

Loopograms: The Assessment Tool for Urostomy Patients

Melissa C. Anderson / Year 2 Undergraduate Nursing Student
University of Alberta, Edmonton / mca@ualberta.ca

The Pipeline is a publication of the Urology Nurses of Canada (UNC) and sponsored by **BARD Canada**. The Pipeline is published each spring and fall for UNC members and sponsors and is also located at www.unc.org.

The Pipeline is looking for articles for publication about new initiatives in urology, latest technology, clinical research and evaluation, local chapter activities, patient and community resources.

**Deadline for next issue:
January 31, 2002**

Contact the Pipeline Co-Editors:

Adrienne Booth:
Tele: 613-761-4352
Email: ambooth@trytel.com

Katherine Moore:
Tele: 780-492-1541
Email: katherine.moore@ualberta.ca

The x-ray procedure used to assess the integrity of an ileal conduit of urostomy patients is loopography (*Figure 1*). Urostomy patients undergo a surgical procedure that isolates a section of the ileum and attaches it to the ureters while the remaining segment is placed on the surface of the abdomen as a stoma. Loopography takes detailed pictures of the ureters, ileum, kidneys and stoma to detect any difficulties and to ensure the efficient functioning of the conduit system.

Loopograms are ordered for several reasons:

- follow up exam after surgery
- suspected stoma stricture/obstruction
- recurrent symptomatic infections

Symptoms such as a decreased volume of urine in the drainage bag, urine that appears bloody or smells foul, and abdominal pain should alert the nurse and patient that the stoma may be obstructing. Signs of infection may include a black or blue colored stoma, purulent discharge from the stoma opening, and irritated tissue surrounding the stoma caused by an improperly fitting flange. A loopogram is indicated if urostomy patients present with symptoms such as progressive enlargement, scarring, stomal constriction or any stone formations within the conduit.

Loopography involves inflating the ileal conduit with a 14 French Foley catheter and a 5mL balloon. To prevent contrast media from leaking out at the stoma site, the catheter is inserted, 5mL balloon inflated, and gentle traction applied. The conduit is then filled with contrast media through gravitational drip. The effectiveness of the fluid to pass through the ileal conduit system is determined by either drainage films or fluoroscopy (*Figure 2*).

Drainage films and fluoroscopy not only illustrate the position, length, and condition of the ileal conduit but also determine the ability or inability of the conduit to practice reflux. In order for the conduit to be emptied completely there must be active peristalsis, and if emptying does not occur then the most likely explanation is an obstruction. Any restrictions, obstructions or filling difficulties of the ileal conduit need to be addressed promptly as they create possible risks for the patient.

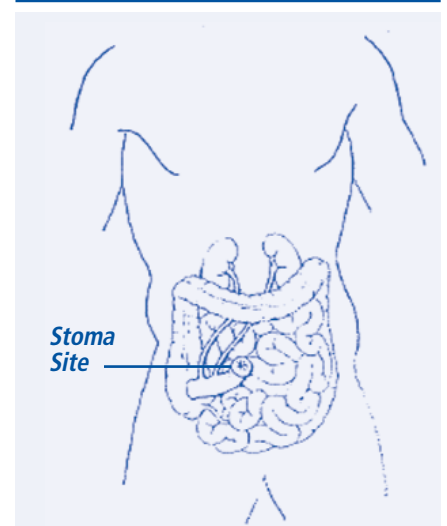


Figure 1: Adapted from Your Loopogram
www.rad.wfubmc.edu/patienteduc/loopogram.htm

Continued on page 6

CORRECTION TO THE MEMBERSHIP ROSTER 2000/2001

A correction should be made to the listing of Ontario Provincial reps.

Mary MacDonald is not an Ontario Provincial rep. There are two reps for Ontario and they are:

**Peg Graham,
Ottawa Hospital Civic Campus**

**Christine Paterson,
Brampton Memorial Hospital**

We apologize for any inconvenience.

.....

Urology Nurses of Canada Edmonton Chapter

On April 6, 2001, the UNC Edmonton Chapter sponsored a very successful annual educational day, *Kidney Daze*. The topic was renal disease/surgery and local urologists, urology residents, and Liz Smits, UNC Western section rep. presented comprehensive information on anatomy and physiology of the renal system, renal diagnostics, laparoscopic nephrectomy, percutaneous nephrolithotripsy and endopyelotomy, and management of tubes and drains. Proceeds were placed both in the education and research fund for the Edmonton Chapter. Plans for next year are underway with a likely focus on bladder cancer.

