

What Happens in the Powder Room, Stays in the Powder Room

New online program aims to demystify overactive bladder

Toronto, Ontario, October 2, 2007 – There are widespread misconceptions among Canadian women about overactive bladder (OAB) and its symptoms, according to a survey conducted by The Strategic Counsel, commissioned on behalf of the Powder Room - a new, unique and interactive program designed to educate Canadians on OAB, symptoms, lifestyle tips, management techniques and much more.

Affecting approximately 12 to 18 per cent of Canadians, OAB is a chronic medical condition causing a person to feel the sudden urge to urinate even when their bladder is not full.

“OAB can have a significant impact on a patient’s quality of life,” says Dr. Lesley Carr, Urologist, Sunnybrook Health Sciences Centre. “Encouraging dialogue around the condition will help individuals understand the signs and symptoms and obtain information about the variety of treatment options available to them.”

CANADIAN OAB SURVEY

According to the survey, almost half of Canadian women (48 per cent) believe that OAB is characterized by incontinence (involuntary urination), indicating that this is a key misconception surrounding OAB. In addition, over one-third of Canadian women inaccurately believe that overactive bladder typically affects those who are age 65 and older.

The survey also found that 55 per cent of Canadian women are unaware that the sudden “urge to urinate” is the primary symptom of overactive bladder. It also revealed that one in ten women sometimes limit travel plans because they are concerned about the need to find a bathroom.¹

OPEN THE DOOR TO THE POWDER ROOM...

The Powder Room is a national and fully bilingual educational program for individuals looking for more information on OAB. The Powder Room offers an accepting web-based community that allows individuals to share their thoughts and concerns about the condition. Through www.powderroom.ca, individuals can learn about OAB, as well as

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.

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:

May 1, 2008

Contact the

Pipeline Editor:

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receive tips and educational materials that can be downloaded free directly from the website.

“I am very excited to partner with the Powder Room and to assist in providing Canadians with credible information on overactive bladder, a condition that affects individuals in various stages of life,” says Fran Stewart, RN, Nurse Continence Advisor, Sunnybrook Health Sciences Centre. “This kind of program can provide individuals with the tools to manage this condition, as well as the opportunity to learn from other people’s experiences and stories.”

ABOUT OAB

Having the sudden “urge to urinate”, even when your bladder is not full, is the primary symptom of overactive bladder and not, as some believe, incontinence (urine leakage).^{4,5}

In a person with OAB, the bladder muscle begins to contract while the bladder is filling with urine, rather than when the bladder is full. This can be very difficult to manage as the individual experiences a sudden need to go to the bathroom, which can be very inconvenient especially when in a meeting or when travelling.

There are various underlying risk factors that may contribute to an overactive bladder condition. Some risk factors are common and may include: urinary tract infections, side effects of medications, obesity, pregnancy and menopause. Others are more severe and less common, such as: nerve damage caused by spinal cord lesions, neurological disease (i.e. Multiple Sclerosis, Parkinson’s disease, etc.), stroke, and a blocked urethra due to enlarged prostate or prostatic surgery in men.

RESEARCH METHODOLOGY

A five-minute online survey was conducted in October 2006. One thousand responses were captured nationally from women between the ages of 45 to 64 (those considered a primary target for overactive bladder). Quotas were set by region to ensure that regions could be analyzed individually. The data was weighted to reflect a nationally proportionate sample.¹

ABOUT THE POWDER ROOM

The Powder Room is a national and fully bilingual, educational program developed in collaboration with Canadian healthcare professionals. The program works to improve the quality of life of individuals with OAB by helping them to understand, manage and treat the

condition. More information on the Powder Room can be found at www.powderroom.ca. 

References

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2. Irwin D, Milsom I, Hunskaar S, et al. Population-Based Survey of Urinary Incontinence, Overactive Bladder, and Other Lower Urinary Tract Symptoms in Five Countries: Results of the EPIC Study. *Eur Urol*. 2006; 50(6):1306-1314.
3. Corcos J, Schick E. Prevalence of overactive bladder and incontinence in Canada. *Cnd J Urol* 2004; 11(3):2278-2284.
4. Kelleher C, et al. Improved Quality of Life in Patients with Overactive Bladder Symptoms treated with Solifenacin. *BJU International* 2005; 95:81-85.
5. Wein A, Rackley, R. Overactive Bladder: A Better Understanding of Pathophysiology, Diagnosis and Management. *J Urology* 2006; 175:S5-S10.

New Support for Kidney Cancer Patients and Caregivers

New targeted therapies for renal cell carcinoma (rcc) are providing new hope and prolonged life for patients with metastatic disease. With the promising introduction of two new oral therapies, Nexavar (sorafenib) and Sutent (sunitinib), along with numerous new agents and combinations in clinical trials, at long last patients have options for treating a disease that has traditionally been one of the most difficult cancers to treat.

Kidney Cancer Canada is a new patient-led organization designed to provide support to patients and families who face a diagnosis of kidney cancer. Whether patients have questions about an upcoming nephrectomy or concerns about side-effects from systemic therapies, they can connect with a peer within the organization for support, education, and information.

