Pelvic organ prolapse (POP) is the descending of the bladder, uterus or vagina (Kuncharapu et al. 2010). The prevalence of POP among women who birth vaginally is well known (Gyhagen et al. 2012). The levatorani muscles play a pivotal role in pelvic organ support (DeLancey et al. 2007). Damage to these muscles during childbirth can lead to pelvic organ prolapse (DeLancey et al. 2007).

Part of my remit as a Clinical Nurse Specialist, Nurse Continence Advisor is to provide education to case managers and nurse practitioners working in Integrated Supportive Facility Living, Alberta Health Services about pelvic organ prolapse and available treatment options.

**Pelvic Organ Prolapse:**
- Cystocele (anterior wall prolapse)
- Rectocele (posterior wall prolapse)
- Vault prolapse (happens post-hysterectomy)
- Procidentia (complete prolapse)
- Enterocele (prolapse of the small bowel)

**Symptoms women share about Pelvic Organ Prolapse:**
- Sensation of lower pressure / vaginal heaviness
- Visible bulging in the vaginal opening
- Lower backache
- Urinary retention which can lead to urinary incontinence
- Difficulty having a bowel movement (straining)
- Sexual discomfort

**Some contributing factors of Pelvic Organ Prolapse:**
- Vaginal delivery
- Genetics
- Chronic coughing
- Connective tissue disorder
- Weak pelvic floor muscles
- Previous pelvic surgeries
- Lifestyle (heavy lifting)
- Chronic constipation
- Obesity
- High impact activities
- Hormonal deficiency

**Submitted by:** Carolyn Richardson, RN, MN, NCA

**Resources:**
There have been questions arising since UNC joined with the Canadian Urology Association’s (CUA) annual meeting, especially in regards to offering a reduced one day registration rate. Many of you may be wondering: What goes into this one-day event?

Your National Executive is also the conference planning committee. These positions are voluntary and with the added work of putting on a conference, your Executive invests many, many hours of their own time to organize these events. For any of you that have never had the pleasure of organizing a conference, it is a huge undertaking. The UNC does not have a choice of venue; this is decided by CUA so consequently it affects the costs. Planning starts a year in advance, as one conference ends preparation for the next begins. This includes the following, which have been generalized as much as possible:

1. The Executive liaison with CUA staff regarding sponsorship but they handle a majority of the correspondence necessary. Day prior and conference day we meet and greet Sponsors as they set up their booths.

2. The conference committee creates, produces and distributes all materials (i.e. fliers, brochures, etc) in regards to the conference to advertise the event.

3. With the help of the Webmaster, the UNC registration site is updated and then the designated coordinator takes over and monitors this until the conference day. On conference day we are there to actually greet you.

4. A call is put out for speaker abstracts and the committee seeks out relevant speakers from suggestions given by membership. Contracts are sent out and signed. The scientific program is set.

5. The syllabus, evaluation forms, receipts and passports are created and printed.

6. Communication with the venue staff regarding the meal and snack menu and cost involved is carried out.

7. Preparing conference bags and lanyards. This includes the time to purchase and gather any items to go in the bags and printing of the name tags as well as physically filling the bags and tags.

Some members are wondering why they cannot register for only the UEC and pay a lower fee and how this fee is determined. The cost to attend a one-day conference this past year was $325.00 for our members. This fee covered: $120.00 each for food, $115.00 each for Fun night (includes 15% Tax) and our speaker’s cost approximately $90.00 from each registrant’s amount paid. Our goal for the conference is to highlight and educate urology nurses, not to create a large amount of revenue but we also do not want to lose money. As part of your registration fee you get to attend the CUA’s scientific sessions and the fun night. The FUN Night is offered at reduced cost to the UNC as it is normally $125.00 plus tax. Your executive bases the registration fee on these 3 previously mentioned areas. We have spoken to attendees and combining the above fees was thought to be better as most are interested in attending the CUA, or at least a portion of it. Just to attend the CUA Scientific Sessions would cost $325, not including the FUN Night, so this is a huge savings to our attendees as they get the UNC sessions as well as the CUA sessions and the Fun Night ticket as well.

In conclusion, we as your Executive, strive to construct and present to the members and attendees the best conference possible. Please feel free to reach out to your executive at any time if you have further questions. Our contact information can be found on the website, www.unc.org.

Submitted by: Nancy Carson UNC treasurer
UNC Scholarship, Nursing Initiative and UEC Attendance Awards are all made possible through the generous support of our UNC National Sponsors.

Carolyn Richardson received the Nursing Initiative award

Courtney Ware received the Scholarship Award

Todd Bradley received the Scholarship Award

Susan Marsh received the UNC Award of Merit

All the award Winners that were present at the UEC: All pictured received UEC Attendance Awards accept Carolyn and Courtney.