Updates in urological care at the Ottawa Hospital

Electroshockwave Lithotripsy

Patients formerly having to travel long distances for E.S.W.L. can now have this treatment done in Ottawa. The lithotripter, located at the Riverside Campus of the Ottawa Hospital, was purchased several years ago with personal and corporate donations to the Foundation.

The machine itself is a Siemens Multiline Unit similar to those used in other well-established programs. The future plans include the addition of a video in-line component.

The procedure is performed with intravenous sedation and same day admission/ discharge. The patients are comfortable and can return to work within a day or two.

The provincial government has just this year agreed to provide the operating funds for this program and the urologists are quite excited about the prospect of treating their own patients. As well, this will be of great benefit to patients and is expected to improve the overall continuity of care in the region.

.....

UNC/CNA Urologic Nursing Certification Survey Results

Many of you will remember receiving a survey last September about interest in a Canadian Nursing Association Urologic Nursing Certification.

Thank you to all those who returned their surveys. As well as counting all the replies I took time to read your many heartfelt comments.

There were 457 surveys sent out. UNC members each received one and then distribution was made through Provincial reps and Chapters. The survey was well represented from coast to coast. We received 163 replies. In answer to Question 4: I would be interested in writing a CNA certification examination in urologic nursing, 101 surveys either agreed or strongly agreed.

Several commented that a Canadian exam would be welcome.

We are unique in that we are spread across many areas in both the hospital and community

settings. We are situated in Acute Care, OR, Day Surgery, Clinics, Research and Education. Many of us are involved in other specialties. This was reflected in the results and comments. Some nurses would prefer to sit the exam in their area, e.g. OR, Research, and this is understandable. Others felt examined out. These comments are valid.

A meeting was held with the Canadian Nurses Association. They carefully laid out the process.

There is a great deal of commitment needed for this both time wise and financially.

In answer to Question 5: I would be interested in developing a CNA certification examination in urologic nursing, 61 surveys either agreed or strongly agreed. This shows there is a great deal of interest in development.

A final decision was reached at a UNC Executive meeting to re-survey in 3 years time. This survey would be much larger — 1000 nurses. It is much better to take our time.

Meantime I encourage our self-learning and sharing of ideas and concepts through the Pipeline, the UNC web site and the Urologic Nursing Journal.

Sue Hammond

Victoria Chapter of Urology Nurses of Canada

The Victoria Chapter of the Urology Nurses of Canada is filling a need in the nursing community that came as quite a surprise. We had been meeting in each other's homes, approximately 8-10 nurses at the meetings. Our speakers were mainly each other as we discovered what each did in their positions. The first time we asked one of the urologists to speak we booked a room at one of the hospitals to accommodate about 12-15 nurses. Thirty nurses attended. The same thing happened when we booked a second speaker. By now word was getting out that some group called Urology Nurses was providing some excellent in-service. Our third educational session took place on April 19/01. Sixty eight people registered for the talk. It was not our plan to provide in-service for non urology nurses, however our Chapter has decided to welcome all nurses and associates to the educational sessions. The hospitals have been generous in providing meeting space to accommodate our growing attendance and industry has been generous in their support. To-date we have had sessions on the surgical correction of Stress Incontinence, the Management of Stones and IC. May 31/01 will be Medical and Surgical Treatment of ED, June 26/01 one of the radiologists is scheduled to talk on Percutaneous Nephrostomy, Antegrade Stents, CTKUB, Renal Angiograms. We anticipate a large turnout of interested professionals for these presentations.

We now meet prior to the speaker presentation and the meetings continue to be informal and center around fundraising, future topics for speakers and the needs of the group.

UEC Conference Registration Goes Online!

UNC members are being encouraged to register online for the 2001 Urological Excellence Conference. This will result in productivity savings for the UNC and make the registration more accurate. The url for UEC is <http://www.unc.org/uec2001.htm>. The site will be open for registration in early July.

"We have used the web for conference registration for the last three years" says Charlie Massel, UNC Webmaster. *"This year, we would like UNC members to log onto the site, and register themselves — thereby simplifying the administration of the Conference"* adds Massel. Registration will take approximately 5 minutes and will save the price of a stamp or long distance call!