Patient Education Meetings based in Toronto are also webcast live to patients living across Canada over the Internet. Past topics have included “Living Well on One Kidney”, and “Recent Advances in Kidney Cancer”. An interactive website provides a forum for patients to meet other kidney cancer patients and ask questions: (www.kidneycancer canada.org).

Members of Kidney Cancer Canada are also actively

working with provincial governments across Canada to ensure that patients have access to the new therapies, regardless of their home province or availability of private insurance. For a patient without insurance, a one-month prescription of these targeted drugs can cost over \$6,000. The support and advocacy group holds that kidney cancer patients across Canada deserve the opportunity to benefit from treatments that have dramatically changed the face of kidney cancer worldwide.

Information and brochures for patients are available in English and French.

Please contact: info@kidneycancer canada.org

Submitted by:

Deborah Maskens

Vice Chair, Kidney Cancer Canada ☐

AWARDS

UNC AWARD OF MERIT

It is time to recognize that “special” UNC nurse in your group. The one who has done that “extra something” for your chapter, your workplace, or your community.

Each year UNC proudly and publicly recognizes an individual who has made significant contribution through education, research or clinical practice or has achieved distinction through excellence in UNC promotion, UNC mentoring or other enhancement of the UNC Mission.

Over the years many of our finest nurses have been honored with this award.

We have some exceptional people within our ranks and they need to be recognized.

The Award of Merit will be presented at the Urological Excellence Conference in Toronto, Ontario.

Urology Nurses of Canada needs your application for the annual awards that we are able to offer through the continued support of our corporate sponsors.

Awards available are:

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.

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.

Scholarship Award

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

This year \$1000 will be granted for each of the Editorial, Research and Scholarship awards. These awards are made available through unrestricted educational grants given via our Corporate sponsorship Program.

The deadline for applications is August 31, 2008. ☐

We Need Your Input

Included with your Pipeline this month is a questionnaire. The UNC Executive needs your response to improve the way that our organization functions. Please take the time to fill in the questionnaire, and let us know what you think. Return the questionnaire to Sue Hammond, Past President with the provided envelope. The results will be published in June 2008 Pipeline.

Dr. F.N (Ray) Firme Special Recognition Award

This award was named in honor of Dr. Ray Firme for his work as a radiation oncologist in the Province of Newfoundland and Labrador. It is conferred annually to a professional cancer caregiver and carries a \$1,000 purse for academic purposes.

In the picture, urology nurse Sue Hammond receives the award from Scott Antle, NL director of community services, Canadian Cancer Society. In presenting the award, Mr. Antle said "Sue has been recognized by the Canadian Cancer Society for her outstanding service to the prostate cancer awareness and support programs".

Sue is a member of the Prostate Cancer Advisory Board that sets the direction for the provincial awareness program. She is a tower of strength to the prostate cancer support groups and often attends the Avalon group monthly meeting. Sue 'travels that extra mile' to ease the burden of diagnosis and to provide hope to many in their battle with cancer. The remarkable thing about Sue is that she is a cancer survivor herself and chooses to devote her spare time to helping others. ■



Chapter News

Our Saint John chapter held a half day workshop for nurses and LPN's Focusing on stress urinary incontinence surgeries, pelvic floor assessment and bone density. This was held on November 3rd. Saturday November 24th we setup a booth in a local pharmacy in order to educate the public about bladder health. ■

Nancy Carson

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 4 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: Gina Porter, Membership Coordinator at memship@nbnet.nb.ca or visit www.unc.org.

Help Wanted!

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

Authors of "Pipeline" Articles

UNC Info

UNC Representative 2007-2008

UNC Executive

UNC Executive

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New Foundland Info: Sue Hammond Tel: (709) 368-0101

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 "Pipeline".

The CUA 2007

The UNC was again fortunate to be a very active part of the CUA meeting in Quebec City in June 2007.

The UNC Booth was manned by UNC Executive and space provided by the CUA. It was a great opportunity to “get our message out” that we are an active and inspired organization, and hopefully encourage more nurses working in Urology to join us.



We also had a great opportunity to touch base with all of the Representatives of the Medical Companies. The educational presentations to the CUA members were of great value to us all providing some of the latest research in all aspects of Urology.



As with the last year, several registrations were donated to the nurses of UNC by the CUA. We were assured by President Luc Valiquette, that this will continue in 2008. The Social functions in such a beautiful city were enjoyed by all.

The nurses attended a presentation by Dr Dianne Heirtz On “Overactive Bladder”. It was very informative and well attended by nurses and reps. We will strive to continue to work with the CUA to keep up such a positive relationship in the future.▣

A Decade of Progress - A Future of Hope

More than 275 prostate cancer researchers and survivors from across Canada attended Prostate Cancer Conference 2007, held September 27–30 at the Westin Harbour Castle in Toronto. The conference highlighted advances in prostate cancer research and provided an excellent forum for the exchange of ideas and perspectives, bringing together, as it did, survivors, medical professionals, and researchers.

