomas, and which actually complemented the newly launched EAUN guideline on incontinent uro-stomas.

### Day 3

Last year's successful initiative, the EAUN Nursing Research Competition was also presented this year. Four excellent projects were presented and evaluated by an independent jury. The aim of the research competition is to encourage nurses to carry out their own research and offer them tips and tricks on how to execute research projects.

The nominees clearly did their best to make their presentations interesting and unique. Daphne Smit - Van Den Hof from the Netherlands won the € 2,500 prize. With the successful second competition, the EAUN will definitely continue with the research prize in cooperation with the sponsor. Moreover, the EAUN also aim to fine-tune the workshop in preparation for next year's meeting in Barcelona and based on the insightful and constructive evaluations we have had in Stockholm.

The dynamic atmosphere during the last congress day ended with a session that focused on the various aspects of bladder cancer. Mrs. D.L Berry from Boston (US) accepted our invitation for an update on evidence-based nursing care practice in bladder cancer. The lecture renewed the attention on bladder cancer and the urgent need for more research. Most of the current nursing care activities either have a low evidence level, are not comprehensively investigated or are not simply described. Moreover, bladder cancer incidence is increasing and not only because of demographic changes. The lecture motivated all participants since it has been common knowledge that bladder cancer has a huge impact on QoL issues.

*"During the past year we have been busy establishing a more coherent structure and implementing strategy and marketing goals."*

### Decisive steps

Many small but decisive steps have already been taken during the past decade and have given EAUN a new platform and the dynamism it needs for new directions. During the past year, we have been busy establishing a more coherent structure, and implementing strategy and marketing goals. Our intensified contacts with both European and national societies have paid off. We now have more contacts with both south and east European countries and these will add to the increasing level of professionalism in the EAUN.

This year the National Societies Meeting was held a day before the official opening. The representatives of the national urological nurses societies have exerted a lot of effort in assisting the EAUN to produce another guideline in our "Good Practice in Health Care" series which was launched in Stockholm. However, this year the guideline was evidence-based and the group followed a very rigorous and systematic method.

The guideline on Incontinent Urostomy has been a great success not only in Europe but has also attracted the attention of international groups. The EAUN Board congratulates once again the working group for doing an excellent job. Let me quote a member from the EAU guideline group who said that "This booklet is

Stockholm

17-21 March 2009

### EAUN Board

Chair	Bente Thoft Jensen (DK)
Board member	Tina Christiansen (SE)
Board member	Willem De Blok (NL)
Board member	Julio De La Torre (ES)
Board member	Kate Fitzpatrick (IRE)
Board member	Veronika Geng (DE)
Board member	Ulli Haase (NL)

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not only a contribution to urology nursing but also to urology in general."

Aside from contributions to the EUT Newsletter, national societies have also been actively involved in new international nursing advisory boards. The advisory boards provide, in collaboration with health care affiliated groups, proactive knowledge exchange on certain topics in urology nursing care. Having realised the importance of such promotional activities, we will continue to build up communication and information platforms that effectively connect the members of national societies with the EAUN and other pan-regional associations of urology nursing.



During the Amgen-sponsored lunch the nurses were engaged in lively discussions

The EAUN board representatives have covered a range of national congresses in Europe such as the BAUN meeting in the UK, the Scandinavian Annual Meeting and the SUNA congress (US). We still aim to be present and available for professional interactions educationally and scientifically and will provide any help in developing nursing events in both local and national levels.

The board deeply appreciates the participation and continuing support of many of our internationally renowned and expert colleagues in the 2009 Annual Meeting in Stockholm. Their involvement and presence convey the fact that urological nursing remains a crucial player and occupies a distinct role in the manifold issues affecting urology, and which clearly remain a challenge to us all.

If you are interested in particular sessions: the webcasts show speaker, slides and sound of each lectures. Check it out at: [www.eaustockholm2009.org/nc/eau-webcasts/](http://www.eaustockholm2009.org/nc/eau-webcasts/) For a specific search enter the speaker name as a keyword or "EAUN" to get a complete list.

We are definitely looking forward to meet you again in Barcelona in April 2010, with the hope that you extend our invitation to your colleagues!

