

## Working as a Patient Advocate

**The Pipeline is a publication of Urology Nurses of Canada.**

**The Pipeline is published each winter and summer for UNC members and sponsors and is also located at [www.unc.org](http://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:**

**Nov 15, 2014**

**Contact the**

**Pipeline Editors:**

**Gina Porter or Frankie Bates:**

**Tel: 506 632-5720**

**Email: [uncpipeline@hotmail.com](mailto:uncpipeline@hotmail.com)**

As nurses, most of us play a role in our daily routine as patient advocates. Just being there for our patients, showing empathy and listening well can make a huge difference to our patient's lives. Our caring and empathy is what first drew us to nursing. As nurse continence advisors we help to increase awareness of urinary incontinence and management and treatment. This is a simple form of patient advocacy that we do in our daily work routine.

Patient advocacy is an area in which lay people (who are often involved in health care) are concerned with patient education about the use of health plans and how to obtain needed care. "Patient advocates include government consumer advocacy agencies, which provide services to the public at large, and private sector for-profit and non-profit service providers, which offer services to individual patients. In the United States, most states have established within their government structures an office of patient advocacy or similar function." (Wikipedia)

My role as a patient advocate is not only at the patient's bedside but also on a national and international level. I manage this with my position as one of the board of directors on The Canadian Continence Foundation (TCCF) as well as my position as co-chair of the Education committee of the Continence Promotion Committee (CPC) of the International Continence society (ICS).

The CPC's mission is to raise public awareness of bladder and bowel health issues so as to improve the lives of people with incontinence worldwide. The Public Forum is one way of focusing the attention of the general public and global medical community on the reality of life for people with incontinence. One of my priorities as CPC education co-chair is to organize a public forum each year.

In the past, CPC has held public forums in each country coinciding with the Annual meeting, starting in Rotterdam in 2007. Over 200 consumers participated making the first CPC sponsored Public Forum an overwhelming success. The Forum received extensive media attention as a result of articles published in local Rotterdam newspapers on incontinence.

The Continence Promotion Committee's 2nd Public Forum was held in Cairo on 24 October, 2008. The approximately 370 attendees mainly included the general public – both men and women – but also some health-care providers. Since the audience was mainly Egyptian, there was simultaneous translation for all the speakers.

In August 2010, our public forum was held in Toronto and hosted by the local patient advocacy group, The Canadian Continence Society. This was fairly well attended and the audience was very vocal and open with questions.

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2011 was hosted and chaired by the UK Bladder & Bowel Foundation in Glasgow. Speakers included the Scottish MP Richard Simpson, physicians, nurses and a dramatic perspective from a sufferer, Tim Harvey.

The Public Forum in 2012 in Beijing focused on Neurogenic and Overactive Bladder symptoms in spinal cord injured patients. This is a huge problem in China and one that needed to be addressed. Approximately 200 local people attended, including members of the general public, patients (some wheelchair bound), nurses, and physicians.

The Continence Promotion Committee (CPC) is busy planning its' annual public forum. This will take place on Wednesday 22nd October 2014 from 5 to 8 PM. As well as the general public, CPC is inviting health care providers from all fields as well as patient advocacy groups. We plan on having various national patient advocacy groups exchange and share their knowledge and expertise, as well as ICS opinion leaders present important news and changes. We hope for this to be an exchange of information regarding urinary incontinence and treatment among our countries including patients, healthcare professionals and industry representatives. We look forward to a productive public forum in Rio for 2014!

Over the past 10 years, my work in patient advocacy has been extremely rewarding. Moments such as a Chinese spinal cord injured teenager in Beijing coming up to me with a translator to thank the CPC for thinking of him, he didn't feel so lost now. Or when an MS patient in Toronto, came up to me and expressed interest in becoming

involved in patient advocacy herself and spreading the word to others. I also recall when a young woman in Scotland said she had no idea that these "issues" affected as many people; she felt she was stigmatized by the taboo nature of incontinence and was thankful to have us come and show her direction to management and treatment.

Although my involvement in these advocacy groups involves much of my own time, the rewards are truly worth the effort!

By Frankie Bates RN, NCA



Pictures from Public Forum in Beijing



### Conference News Flash:

A **FREE UNC Membership for 2015** will be given to the **27<sup>th</sup>** and **100<sup>th</sup>** person to register for and attend this year's conference! If registration exceeds 150 then the **150<sup>th</sup>** person will also receive a free membership!