The UNC is still evaluating the possibility of credit card payments over the web for the 2001 Conference. This will be determined at a later date. Most of these details should be ironed-out by early July

"It will save a tremendous amount of time if we can eliminate transcribing of faxes, letters and phone calls and simply have members use the Internet" adds Susan Madden, Past President of the UNC. Susan is well aware of the administrative effort required for a conference of this size from having organized earlier conferences.

In the meantime, members are asked to visit the conference web site <http://www.unc.org/uec2001.htm> to check on the latest information on speakers, lectures, sponsors and sessions.

HOW TO REGISTER ONLINE

Many people have access to the internet and so the UEC — 2001 committee has developed the following steps to register online for the Urological Excellence Conference to be held in St John's, NF on October 18 - 20, 2001.

The online registration can be found at www.unc.org

Do not forget to send your cheque or money order to:
Urologic Excellence Conference — 2001,
Attn: Pauline Vokey,
85 Holbrooke Ave,
St John's, NF
A1E 2Y2

The cheque should be made payable to:
Urology Nurses of Canada,
Newfoundland and Labrador Division



STEPS

1. Fill out personal information
2. Check which concurrent session you wish to attend
3. Check whether you wish to attend the optional workshop
4. Check which conference fee applies to you
5. Check if you need extra tickets for the Dinner Theatre
6. **SUBMIT YOUR ONLINE REGISTRATION BY PUSHING THE REGISTER BUTTON.**

You will receive a confirmation letter. If you do not receive a letter contact 709-368-2595

You may also print the online form and post together with your fees to the above address.

UNC News

Urology Nurses of Canada

The Urology Nurses of Canada extends an invitation to all nurses and allied health interested in urologic nursing to join the association.

The Urology Nurses of Canada is a National Association whose mandate is to enhance the specialty of urologic nursing in Canada by promoting education, research and clinical practice.

The activities of the Urology Nurses of Canada are designed to enrich members' professional growth and development.

The UNC hosts an annual conference each fall and convenes for an educational meeting at the Canadian Urological Association annual meeting each June.

Membership in the UNC now entitles you to receive 6 issues of Urological Nursing Journal, 2 issues of Pipeline, Annual Urological Excellence Conference information and discount on registration, UNC Membership Directory, UNC Constitution, UNC: Standards of Urologic Nursing Practice and your personal access to UNC reports on the web.

For more information about UNC, contact: Sandra Rowan, Membership Coordinator at (205) 381-3747 or visit www.unc.org.

UNC Representatives 2000-2001

UNC Executive

The Urology Nurses of Canada is managed by an executive board composed of:

President:	Sue Hammond
Past President:	Susan Madden
Vice-President West:	Liz Smits
Vice-President East:	Emmi Champion
Vice-President Central:	Laurel Emerson
Membership:	Sandra Rowan
Sponsorship:	Shelly Burton
Treasurer:	Jill Jeffery
Secretary:	Karen Hill

UNC Provincial Representatives

British Columbia:	Bridget Ittah
Alberta:	Colleen Toothill
Saskatchewan/Manitoba/Ontario East:	Peg Graham
Ontario South:	Christine Paterson
Quebec West:	Joanne Savard
Quebec East:	Suzanne Bonhomme
New Brunswick:	Gina Porter
Nova Scotia:	Liette Connors
Prince Edward Island/Newfoundland and Labrador:	Tracy Tompkins

Descriptions of each position are available in the UNC Constitution. Information on UNC news, programs and reports can be located at www.unc.org

Local Chapter News info: www.unc.org

Victoria	Info: Sandra Rowan	Tel: 205 381-3747
Edmonton	Info: Anna Saskiw	Tel: 780-407-8622
Calgary	Info: Colleen Toothill	Tel: 403-541-3410
Kingston	Info: Geri Nicol	Tel: 613-634-0520
Ottawa	Info: Peg Graham	Tel: 613-761-4823
	Susan Freed	Email: pgraham@ottawahospital.on.ca
		Tel: 613-721-2000-3900
		2000-2001 Program
Montreal	Info: Racquel De Leon	Tel: 514-842-1231 (4959)
Halifax	Info: Emmi Champion	Email: martin.champion@ns.sympatico.ca
New Brunswick	Info: Gina Porter	Tel: 506-632-5720
Newfoundland	Info: Tracy Tompkin	Email: tomjoe@roadrunner.nf.net

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 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 "Pipeline".

Help Wanted!