Back: Linda Brockmann, Amber Fisher, Wendy Anstey, Courtney Ware

Front: Carolyn Richardson, Lucy Rebelo, Tammy Bowles, GeMan Chen

2018-2019 Provincial Representatives present at the UEC

Back: Carrie Elder, Linda Brockmann

Front: Tammy Bowles, GeMan Chen, Margaret Hollett, TaraRose Stewart, Wendy Anstey.

A Solid Day of Learning!

A Great Evening of FUN!
I would like to thank the UNC executive for selecting me to receive an attendance award to participate at this year’s conference in Halifax. This was my first joint conference with the CUA. My favourite part of attending the conference was that I got to connect with other urology professionals from across our country. It is so valuable to hear about current publications that can enable us to provide care to our clients utilizing best practice.

I have recently made a career change from acute care nursing to education in nursing and I enjoyed learning about recent research projects and initiatives.

Another positive aspect of attending the conference is the exhibitors. I work in a hospital setting where we are bound by contracts as to which products we see and use. It is so nice to see what other new and innovative products are on the market so we can educate our clients about them when performing discharge teaching.

Every time I attend a conference I learn many things, this is another thing I love about it. You would think that after 31 years of urology nursing that I would already know it all (ha-ha) but in fact just the opposite. I only see how one facility and one group of urologists do things but the conference gave me insight into national issues. For example, I live in a large city and work at a university based teaching hospital. I forget about the social determinants of health that more rural or northern clients face, such as access to various medical treatments or even proper nutrition, as presented by Sue Hammond RN. I also appreciated learning about available websites, as 80% of clients ask about resources. The two I would like to mention are lifeonadt.com and the continence product advisor website from the International Continence Society. Lifeonadt.com is a free education session that your prostate cancer clients starting hormone therapy can register for. It is a great resource to navigate them through their treatment journey. It provides much needed support and coping strategies. The ICS continence product advisor website will enable users and healthcare professionals to look at the various available incontinence products and choose what is best for them. I really like that this is all evidence based and tested by real people.

For all the UNC members who have never gone to a conference, I strongly urge you to do so. You will not be disappointed; there is a lot to learn. If funding is an obstacle I encourage you to apply for an attendance award. You might be chosen and be sitting at the next UEC!!

Submitted by: Tammy Bowles RN

Amber Fischer

First I would like to say thank you for another amazing conference and for choosing me to receive the attendance award. I look forward to the conference all year and this year surpassed my expectations. I am always so excited to see familiar faces and meet new people from across Canada. What an amazing opportunity to hear about other practices and urology experiences Canada has to offer. I love hearing about the new technologies and products available. Getting to meet the sponsors and exhibitors; playing with some of the new products; it’s all very exciting.

Thank you to the many amazing presenters as well. From new technologies involving laser therapy to hormone replacement therapy; I learnt so much. I was very surprised to learn how different health care is across Canada. Listening to Sue Hammond, RN from Newfoundland it was clear that although healthcare is public in Canada it is vastly different as to what is available from province to province and it may not be as readily available as I had thought.

I am one of the quality leads on my unit in Edmonton with a focus on the elements of ERAS so I was very eager to hear the ERAS presentation. It was interesting to not only learn ERAS is being implemented across Canada but to also hear others’ results. It was also great to get some positive reinforcement; the presenters about ERAS seemed impressed that we have been able to decrease our length of stay for cystectomy patients from 13 days to 10 days since implementing ERAS. It’s still a work in progress and continues to be encouraged on my unit. It’s good to know it’s working across Canada.

I hope more nurses come to the conference. It is fun, exciting and a great way to learn new things in urology. I will continue to encourage others to join the UNC.

Thank you again,

Submitted by: Amber Fischer, Edmonton

Lucy Rebelo

It was a great pleasure to be able to attend the 2nd annual CUA/UNC conference this past summer in Halifax NS. The one day UNC Conference followed by the CUA Conference provided an excellent opportunity to network with both nursing colleagues and urologists from all over Canada and abroad. At the UNC conference attendees were treated to amazing speakers with topics ranging from new technologies like Vaginal Laser Therapies for treatment of genital syndrome, menopause, stress incontinence and End of Life issues. Of Special interest to me was the talk given by my friend and colleague Janet Giroux on MAID (Medical Assistance in Dying). The talk was both educational and the speaker engaging. Janet tailored the talk to her practice Uro/Gyne and provided useful information to attendees on a topic that can be controversial. As an Emergency Room nurse attending conferences like the UNC/CUA allows me to stay current.

Submitted by: Lucy Rebelo
The Victoria chapter is hosting a huge Urology nurse educational night on October 18th, 2018 at the Gorge Vale Golf club. It is projected that 96 people will attend this meeting. There are five nurses and two Urologists speaking. TerSera and Astellas graciously provided funding.

The Victoria chapter is growing, even with some long-term members retiring. Kari, the newly appointed provincial representative for BC, is working on funding opportunities for more nurses to attend the CUA/UNC, SUNA and perhaps even the EAUN conferences.