## 27th Annual Urological Excellence Conference

*"Merging into a New Frontier"*

**September 18th -20th, 2014  
Ottawa, ON**

**Registration is now open!  
Please visit [www.unc.org](http://www.unc.org)**

**Registration deadline is September 5th , 2014.  
Course materials cannot be guaranteed after this date.**



Each year the Urology Nurses of Canada hold elections for the various offices of its executive board at the Annual General Meeting (AGM). The AGM is scheduled to occur on September 20th, 2014, at the Urological Excellence Conference (UEC) in Ottawa, ON.

Half of the board is elected on even years while the other half are elected on odd years. The positions up for election this year are President, Vice-president West and Vice-president Central. For the convenience of the membership, especially our numerous new members, an excerpt of the current UNC Constitution covering the duties entailed for the offices up for election this year, has been included below. For a complete copy please refer to [www.unc.org](http://www.unc.org) under the “All About UNC” tab.

### 5.2 The duties of the UNC Executive board shall be as follows:

#### President:

- 1 Arranges the date, time, location and method of all Executive meetings and the Annual General Meeting (AGM).
- 2 Chairs all meetings and the AGM.
- 3 Sets and circulates proposed agenda inclusive of applicable documentation and resources.
- 4 Assembles and circulates the Annual Report prior to the AGM.
- 5 Ensures 60 days notification of the AGM to the UNC membership.
- 6 Appoints a sub-committee of the Executive to participate with the Host committee in planning the UNC Annual Urological Excellence Conference.
- 7 Appoints a sub-committee of the Executive to serve as a planning committee for the UNC meeting at the annual meeting of the CUA.

- 8 Serves as spokesperson to promote and advance the UNC as a national nursing association.
- 9 Provide assistance and leadership to members of the Executive.
- 10 Monitors performance issues of Executive members.
- 11 Networks with other organizations associated with the Specialty of Urology: A.Q.I.I.U., B.C.C., C.N.A., C.N.C.A., C.P.C.N., C.U.A., I.C.S., I.C.C.S., I.U.G.A., K.C.C., S.U.N.A., T.C.C.F.
- 12 Ensures publication of the Pipeline a minimum of twice yearly.
- 13 Ensures regular updates to UNC web site.

#### Vice-President (West / Central / East)

- 1 Collaborates with provincial representatives to promote the UNC mission, objectives, and membership.
- 2 Liaises with UNC Executive on Regional events, research, and educational initiatives.
- 3 Assist with the programming and planning of the Urological Excellence Conference, when held within their region, as required.
- 4 In collaboration with Membership Coordinator, it is the responsibility of the Vice Presidents to promote, collect and assist in the voting process for all UNC awards. This duty will rotate annually among all 3 Vice Presidents.
- 5 Chair of the Review Board will rotate among all 3 Vice Presidents on an annual basis.

*You must be present at the AGM and a member in good standing for the current year in order to vote. Show your support for the UNC and attend the UEC this year. Exercise your right to vote!*

## CALL FOR NOMINATIONS - *It is that time of year again!*

Time to think about nominations for the UNC Executive positions that are up for election this year. If you know of someone who would do a great job or you are interested in a position yourself, please forward the name and contact information along with the position nominated for, to Gina Porter at [membership@unc.org](mailto:membership@unc.org). Each person nominated will be contacted to ensure they are interested in having their name stand. They will then be required to submit a short bio that will be available to all those attending and voting at the UEC in Ottawa in September. The duties for each position can be found in the constitution on the UNC web site. Nomination will also be accepted at the UEC prior to the Annual General Meeting.

**The positions that are up for election this year are as follows: President, Vice- President West and Vice- President Central as well as all the Provincial Representatives.**

Please have nominations in to Gina Porter by September 1, 2014 to allow for nominees to be contacted. If you have any questions please feel free to contact any member of your UNC Executive.

## Kingston Chapter News 2014

We started our year off in September 2013 with a new President for our chapter- Kerri-Lynn Kelly R.N., NCA. We have continued to have high quality educational meetings monthly. Kerri-Lynn brings new ideas and new contacts for presenters and sponsors. Jennifer Lam is our new treasurer with outgoing Treasurer Vikki Whitley, retiring. Angela Leduc continues as secretary.