The UNC invites you to participate with some of the UNC initiatives including:

- Authors for Pipeline articles
- Co-ordinator of monthly chat discussions on the UNC web site.

Innovative Awards Program

Awards, awards!

Is there some research in the field of urological nursing you wish to do? What about developing some educational material? Perhaps there is some further education you wish to pursue. Here is an opportunity for you!

Urology Nurses of Canada is offering awards in the following categories:

Editorial Award

This award will be given to a UNC member who has written an article, paper or editorial that has been published in the past year and has not been previously published.

An award of \$250 will be granted.

Research Award

This award is available to a UNC member proposing research related to urological nursing practice in one of the following sub-specialties: urodynamics, biofeedback, endourology, sexual health, uro-oncology, or incontinence.

An award of \$1000 will be granted.

Scholarship Award

This award is available to a UNC member who wishes to further their education as related to the practice of nursing.

An award of \$500 will be granted.

Male Sexual Dysfunction Scholarship

This award is available to a UNC member who wishes to further their interest in male sexual dysfunction.

An award of \$2000 will be granted.

These awards are made available through unrestricted educational grants given via our *Corporate Sponsorship Program*.

The Corporations involved are:

- Editorial award – Bard
- Research award – Pfizer
- Scholarship award – Abbott
- Male Sexual Dysfunction award – Pfizer

We thank our sponsors for their continued support. Full details of the Awards are being mailed out to each member or can be found at the UNC website. All members should receive an application form or an easier submission can be made through the UNC website. The address is www.unc.org/awardsform.htm. The deadline is September 10, 2001. We look forward to your applications.

Proposed Amendments to Constitution

The Annual General Meeting of Urology Nurses of Canada will be held during the Urological Excellence Conference – 2001 at the Delta Hotel in St John's, Newfoundland on October 20th, 2001

The following are the proposed amendments to the Urology Nurses of Canada Constitution. A full copy of the UNC Constitution can be found at our website www.unc.org

Change to read:

- 2.7 (a) To maintain a liaison with the Canadian Nurses Association (CNA)
- (b) To maintain an affiliation with the Canadian Urologic Association (CUA).
- 4.2 Corporations, foundations and associations are eligible for associate membership in the UNC but have no voting rights. They are not eligible to stand in a UNC office.
- 8.1 The UNC shall hold a general business meeting every calendar year in conjunction with the Urological Excellence Conference.
- 9.4 Non UNC members who are delegates at the Urological Excellence Conference may attend and participate in the AGM but not vote.
- 10.1 Terms of office will be for a two-year period from election at the AGM. Members of the Executive may stand for re-election of office. The positions of President, Vice-Presidents West and Central and Sponsorship Coordinator will be open for election on even years. On odd years the positions of Vice-President East, Secretary, Treasurer and Membership Coordinator will be open for election. The Executive can create a position of President-Elect should a nominee come with no recent executive experience. This would extend the period of office of President.

Continued from page 1

To help prepare the patient for the loopogram, a brief explanation given by the health care professional can reassure and calm the patient for the procedure. During a loopogram, the ostomy bag may need to be removed and for this reason it is recommended that the patient bring extra supplies. The patient will probably be asked to lie in various different positions, hold their breath at times and to remain as still as possible. They may experience a feeling of fullness during the loopogram, but the procedure should not be painful.

Loopography is an effective tool to assess the ileal conduit system of urostomy patients. This x-ray technique enables health care professionals to detect possible difficulties that may exist with the urostomy and thus assist the patient in trying to achieve their utmost health.

References

Amis, E.S., Newhouse, J.H. (1991). *Essentials of Uroradiology*. Boston: Little Brown and Company.

Black, P. (1997). Practical stoma care. *Nursing Standard*, 11(47), pp. 49-55.
Inflammatory Bowel Disease Centre. (2001). Pelvic Pouch Procedure [On-line]. Available: <http://www.mtsinai.on.ca/ibd/1pelvicpouch.html>.

Wake Forest University Baptist Medical Center: Division of Radiologic Sciences.

(2001). Your Loopogram [Online]. Available: <http://www.rad.wfubmc.edu/patienteduc/loopogram.htm>.

Figure 2: Loopogram from: Amis & Newhouse (1991). *Essentials of Radiology*. Little, Brown and Company. Reproduced with permission.