Best wishes,

### The EAUN Board

Bente Thoft Jensen (DK), Chair  
Tina Christiansen (SE), Board member  
Kate Fitzpatrick (IRE), Board member  
Veronika Geng (DE), Board member  
Ulli Haase (NL), Board member  
Julio Cesar De La Torre (ES), Host country temporary member

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European Association of Urology Nurses

# Dutch nurse wins EAUN's Research Project Plan Competition

Jury picks research project on educating patients on the use of vacuum device in treating erectile dysfunction



**Ms. Daphne Smit-Van Den Hof**  
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**In 2008 I attended the EAUN congress for the first time, and while participating in the meetings I learned about the Research Project Plan Competition, one of the exciting activities being offered by the EAUN.**

Later that year, my colleagues and I had a discussion on how to properly instruct a patient regarding the use of a vacuum device. I noticed that during our discussion much of the ideas presented were based on feelings and assumptions instead of facts.

The lack of a factually based practice inspired me to write a Research Project Plan in order for our team to develop a protocol based on best practices, instead of assumptions. Moreover, I was also encouraged to join the EAUN's Research Project Plan Competition in Stockholm this year, and I was pleasantly surprised to hear that I was also nominated.

On the third day of the congress, I presented my plan to the jury and before an audience of approximately 100 nurses who attended the annual meeting. With my enthusiasm for my research project and my belief that there is a need to further explore this topic, I clearly explained the aims of the study and what I hope to accomplish.

After my presentation, the jury asked some questions and gave comments on how to further improve my investigation. On Friday afternoon, I was informed of the results and it turned out that I won the competition! My winning the competition has given me the necessary budget to proceed with this research plan, and hopefully, I will be able to present the results in time for next year's EAUN congress in Barcelona.



*Prize winner Daphne Smit presenting her research plan*

My research project plan is titled "How to instruct patients on the use of a vacuum device for the management of their erectile dysfunction (ED)." The study's aim is to define the most effective way of providing patient-friendly information and instruction by the nurse practitioner on the use of a vacuum device.

## Two-part study

The study will have two parts:

- Retrospective evaluation: 30 patients who already received a device in the current year will be evaluated.
- Prospective evaluation: 50 patients to whom a device is prescribed as the preferred treatment for erectile dysfunction will be eligible for inclusion in the study.

Both evaluations will be done with the aid of questionnaires.

The study will attempt to answer the question as to which type of information is most appreciated and is effective for patients who will use a vacuum device as treatment option for their erectile dysfunction, and supported by evidence-based practice. The study will also evaluate patient satisfaction regarding the use of the device in relation to the type of information or instructions patients have initially received.

The outcome of the study will be important in defining or creating the methods of information



*Lisbeth Breindahl and Bente Thoft Jensen answering the questions of the jury on their research plan on the relation between 24-h diuresis and urine catheter blockage.*

dissemination and how instructions are formulated in order to improve or encourage patient's acceptance of a vacuum device in the management of erectile dysfunction. This area is still very ambiguous for patients who are suffering from erectile dysfunction, a condition that impact their sexual lives and that of their partners.

Even more important, it will help nurses in the Andros Men's Health Clinic where I work to develop a protocol that is based on best practices, enabling us to adopt a more professional attitude and work routine.

The full text of all 2008 and 2009 Research Plan submissions can be found on the EAUN website: [www.eaun.uroweb.org](http://www.eaun.uroweb.org), see "Read more".



**Bruce Turner, RN, BN (Hons)**  
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their work. I also had the opportunity to network with people interested in the same areas of practice and research. I attended the poster abstract session on Thursday, 19 March, and this year the quality of the posters and the presentations were excellent. The presentations highlighted or had a strong focus on patient care with all speakers expressing their concern on either improving patient care or improving the patient experience. There were many delegates present for the poster session including some surgeons.

The first presentation, given by two Danish nurses, dealt with the nutrition of patients. They showed a visual tool created to help patients choose a weight loss diet whilst recovering from surgery or dealing with illness. The next lecture was an excellent presentation by an Irish participant who advocated the use of catheter vales (rather than leg bags) to help ensure a better quality of life for catheterised patients, particularly those who are younger and active. A Spanish participant, meanwhile, advocated the standardisation of catheters within the healthcare setting. Ms. Åsa Bäärnhielm from Sweden then discussed a novel nurse-led support system for patients with nephrostomies who, when discharged from hospital, had access to round-the-clock support in case they developed difficulties or complications.