The Kingston Chapter hosted the 4th Annual Memorial Conference, which was once again a huge success with 75 nurses in attendance.

We had 2 speakers presenting. Dr. Mike Brundage, radiation oncologist from the Kingston Regional Cancer Centre, who gave a comprehensive talk on "Quality of Life Management and Analysis made Ridiculously Easy to Understand...". Dr. Jason Izard, our newest Kingston Urologist, who gave a talk on "The Symptom Burden of Prostate Cancer Survivorship", which produced many questions from the attendees with a great discussion.

We had many sponsors for this event, who have created a very supportive environment for this ongoing event. A buffet was served and we also had many door prizes donated from the community. The Kingston chapter and National group provided a free membership as a donation for a door prize. Our National President Fran Stewart was in attendance and enjoyed the event.

Cost of the conference was \$5, which was a donation to the Marg Huddleston Memorial Education Fund. Marg was a previous President and longstanding member of UNC. We also collected food for the Food Bank, and received generous donations.

Some of our active members have been providing "Lunch and Learn" sessions to our new clinic area of Urology at Hotel Dieu Hospital. Angie Black R.N. CCRP, presented on "Prostate Cancer Pathophysiology", Karen Irvine-Bird R.N. BsCN, presented on "Interstitial Cystitis Pathophysiology, Treatments and Challenges", and Sylvia Robb presented on "Prostate Cancer Treatments". The sessions will continue in the fall and are organized by Kerri-Lynn Kelly and the Hotel Dieu Hospital Urology Clinical Instructor.

We are looking forward to the National meeting in Ottawa and plan to send many of our members.

By Sylvia Robb R.N. CCRP  
Past President- Kingston Chapter  
VP Central Canada



## Edmonton Chapter News

### ***Urology Daze 2014: A Urology Practice Update***

On April 11, 2014 the Edmonton chapter hosted a very successful conference at the Chateau Louis Conference center in Edmonton. Our wonderful speakers included several Urologists, residents, a pharmacist and an ICU Nurse. Topics included: Urologic Trauma Below the Waist, Reconstructive Surgery, Urology Care in Pregnancy, Bladder Cancer – Surgical Approaches and Hormone Replacement Update. Lucille de Beudrap gave a timely presentation entitled My Journey to the Summit: How to Tackle Your Own Everest.

This year we had seven Sponsors: Astellas Pharma Canada Inc., Attends Healthcare Products, Coloplast Canada Corporation, Hollister, Pfizer, Quality Life Services and Red Leaf Medical. We also had many local businesses and organizations provide door prizes, raffle items, and participant gifts.

There were 108 paying registrants and 9 of the 11 organizing committee in attendance. The majority of evaluations rated us as very good to excellent for all our speakers, our venue, the food and the conference organization. It was definitely an excellent warm up for UEC 2015, which our chapter will be hosting. Hope to see you all here Sept 17-19, 2015.

By Liz Smits  
UNC Vice - President West

## Saint John Chapter News

Our chapter has been busy over the past couple of months preparing for an evening dine and learn for RNs, LPNs and Nurse Practitioners in our region. We are hosting this on June 16<sup>th</sup> at "Thandi's", a wonderful restaurant in "uptown" Saint John. In the past we have hosted a ½ day workshop in the fall of the year for Nurses and allied staff on a Saturday in our local library. This has been well attended but we wanted a change so have planned this evening of "dining and learning". We are very hopeful this will be the start to an annual educational event here in the Saint John area.

Astellas is our sponsor for the event. The evening will include a three course meal with speakers covering the topics of overactive bladder, prostate cancer and renal calculi. Several of our Urologists have graciously donated their time to speak to us.

Continuing education and sharing our knowledge is vitally important to our Nursing practice and we must strive to take every opportunity we can to participate when these opportunities arise. I would like to encourage each local chapter to try and provide some form of learning opportunity to your co-workers in the Urology field this year. We are a small speciality nationally and need to create awareness both to our fellow staff members and the public we care for.

By Nancy Carson RN, NCA  
Secretary, Saint John local chapter.

