

Tunneled Nephrostomy Tubes. - A New Approach to Tube Care.

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The Pipeline is a publication of the Urology Nurses of 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:
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The idea of Tunneled Nephrostomy Tubes started back in 1997 as a way to increase the comfort level in our palliative care patients. If stenting fails or is not viable the next step is percutaneous nephrostomy tube placement. Patients with ureteric obstruction requiring long-term nephrostomy tubes can run into several problems.

The ultimate goal of the nephrostomy tube is the limiting of patient discomfort related to drainage. Dr Bell, one of our leading urologists, trialed the alternative method of Palliative Subcutaneous Tunneled Nephrostomy Tube (PSTN) which achieved excellent drainage, eliminated the posterior location of the tube and limited the risk of displacement. The tube(s) are tunneled internally under the skin to exit via a puncture wound in the RLQ and are covered with an ostomy appliance. The benefits are numerous and the risk is less than the actual nephrostomy procedure. It is ideal for patients with malignant ureteral obstruction.

Pre-Operative

The patient must have an existing external nephrostomy tube(s) in place. They need to be consulted to an enterostomal therapist. An initiation of consults to social work, palliative care and home care services for discharge planning needs to be done.

The Procedure

The procedure is performed under a general anesthetic. A guide-wire is inserted into the ureter via the existing renal access and is then removed. Using approximately 1 cm skin incisions about 10cm apart, a Kelley clamp is then inserted under the skin to "thread" the new tube towards the predetermined exit site on the abdomen. Steristrips close the incisions and an ostomy appliance is placed over the tube(s) which protrude about 10cm. The entire procedure takes 45 minutes.

Post Operative Care

The recovery is brief. Mild analgesics are prescribed and wound care is minimal. Enterostomal teaching is done including appliance changes Q5days and cutting of the reflux membrane of the pouch. Skin problems can occur at each site but these are rare.

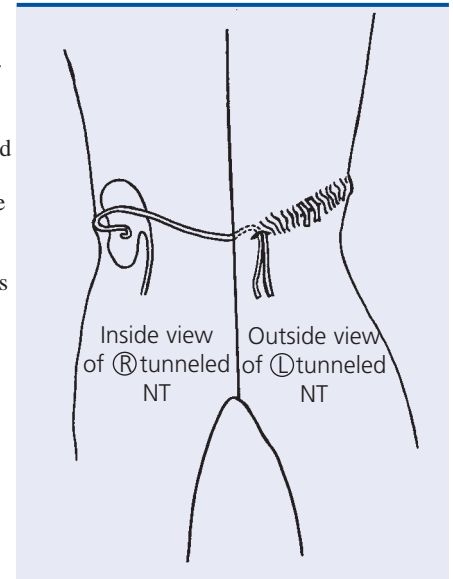


Diagram A

Research Update from The Prostate Centre, Vancouver Hospital Health Sciences Centre Evaluating a Decision Support Intervention for Men with Prostate Cancer

Davison, Joyce (PI)¹; Goldenberg, Larry²;
Gleave, Martin³; and Degner, Lesley⁴
Prostate Centre, VHHSC, University of
BC^{1,2,3}; Faculty of Nursing,
University of MB⁴

The optimal treatment for early stage prostate cancer continues to be controversial, outcomes are uncertain and decisions have a direct impact on quality of life. Davison and colleagues are currently conducting research to assist these men and their families get the information they need to participate in treatment decision making. A clinical trial is underway to determine if providing individualized information will enable a group of men assume an active role in medical decision making. A computerized decision aid is being used to assist men identify their information and decision preferences. Graphic and written print-outs from the computer program are being used by a nurse to provide individualized information to these men based on their specific disease characteristics (PSA level, stage of disease, Gleason score, and biopsy results). A group of 500 men newly diagnosed with early stage prostate cancer are being followed for one year after their diagnosis. The following outcomes are being measured at specific time points: decisional conflict, satisfaction (with preparation for decision making, information received, and involvement in medical decision making), quality of life, and decisional regret over treatment decision. Results of this project will provide direction for provision of information to these men who are seen in similar types of oncology outpatient settings.

Continued from page 1

Discharge Planning

Discharge can be expected within 1-2days

Since consults were initiated on admission home care and palliative care home visits should be arranged.

Follow Up

Tube change q3-6 months

The procedure is done under general anesthetic

The guide-wire is threaded through the existing tube, which is then removed.

The new tube is advanced into the tunneled tract over the guide-wire and finally the wire is removed.

Regular urological appointments need to be made as required by the particular disease process

Continued support from home services should be given prn.