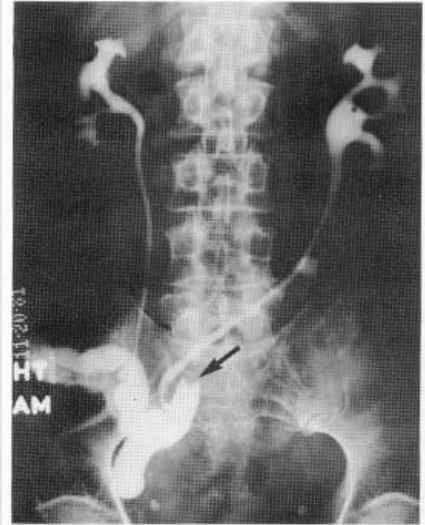


Figure 3-9. Normal loopogram. Contrast agent has filled the conduit via a Foley catheter. Bilateral reflux results in minimal fullness of the upper tracts. Small defect in proximal end of loop (arrow) is a construction artifact due to multiple-layer closure.

Urogynecology Nursing Unit Well Underway at Ottawa Hospital

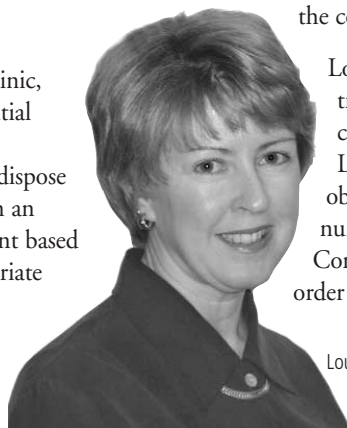
A Urogynecology Nursing Clinic at the Ottawa Hospital's General Campus was established in November 2000. It was developed in response to the growing demand for a referral center for women in need of conservative treatment strategies to help manage their symptoms of urinary incontinence. Louise McIntosh, a UNC member, has taken the lead in developing the clinics based on the model of service delivery which encompasses excellence in clinical practice, education and research.

The patients, who are referred to one of the two urogynecologists within the Reproductive Endocrinology/Menopause and Urogynecology Clinic, are first seen by Louise in the nursing clinic for initial assessment of their bladder dysfunction. After a preliminary identification of the factors which predispose them to incontinence she works with them to plan an individualized program of conservative management based on their personal needs and resources. The appropriate tests are ordered and the initial visit with the urogynecologist is scheduled. Usually the follow-

up will be with the urogynecology nurse. This process has been beneficial in many ways: patient satisfaction is increased, physician time is better utilized, continuity of care is ensured, and nursing knowledge and satisfaction is increased.

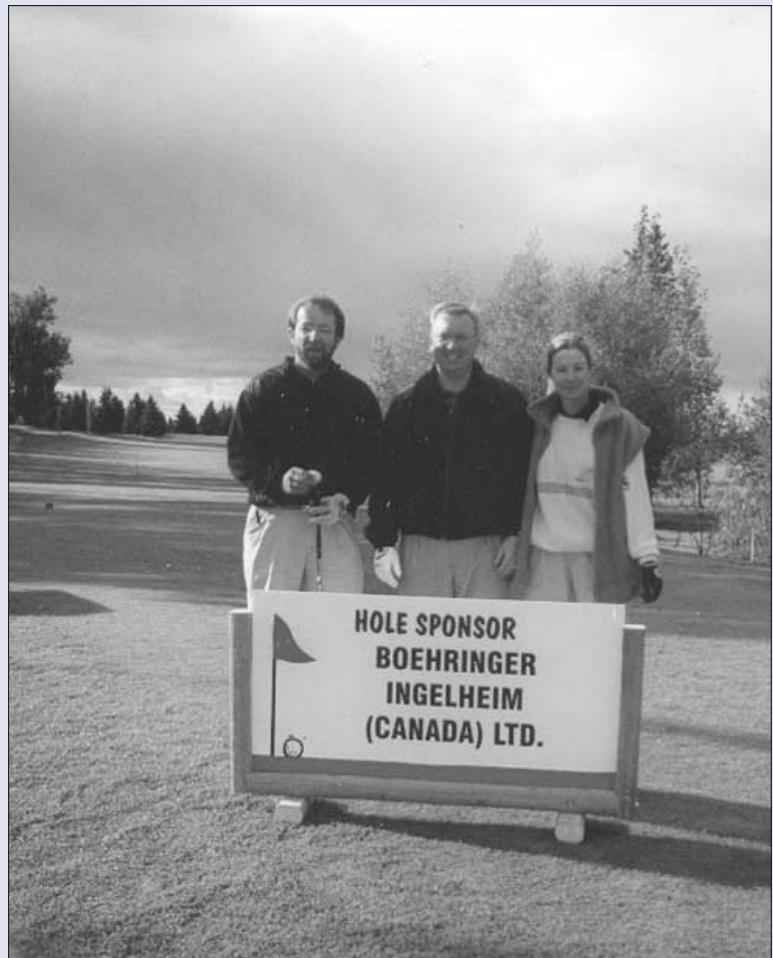
The aim of the Urogynecology Nursing Clinics is to offer high quality personalized service to these women. By either curing or helping to successfully manage the embarrassing and often debilitating effects of urinary incontinence, quality of life is greatly improved while keeping the cost of service delivery low.