### 8<sup>th</sup> Annual Dine & Learn

On May 1, 2014, the Halifax chapter of the UNC hosted their 8<sup>th</sup> annual Dine & Learn for nurses throughout Nova Scotia. This year, we had attendees from South Shore Regional, Colchester, Hants Community, Sheet Harbour, Dartmouth General, VG, in patient urology, and OR, NS Rehab Centre, Cobeguid Community Centre, Oakwood Terrace, and Urology Clinic at the HI.

Emmi Champion, NS UNC representative welcomed all to the program. She encouraged people to check the UNC website for sponsorships available for the upcoming national conference in Ottawa in September. She also encouraged people to try and attend the conference in Ottawa, as it has such interesting topics on the agenda. Liette Connor thanked our generous sponsors for continuing to support nursing education. The companies who provided support this year are: Astellas, Biosynt, Alveda Pharma, Medtronic, Eli Lilly, Pfizer, Actavis Pharmaceuticals, Preval at First Quality Medical, and Ferring Pharmaceuticals. Several of the reps set up tables and the attendees were able to visit with them during the Meet and Greet at the beginning of the evening.

Getty Vasista introduced our first speaker, Dr. Mike Organ. His presentation was MS, Parkinson's and Urology. This was very well received. He mentioned that Botox is becoming the chosen treatment for overactive bladder symptoms in MS patients. Many people in the audience had not heard of this, and were happy to learn about this. One very important item Dr. Organ mentioned was that patients receiving Botox are not able to have Gentamycin as a pre-op antibiotic, as there seems to be greater systemic absorption if this occurs.

Vickie Williams introduced our second speaker, Rosann McDonald, RN, NCA. Her presentation was called All About Pessaries. This was also very well received, as several attendees had never heard of pessaries. She mixed her facts and diagrams, with real stories, which were enjoyed by all.

Liette Connor introduced our last speaker, Sue Marsh, RN. Her presentation was called Under Duress, the BCG story. Sue spoke about how BCG came to be used as a treatment for bladder cancer, and with props, showed how we mix it, and administer it. This generated much conversation among the audience.

We closed the evening with a draw for four UNC memberships for 2015, and the winners were: Sandra Blackmore and Delfina Prest, Sheet Harbour, Pauline Butt, DGH, and Monica Farrag, 5B/5A, VGH.

By Vickie Williams

Each year the Urology Nurses of Canada invite their membership to apply for the following awards:

The **Research Award**. This award is valued at \$750.00 and is presented at the annual UEC. It has been provided by the generous support of our national corporate sponsors. Please refer to the criteria for further information.

The **Scholarship Award**. This award is valued at \$750.00 and is presented at the annual UEC. It has been provided by the generous support of our national corporate sponsors. Please refer to the criteria for further information.

Two **Nursing Education Initiative Awards**, valued up to \$500.00 each. This award is a reimbursement program providing financial assistance to Urology Nurses of Canada (UNC). These grants are available to support nurses engaging in continuing educational events for the enhancement of knowledge, professional skills and patient outcomes specific to the practice of urology. Funding of up to two awards is provided by the generous donations of national corporate sponsors and donations from UNC members.

**There is no deadline to apply for this award.**

Up to five **UEC Attendance Awards**, also valued at \$500.00 each. This award is a reimbursement program providing financial assistance to Urology Nurses of Canada (UNC) members to attend the annual Urological Excellence Conference. Funding for this award is provided by the generous donations of national corporate sponsors.

**The deadline to apply for this award was May 15, 2014. Those who win the award will be notified by June 15, 2014.**

The **Award of Merit** - recognizes the individual who has made a significant contribution to the UNC. Please refer to the criteria for further information.

The **UNC Chapter Award** for new local chapters. The UNC will award \$200.00 to a chapter that wishes to assist in starting another chapter. The award may be used for renting a room, providing food, acquiring a speaker or advertising. A letter requesting the award must be accompanied by a plan on how the award will be used.

All applications must be type written and/or sent electronically to [vpcentral@unc.org](mailto:vpcentral@unc.org). All award applications and criteria are available on the UNC web site at [www.unc.org](http://www.unc.org). Applicants will be contacted upon receipt of application.

The UNC is committed to developing, disseminating and implementing new knowledge in practice. We achieve excellence in clinical practice by encouraging and supporting our membership in their participation in research, knowledge acquisition and academic achievement.