The next two presentations were concerned with patients who had radical prostatectomy, one advocating more patient information and preparation regarding the catheter in the pre-operative phase, and the second regarding urinary incontinence following surgery. Willem De Blok (Netherlands) gave an excellent presentation regarding the use of a local anaesthetic nerve block used to help prevent bladder spasms after radical prostatectomy. The results suggest a much more comfortable immediate post-operative period for the patient. I then presented my nurse-led one-stop prostate biopsy clinic before

another Danish study which looked at supporting the family of patients with advanced prostate cancer.

Another interesting component to the conference was the meeting on accreditation for nurses. Many attended this meeting and diverse or even contrary views were expressed by some participants. Two American nurses spoke of their very positive experience with accreditation in the US, and their input and comments can be followed up by the EAUN to develop a 'think tank' and explore this matter further.

I look forward to next year's meeting in Barcelona and I hope

that there will be many more exciting courses and presentations to choose from in next year's conference.

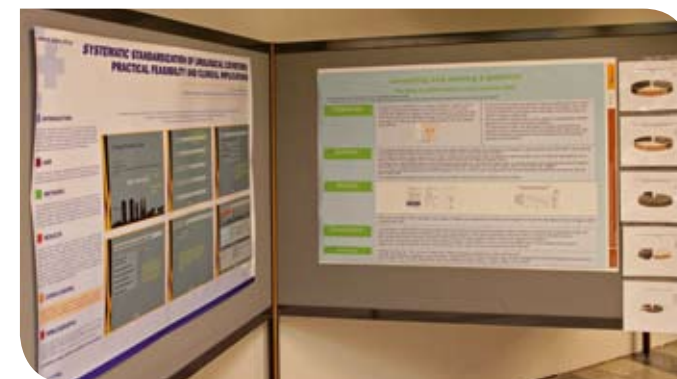
**From the latest research results in prostate and bladder cancers, patient counselling to practical tips in daily nursing practice, the 10th International EAUN Meeting held concurrently with the 24th Annual Meeting in Stockholm was deemed a success by many participants.**

Unlike last year, the EAUN meeting schedule was also conveniently printed in the EAU programme book which helped me plan the lectures that I wanted to attend in both the EAU and EAUN meetings.

This year the exhibition area was very useful with information on many new and exciting products and medications to help urology patients. Particularly exciting was the information regarding RANK-Ligand inhibitor which is currently being tested for the management of metastatic bone disease in patients with lytic lesions such as those seen in prostate and breast cancers. The results of the studies seem very promising and could be one of the most exciting developments for patients with metastatic prostate cancer.

This year I particularly enjoyed the poster sessions as I spoke to presenters and asked some details about

European Association of Urology Nurses



The "Best Scientific EAUN Poster" and the "Best Daily Practice EAUN Poster" hanging in the Best Poster Area in Stockholm

## EAUN Award winners

### Prize for the Best EAUN Oral Presentation (Scientific Research)

**A. Munk, V. Damm, B.T. Jensen, Århus (DK)**

For the paper: "Pilot study of patients' perception of pain at ultrasound-guided prostate biopsy (TRUS) examination in a urological outpatient clinic at a Danish university hospital"

### Prize for the Best EAUN Oral Presentation (Daily Practice)

**E. Robinson, M.E. Lester, N. Corlett, Manchester (UK)**

For the paper: "Catheter practice, documentation and knowledge audit"

### Prize for the Best EAUN Poster Presentation (Scientific Research)

**A. Bäärnhielm, Stockholm (SE)**

For the poster: "Inventing and solving a problem - nursing a patient with a nephrostomy tube"

### Prize for the Best EAUN Poster Presentation (Daily Practice)

**C. Serra Saus, M. Sitges Carreño, Barcelona (ES)**

For the poster: "Systematic standardization of urological catheters: practical feasibility and clinical implications"