Louise has completed one year of hands-on urodynamic training with Dr. Marie-Andree Harvey and has successfully completed a Urodynamics training course in Toronto. One of Louise's goals is to match her clinical assessment findings with objective results obtained on urodynamics testing to initiate nursing research. She is currently enrolled in the Nurse Continence Advisor (NCA) program at McMaster University in order to base her practice on evidence-based nursing research.



Louise McIntosh

Golf Tournament Prostate Cancer Support Group and Northern Alberta Urology Foundation: September 2000



↑ Cathy Edwards, UNC member and Jeff Schroeder, Boehringer Ingelheim by the B-I sponsored hole. Money was raised to support prostate cancer research and patient education. One of the resulting projects was Alberta-wide distribution of the patient teaching booklet: *Before and after your radical prostatectomy* developed to provide men with comprehensive details on recovery after radical prostatectomy.

← Debra Webster, Bard Canada and Cathy Edwards

Announcement and Congratulations to the Calgary Nurses for forming a Chapter of UNC.

*President is Colleen Toothill, Secretary, Pam Railton, and Treasurer, Colleen Pearson,
all in the OR at Rockyview Hospital.*

*Meetings will be held at the Prostate Cancer Centre in Calgary on the 3rd Wednesday.
Contact Colleen for more information: colleen.toothill@chra-health.ca or toothill@telusplanet.net.*

Up Coming Events

FIRST CANUP / TCCF JOINT CONFERENCE

"New Trends in Urinary Continence Care for the New Millennium"

OCTOBER 26 – 27th, 2001

Dorval Airport Hilton Hotel, Montreal, Quebec

For information: call (514) 488-8379
e-mail: help@continence-fdn.ca
Web Site: www.continence-fdn.ca

Urology Excellence Conference 2002

"Navigating the Changing Flow"

Dealing with the present nursing shortages and changing methods of health care delivery.

Next year's conference to be held in Ottawa!
Thursday October 3rd to Saturday October 5th, 2002.
At the Marriott Hotel, Kent Street.
Contact: Committee Chairperson, Susan Freed
(613) 721-2000 ext. 3900
freeds@home.com

**See page 2 for Online Registration information.*

The 14th Annual Urological Excellence Conference:

"Explore The Rocks, Waves & Water"

UPDATE

Come be a part of the Urological Excellence Conference to be held in St John's, Newfoundland on October 18 – 20, 2001.

We have a wide array of speakers lined up and they will be covering such topics as Genetics, Laprascopic Prostatectomy, Organ Procurement, the Nursing Shortage, Research, Spina Bifida and Testicular Cancer. We are very excited about our hands on OR Workshop. All this will be topped off with plenty of Newfoundland music, dinner theatre and tradition. We plan on having a 'wonderful grand' time! Hop on a 'plane and come join us in St John's, Newfoundland.

KEYNOTES, KEYNOTES

Debbie Forward

Debbie is president of the Newfoundland and Labrador Nurses Union

Her topic will be: "Turning Challenges Into Opportunities – The Power of Nurses."

Max Bishop

Max has worked in the field of Organ Procurement for the last 25 years. In 1997 he received the President's Award from the Canadian Association of Transplantation and the Canadian Transplant Society.

His topic will be: "A History of Renal Disease in Newfoundland."

You will find what has happened in Newfoundland has happened across the country.

Dr Jane Green

Dr Green is a geneticist working for Memorial University. Newfoundland has a unique population for studying genetics in that we can trace our roots to 20,000 people.

Her topic will be: "Tales of a Travelling Geneticist."