If you have any questions regarding the awards please contact Sylvia Robb at [vpcentral@unc.org](mailto:vpcentral@unc.org)

# UNC Info

## UNC Representatives 2013-2014

### UNC Executive

<b>President:</b>	Frances Stewart
<b>Past President:</b>	Susan Freed
<b>Vice-President West:</b>	Liz Smits
<b>Vice-President Central:</b>	Sylvia Robb
<b>Vice-President East:</b>	Frankie Bates
<b>Membership:</b>	Gina Porter
<b>Sponsorship:</b>	Frances Stewart
<b>Treasurer:</b>	Jill Jeffrey
<b>Secretary:</b>	LuAnn Pickard

### UNC Provincial Representatives

<b>West:</b>	British Columbia:	Wendy Simmons
	Alberta:	Linda Brockmann
	Saskatchewan:	
	Manitoba:	
<b>Central:</b>	Ontario:	Lisa Lynch
	Ontario:	Sandi Disher
	Quebec:	Raquel De Leon
	Quebec:	
<b>East:</b>	New Brunswick:	Nancy Carson
	Nova Scotia:	Emmi Champion
	Newfoundland and Labrador:	Sue Hammond
	Prince Edward Island:	Kim Smith

### 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 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 The "Pipeline".

### Local Chapter news info: [www.unc.org](http://www.unc.org)

**Victoria Info:** Jill Jeffery - Tel: (250) 658-5632

**Edmonton Info:** Liz Smits - Tel: (780) 407-6154

**Toronto Info:** Frances Stewart - [bladderqueen@hotmail.com](mailto:bladderqueen@hotmail.com)

**Kingston Info:** Sylvia Robb - Tel: (613) 548-7800

**Ottawa Info:** Susan Freed - [freeds@teksavvy.com](mailto:freeds@teksavvy.com)

**Montreal Info:** Raquel DeLeon - [raquel.deleon@muhc.mcgill.ca](mailto:raquel.deleon@muhc.mcgill.ca)

**New Brunswick Info:** Gina Porter - [gina.porter@horizonnb.ca](mailto:gina.porter@horizonnb.ca)

**Halifax Info:** Emmi Champion - [emmi.champion@cdha.nshealth.ca](mailto:emmi.champion@cdha.nshealth.ca)

**Newfoundland Info:** Sue Hammond - Tel: (709) 368-0101

# Coming Events

## 69th Annual CUA

June 28th to July 1st, 2014

Delta St. John's,

St. John's, NL

[www.cua.org](http://www.cua.org)

Nurses meeting at CUA

Details to be announced

## 27th Annual UEC

*"Merging into a New Frontier"*

September 18th -20th, 2014

Fairmont Chateau Laurier

Ottawa, ON

[www.unc.org](http://www.unc.org)

## 44th Annual ICS 2014

October 20th - 24th, 2014

Rio de Janeiro, Brazil

[www.iscoffice.org](http://www.iscoffice.org)

## Dine and Learn

June 16th, 2014

Thandi's Restaurant

Saint John, NB

Saint John Chapter of UNC

## 2014 Annual CANO/ACIO

October 26th - 29th, 2014

Hilton Quebec

Quebec City, QC

[www.cano-acio.ca](http://www.cano-acio.ca)

## Society of Urologic Nurses and Associates:

### SUNA Annual Conference

October 31st to November 3rd, 2014

Disney's Contemporary Resort,

Orlando, FL, USA

[www.suna.org](http://www.suna.org)

find SUNA on facebook-

[www.facebook.com/UrologicNursing](http://www.facebook.com/UrologicNursing)

## WHAT DO ALL THESE ABBREVIATIONS MEAN????

**AUA** - American Urologic Association

**AQIIU** - Association Québécoise des Infirmières et Infirmiers en Urologie.

**CANO/ACIO** - Canadian Association of Nurses in Oncology

**CUA** - Canadian Urologic Association

**ICS** - International Continence Society

**NCA** - Nurse Continence Advisor

**PCCN** - Prostate Cancer Canada Network

**SUNA** - Society of Urology Nurses of America

**UEC** - Urological Excellence Conference

**UNC** - Urology Nurses of Canada

**If your chapter or organization has an upcoming event that you would like to advertise in the Pipeline, submit the information with contact email to [uncpipeline@hotmail.com](mailto:uncpipeline@hotmail.com)**

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