Submitted by: Courtney Ware

Edmonton Chapter

The Edmonton Urology Interest Group had a very successful Urology Daze Conference at the Chateau Louis Conference Centre on May 4th, 2018. Over 150 health care professionals from Edmonton, Calgary and surrounding areas, 11 committee members and 10 vendors attended the educational day. The topics this year included transgender issues, ambiguous genitalia, erectile dysfunction and female incontinence procedures. Also this year, we developed a website which allowed online registration and updated our UIG logo. Both the topics and the online registration likely contributed to the success of the Urology Daze event.

The next Urology Daze will be held on Friday May 3, 2019.

Submitted by: Betty Ann Thibodeau
Chair of the Edmonton Urology Interest Group

Retention - A piece of fiction.

“I haven’t been able to empty my bladder since 6 this morning!”

So the triage process begins. “Care card please,” says the triage nurse “I feel like I’m going to burst, you gotta help me!” the patient states this time with more urgency in their voice while they hand over their care card. The patient is triaged and makes their way through registration to ambulatory where I take the chart from the patient who says “please help me.” I introduce myself and place the patient in a room, ask them to get undressed from the waist down, underwear included - this should be obvious, but in an emergency, no patient is thinking straight. I hand them a gown and blanket, I’m off to grab the bladder scanner, and all the equipment I should need to insert a catheter.

Greater than 999 mls on the bladder scanner screen. Catheter it is. My go to is an 18F Baird “green” catheter, but I always bring a coude tip into the room. I ask the patient “has this ever happened to you before? Are you under the care of a Urologist?” “No never! What is happening to me?” “Well, it seems that you are in retention. Before I put a catheter in do you think you could void?” I ask. “I’ll try, but I don’t think I could, it’s only been a drop since I went this morning when I woke up.” The patient makes their way to the bathroom with urine specimen bottle in hand… they return… with a drop of urine.

“I let’s get this catheter in; you will feel so much better.” I open the Foley catheter kit, with aseptic technique; open all of my supplies onto the sterile field: catheter, lidocaine jelly & leg bag. I remove my gloves, don sterile gloves and get started in the catheter insertion. In less than one minute, the catheter is in the bladder, there is urine flowing from the catheter tube, the balloon is inflated, and the patient has thanked me for “getting rid of the pain.” “It’s a miracle!” the patient exclaims. “You did that without any pain,” they say. A great sense of accomplishment comes over me, “urology’s my thing” I say.

Once the bladder is drained, and a sterile urine specimen obtained, I attach the catheter to a leg bag. I then provide teaching on care of the catheter, leg and overnight bags, and what the next steps are for what could be a long wait to see a physician in the Emergency room. The patient asks if they can grab a coffee, “of course” I say “let me know when you get back.” Off they go to Tim Horton’s after getting dressed. I write up my assessment, knowing that only 30 minutes into my day I have already made a difference for that one person.

Retention is not a complaint that can wait, and knowing that I can do something to make that person more comfortable, well that’s priority number one.

Submitted by: Courtney Ware
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

Victoria: Ali Maclaggan - Ali.maclaggan16@gmail.com
Edmonton: Betty Ann Thibodeau - bettyann.thibodeau@albertahealthservices.ca
Calgary: Carolyn Richardson - richardson.carolyn7@gmail.com
Toronto: Frances Stewart - bladderqueen@hotmail.com
Kingston: Todd Bradley - bradleyt@kgh.kari.net
Ottawa: Susan Freed - freeds@teksavvy.com
New Brunswick: Gina Porter - gina.porter@horizonnb.ca
Halifax: Tammy Bowles - pooh_cav@hotmail.com
Newfoundland: Sue Hammond - hammond_so@yahoo.ca
Coming Events

2019 Urology Daze
May 3, 2019
Edmonton, AB

UNC / CUA Joint Conference
June 29th to July 2nd, 2019
Québec Convention Centre
Quebec City, QC

32nd Annual UEC - Saturday June 29th
74th Annual CUA June 29th PM to July 2nd
Registration fee for UEC portion covers the Scientific Program of the CUA as well as Fun Night.
www.unc.org
www.cua.org

ICS 2019 GOTHENBURG
49TH ANNUAL MEETING
September 3rd - 6th, 2019
Gothenburg, Sweden
www.ics.org/2019

2019 Annual CANO/ACIO
October 20th - 23rd, 2019
Winnipeg, Manitoba
www.cano-acio.ca

Society of Urologic Nurses and Associates:
SUNA UroLogic Conference
September 20th - 23rd, 2019
Disney’s Coronado Springs Resort,
Lake Buena Vista, FL, USA
www.suna.org
find SUNA on facebook-
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

The Urology Nurses of Canada would like to wish all it’s Members and Sponsors
Merry Christmas &
Happy New Year.

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