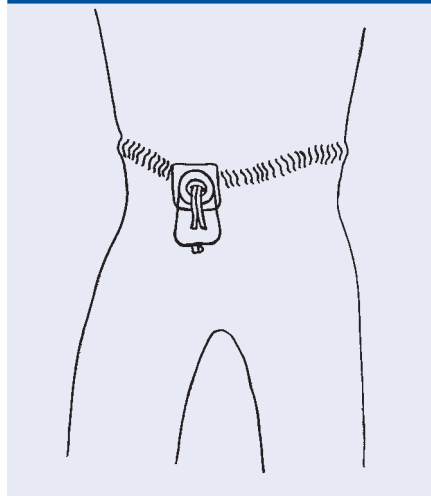


Diagram B

Outward appearance once ostomy appliance on (with bilateral NTS)

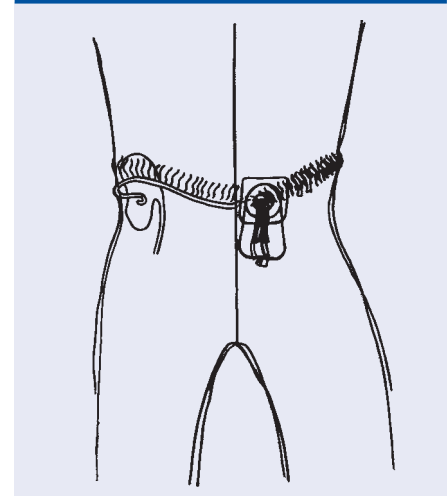


Diagram C

External Nephrostomy Tube

versus

Tunneled Nephrostomy Tube

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Difficult to get comfortable for sleeping. 2. Easily dislodged. The tube gets tangled and kinked. This decreases mobility. 3. Easy to irrigate prn. 4. Dependent on caregivers to change dressings 3x per week. (cannot reach) 5. Infection risk. 6. No GA required. 7. Tube(s) changed 3-6 months. 8. Cost of home care visits and dressing supplies. 9. Emptying of drainage bag(s). 10. Difficult to conceal. | <ol style="list-style-type: none"> 1. Very comfortable. Can sleep any way. 2. Dislodgement can occur. This is very rare. (difficult to detect) 3. Challenging to irrigate. 4. Increased independence. Can change own appliance. 5. Infection risk lower. 6. GA risks. 7. Tubes changed the same frequency. 8. Cost of appliances only. 9. Only has one bag even with 2 nephrostomy tubes. 10. Easier to conceal. Increased body image. |
|--|--|

In conclusion Palliative Subcutaneous Tunneled Nephrostomy Tubes provide a simple, minimally invasive and effective method of urinary diversion and preservation of renal function. It improves the quality of life for these palliative care patients.

Reference:

Palliative Subcutaneous Tunneled Nephrostomy Tubes (PSTN):

A Simple and Effective Technique for the Management of Malignant Extrinsic Ureteral Obstruction.
David G Bell MD FRCS and Marc Anthony Fischer MD FRCS

Award Winners

Corporate Sponsor Award Winners

The first winners of the UNC Awards Program were announced at the Urological Excellence Conference - 2001 which was held in St John's, NF last October. These awards are made available through unrestricted educational grants given via our Corporate Sponsorship Program.

The winner of the **Scholarship Award** was Christine Paterson from Brampton, ON
The corporate sponsor was Abbott.

The winner of the **Research Award** was Liette Connor from Halifax, NS
She will be researching The Meaning of Quality for Women with Interstitial Cystitis
The corporate sponsor was Pfizer.

The winner of the **Male Sexual Dysfunction Award** was Theresa Barry-Longley from Toronto, ON.
The corporate sponsor was Pfizer.

The winner of the **Editorial Award** was Susan Marsh from Halifax, NS for her article entitled "Quality of Life Post Radical Prostatectomy, A Male Perspective" published August 2001 in the Urologic Nursing Journal
The corporate sponsor was Bard

We congratulate all the winners.



*Susan Marsh and Cathie MacDonald
from BARD*



Liette Connor and Phil Schwarz from Pfizer



*Theresa Barry-Longley and Jason Pike
from Pfizer*

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:
Louise McIntosh,
Membership Coordinator at
(613) 761-5131 or visit
www.unc.org.

UNC Representatives 2001 - 2002

UNC Executive

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

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Vice-President West:	Liz Smits
Vice-President East:	Emmi Champion
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Newfoundland and Labrador:	Tracey 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: Susan Freed	Tel: 613-721-2000 ext 3900
Montreal	Info: Racquel de Leon	Tel: 514-842-1231 ext 34959
Halifax	Info: Emmi Champion	Email: martin.champion@ns.sympatico.ca
New Brunswick	Info: Gina Porter	Tel: 506-632-5720
Newfoundland	Info: Tracey Tompkins	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 the UNC

- Authors for Pipeline articles

Scenes from Newfoundland

St John's, Newfoundland was the venue for the 2001 Urological Excellence Conference.