### Prize for the Best EAUN Nursing Research Project

**Daphne Smit-Van Den Hof, Arnhem (NL)**

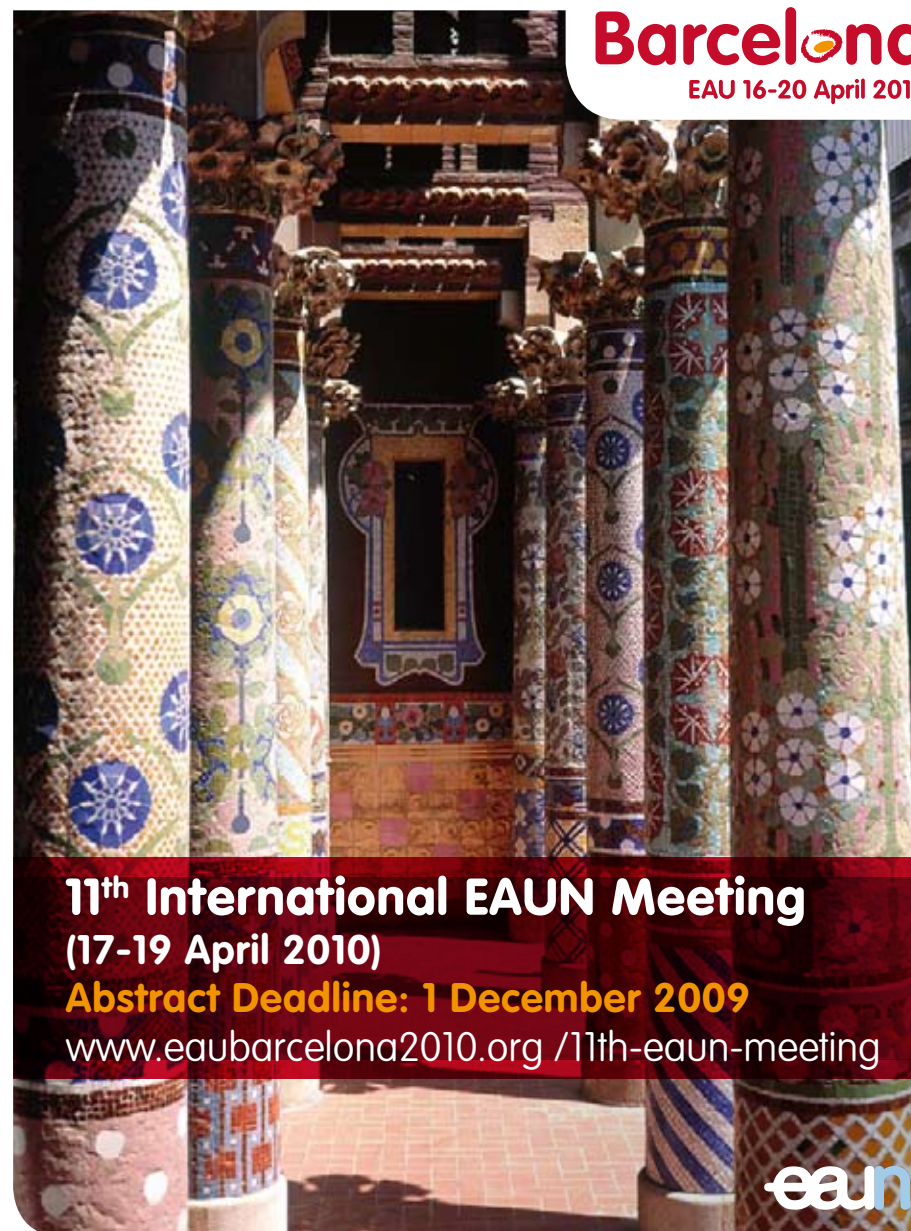
For the project plan: "How to instruct patients on the use of a vacuum device for the management of their erectile dysfunction (ED)"

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We thank Ferring Pharmaceuticals for their support.

**Stockholm**  
17-21 March 2009

**Barcelona**  
EAU 16-20 April 2010



**11<sup>th</sup> International EAUN Meeting**  
(17-19 April 2010)

**Abstract Deadline: 1 December 2009**

[www.eaubarcelona2010.org/11th-eaun-meeting](http://www.eaubarcelona2010.org/11th-eaun-meeting)

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