A very successful CPCN/CPCRI conference wrapped up on Sunday, September 30 at the Westin Harbour Castle Hotel in downtown Toronto. “Response has been unanimously positive,” reports CPCN Executive Director Wally Seeley. “The speakers, realizing that they were talking to prostate cancer survivors as well as to cancer researchers, gave accessible and interesting presentations, and the food was excellent!”

CPCN is pleased to announce that the 2008 conference on prostate cancer will take place in Calgary at the Fairmont Palliser Hotel.

The exact dates have yet to be determined, but it is expected that the conference will occur during late August or early September. The UNC will sponsor a local member to attend the conference, if you are interested; contact your Provincial Representative, Bev Christensen or VP West, Laurel Mc Donough. ▣

TRICKLE INTO VICTORIA - UEC 2007

“We’re not just tea and crumpets”

Victoria hosted the UEC for 2007. 120 Delegates from across Canada joined together to learn and network with fellow nurses.

A welcome reception started things off with a Magician, and the Capital City Cloggers to entertain us all. We enjoyed wine and cheese and a chance to meet some of our Sponsors.



Friday morning started early with a presentation by Dr Gary Steinhoff of Victoria on Osteoporosis Post Hormone Therapy for Prostate Cancer.

After opening remarks from the President, Susan Freed, the program began with Rob Calnan former

president of the CNA and local nursing leader.

“Listening to Today’s voices for tomorrow’s Nurses”,

We were then treated to a choice of concurrent sessions. Glen Sulley spoke on Sacral Neuromodulation for urinary control. Carol Ann Lee, the TURP Syndrome Revisited, and Frankie Bates on Nocturnal Enuresis and Voiding Dysfunction in children. Tough choices.

Cheryl Wilkinson-Scott told us about the latest on Cyrosurgery for localized Prostate cancer. After lunch we heard the short paper presentations, all very timely topics.

Sue Hammond spoke about the latest on Preceptorship in Newfoundland.

Saturday morning early again. Karen Hewitt spoke on Renal Cell Cancer; the New Agents bring new issues in management. The Annual general meeting was held, as

well as elections for positions on the executive. New Provincial Rep for Ontario will be Lu Ann Pikard.

Victoria’s Dr Wayne Ghesquire entertained us with on the latest in Infectious diseases and the urology patient. Fascinating topic.

Then more concurrent sessions, “Video Urodynamics- the gold standard”, Nancy Carson and Gina Porter Interstitial Cystitis-new on the Horizon.

Dr Gaylene Hargrove explained the importance of Preserving Renal Function, “Optimal Management of Chronic Renal Insufficiency in 2007”. Finally Dr Mark Moyad of the University of Michigan (Dept of Urology) talked with us about “Fad diets and Dietary Supplements for Prostate Cancer” and what do I tell the patients. Very informative.

Awards were presented throughout the conference. The Award of Merit going to Jill Jeffrey, the Scholarship award to Frances Stewart, and the editorial award to Brenda Bonde. The Short Paper award went to Katherine Moore for the “Long Term Catheter Maintenance”, the Poster Presentation award went to the “A Comparison of subject reported skin health, comfort and satisfaction with two different leg bags for urinary drainage”. K Murphy, E Smits, K McKay, K Pinar and KN Moore.

Friday night, dinner and dance music was enjoyed at the waterfront McMorrans, beautiful sunset, beach fire and all.

Saturday, Toronto nurses invited us to UEC 2008, Go with the flow to TO.

Once again, hard work on the part of the Organizing committee paid off. They and their volunteers are to be commended for their efforts. ■



Coming Events

Canadian Urological Association

63rd Annual Meeting

June 22 – June 25, 2008

**Shaw Conference Centre,
Edmonton, AB**

Website: www.cua.org

Urology Nurses of Canada at the CUA Meeting

Monday, June 23, 2008

16.00 – 18.00 hrs

**Shaw Conference Centre
Edmonton, AB**

Details tba

Website: www.unc.org

21st Annual Urological Excellence Conference

“Go with the Flow to TO”

October 2 - 4, 2008

**Holiday Inn on King,
Toronto, ON**

Website: www.unc.org

Canadian Prostate Cancer Network Annual Meeting

Fairmont Palliser Hotel

Date tba (usually summer)

Calgary, AB

Website: www.cpcn.org

Canadian Nurse Continence Advisor Association

**6th Biennial National Conference
“Sharing the Passion for Continence
Care: Standards and Competencies”**

Sheraton Hotel

Hamilton, ON

May 2 & 3, 2008

Call for Abstract Deadlines January 28, 2008

38th Annual Meeting of International Continence Society

October 20 – 24, 2008

Cairo Egypt,

Website: www.kenes.com/ics

SUNA Annual Symposium

**Tampa Marriott Waterside Hotel &
Marina**

Tampa, Florida

February 28 - March 2, 2008

SUNA Annual Conference

Philadelphia Marriot, Downtown

Philadelphia, PA

Website: www.sun.org

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