150 delegates poured in from coast to coast. Our theme was "Explore the Rocks, Waves and Waters" with Newfoundland culture woven throughout the conference.

The first keynote speaker encouraged us to find our voice as waves are made. Another keynote looked back to where we have come from with renal disease and then pointed us toward the future. Dr Jane Green gave us a unique Newfoundland perspective on genetic, urological diseases and valuable information was shared in the concurrent sessions. The short papers were some of the best I have heard. The ideas and research going on in this country are to be commended.

Everyone thoroughly enjoyed the dinner theatre and Newfoundland music. Mummers came, jigs were danced, the cod was kissed and most were "screeched in" as honorary Newfoundlanders.

Bright yellow sou'westers are now scattered across the country as mementos of a "wonderful grand" time.



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 – Abbott

Research award – AstraZeneca

Scholarship award – Pfizer

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/awards form.htm](http://www.unc.org/awards_form.htm). The deadline is August 31, 2002 .

We look forward to your applications.

Awards Program

Urology Nurses of Canada Award of Merit

This award is given to a UNC member who demonstrates excellence in urologic nursing through clinical practice, research or education. They must demonstrate a significant contribution to UNC through promotion, mentoring or enhancement at a local or national level. The UNC member is nominated by two UNC members.

This is an honor award and a plaque is presented in recognition.

Local Chapter Award

This award is available to a group of UNC members who want to establish a local chapter.

An award of \$100 will be granted.

Poster Presentation Award

This award is given to the person who demonstrates excellence in poster presentation and meets the pre-established criteria. All presentations of posters at the Urological Excellence Conference, which is held in the fall, are eligible.

An award of \$100 will be granted.

Short Paper Presentation Award

This award is given to the person who demonstrates excellence in presentation of a short paper and meets the pre-established criteria for short papers. All presenters of short papers at the Urological Excellence Conference, which is held in the fall, are eligible.

An award of \$100 will be granted.

Award Of Merit

The Award of Merit for 2001 was given to Margie Waye R.N. from Halifax, Nova Scotia.

Margie graduated from the Victoria General School of Nursing in 1983 and worked in a Neonatal ICU. In 1988 Margie accepted a position in the Urology Dept. at the IWK Children's Hospital, Halifax. Her scope of practice included urodynamics, research and a urology clinic. A big part of her job was the education of nurses, children, families and caregivers. She has always demonstrated knowledge, skill and a desire to continually improve the quality of health care.

Margie has presented papers locally and nationally. She has worked with the Canadian Continence Foundation to develop an enuresis guide that is used throughout Canada and has also contributed to articles for their publications.

Margie was one of the founding members of the UNC Halifax Chapter.

I feel she was the key to keeping our local chapter up and running. On our 10th anniversary she decided to organize a one day workshop to celebrate the occasion. 50 nurses from across the Maritimes attended.

Margie has held many positions on committees both locally and nationally and has recruited many members. She has worked diligently to keep an element of pediatrics in UNC. Her last efforts were to help develop the UNC Awards Program.

With her great passion for nursing and the desire to make a difference she became a mentor to many urology nurses, myself included.

Margie has retired and is missed by everyone in urology across Canada.

We miss you as an expert in pediatric urology, as a mentor, as a caregiver and a friend.

You have made such a difference. Thank you from UNC.

Emmi Champion, R.N.



Margie Waye - 2001 UNC Award of Merit

Canadian Urological Association 57th Annual Meeting

June 23 – 26, 2002

Delta Hotel, St John's, NF

Call: 709-781-2244/2266

E-mail: mccarths.party@nf.sympatico.ca

Website: www.cua.org/2002meeting

Urology Nurses of Canada at the CUA meeting

Monday, June 24, 2002

16.00 – 18.00 hrs

Delta Hotel, St John's, NF

Speaker: Dr Jonathon Greenland

"New Technologies in Urological
Radiation"

Call: 709-368-1001

E-mail: dhammond@avint.net

15th Urological Excellence Conference October 3 – 5, 2002

Marriott Hotel, Kent St., Ottawa, ON

"Navigating the Changing Flow"

Call: 613-721-2000 ext. 3900

E-mail: freeds@rogers.com

Website: www.unc.org



UEC - 2002 Committee invites you to Ottawa

HOW TO REGISTER ONLINE

Many people have access to the internet and so the UEC — 2002 committee has developed the following steps to register online for the Urological Excellence Conference to be held in Ottawa on October 3 - 5, 2002.

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

Do not forget to send your cheque or money order to:
Urological Excellence Conference — 2002,
C/o Lisa Lynch,
11 Burnett's Grove,
Nepean, Ontario
K2J 1R4

The cheque should be made payable to:
Ottawa Chapter UNC

STEPS

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

You will receive a confirmation letter. If you do not receive confirmation contact (613) 592-2994 – Anne Clark and leave a message on the voice mail.

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