



## NURSING & ALLIED HEALTH

### WEDNESDAY 22 AUGUST

5:30pm - 7:30pm     **WELCOME TO DESTINATION EVENT**  
 Southbank Beer Garden  
 Stanley Street Plaza (Infront of the Southbank pool)

### THURSDAY 23 AUGUST

7:45am - 8:00am     **CONFERENCE OPENING**  
 Plaza Auditorium

7:45am                Welcome  
**The Honourable Wayne Swan MP**

8:00am - 10:00am   **MULTIDISCIPLINARY PLENARY**  
 Plaza Auditorium

Chairs: **Prof Tony Costello AM & A/Prof Peter Heathcote**

8:00am                AUA President Address - The Future of Urology  
**Dr Brantley Thrasher (The University of Kansas Health System)**

8:20am                What the last century has taught us in the role of radical prostatectomy  
**Prof Joseph Smith (Vanderbilt University)**

8:40am                Search for the heredity in Prostate Cancer  
**Prof Patrick Walsh (John Hopkins University)**

9:00am                Who needs genetic screening?  
**Dr Oliver Sartor (Tulane Medical School)**

9:20am                Prevention and Prostate Cancer - what can we say in 2018?  
**Dr Brantley Thrasher (The University of Kansas Health System)**

9:40am                Discussion

10:00am - 10:30am   **MORNING TEA**  
 Plaza Ballroom

- 10:30am - 12:30pm**    **MULTIDISCIPLINARY PLENARY**  
 Plaza Auditorium  
 Chairs: **Dr Phil Dundee & Prof Brantley Thrasher**
- 10:30am            Active Surveillance - What's New  
                          **Dr Peter Carroll (University of California)**
- 10:50am            Testing Protocols in Active Surveillance  
                          **Dr Stacy Loeb (New York University)**
- 11:10am            Prostate Cancer and Scandinavia - from the Vikings to now  
                          **Prof Per-Anders Abrahamsson (Lund University)**
- 11:30am            Introduction to Pat Walsh Lecture  
                          **Prof Tony Costello (The Royal Melbourne Hospital)**
- 11:35am            Pat Walsh Lecture - Lymph Nodes in Prostate Cancer  
                          **A/Prof John Yaxley (Wesley Urology Clinic)**
- 11:55am            Discussion
- 12:20pm            Presentation of the Chris McPherson Nursing Award  
                          **Mrs Gaye McPherson**
- 12:30pm - 1:45pm**    **LUNCH**  
**CLINICAL UROLOGY MODERATED POSTER SESSION**  
 Plaza Ballroom
- Supported by Janssen*
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PHARMACEUTICAL COMPANIES OF **Johnson & Johnson**
- 1:45pm - 3:15pm**    **"WHAT TO EXPECT": REALISTIC PATIENT OUTCOMES AFTER PROSTATE CANCER TREATMENT**  
 Meeting Room P9  
 Meeting Room P10  
 Chairs: **Helen Crowe & David Gray**
- 1:45pm            Welcome & Introduction - Ms Helen Crowe & Mr Dave Gray
- 1:50pm            Patient expectations of quality of life post-treatment for Prostate Cancer  
                          **Ms Brindha Pillay (Epworth HealthCare)**
- 2:10pm            When will spontaneity return? Setting sexual health expectations for prostatectomy patients  
                          **Ms Victoria Cullen (Cancer Specialists)**
- 2:30pm            Setting the scene: post-prostatectomy outcomes and education  
                          **Ms Evie Mertens (The Royal Melbourne Hospital)**
- 2:50pm            Quality of life outcomes and unmet needs in long-term survivors of Prostate Cancer: 15 year follow up of the NSW Prostate Cancer Care and Outcomes Study  
                          **Ms Carolyn Mazariego (Cancer Council NSW)**
- 3:10pm            APC Nursing Fellowship Report  
                          **Ms Francesca Leggott and Mrs Melissa Caruso**
- 3:15pm - 3:45pm**    **AFTERNOON TEA**  
 Plaza Ballroom

- 3:45pm - 5:30pm PROSTATE CANCER IN 2018 : WHAT IS ON THE HORIZON?**  
 Meeting Room P9  
 Meeting Room P10  
 Chairs: **Shan Morrison & Evie Mertens**
- 3:45pm Urology & Prostate Cancer: an overview of contemporary developments & issues  
**Mr Lih-Ming Wong (St Vincent's Hospital)**
- 4:15pm Prostate Cancer Survivorship in the UK  
**Ms Louisa Fleure (Guys Hospital, UK)**
- 4:30pm The latest and greatest in continence physiotherapy following Prostate Cancer treatment  
**Mr Ryan Stafford (The University of Queensland)**
- 4:50pm Prostate cancer nursing workforce: where we are and what does the future look like?  
**Ms Louisa Fleure (Guys Hospital, UK )**
- 5:10pm What you don't know about exercise for Prostate Cancer  
**A/Prof Prue Cormie (Australian Catholic University)**

**5:30pm - 6:30pm WELCOME RECEPTION**  
 Plaza Ballroom

**6:30pm - 8:30pm SATELLITE DINNER MEETING**  
 Meeting Room P9  
 Meeting Room P10



*Supported by AstraZeneca*

Chair: **Shan Morrison**  
 Presenter: **Sonia McDonald**

**Leadership is an Attitude**

*Sonia's energetic presentations encourage people to listen with her infectious enthusiasm and practical advice. You will learn to understand how your brain influences your actions to make better leadership decisions. Learn to lead through inspiration rather than instruction, and inspire their teams to work together... Sonia will give you tools to think beyond the traditional model of leadership and help create an organisation of engaged and committed people working for the same goal.*

**6:30pm - 8:30pm PROSTATE CANCER IN 2018 FOR GENERAL PRACTITIONERS**  
 Meeting Room P8

Chairs: **Dr Jane Crowe & Dr Peter Swindle**

*Join us for an informative evening where we gather a team of prostate cancer experts to provide you with the most up to date information on PSA testing in 2018, including prostate biopsy options and MRI, radiation therapy and androgen deprivation therapy. At the end of the session you will have the opportunity to ask questions to our panel of experts. Download the full program on the website.*

## FRIDAY 24 AUGUST

### 6:45am – 7.30am **WAKE UP EXERCISE SESSION (OPTIONAL PRE CONFERENCE SESSION)**

Southbank Pool (Riverside)

Chair: **Kimberley Lyford**

Enjoy some fresh air on the banks of Brisbane river. A 45 minute Exercise Physiology supervised session, that demonstrates the types of exercises that are often prescribed to men going through prostate cancer treatments. Come in comfortable clothing including runners and enjoy a morning of movement before attending the conference.

### 8:00am - 10:00am **THE TEAM APPROACH TO PROSTATE CANCER: OPTIMISING NURSING AND ALLIED HEALTH CLINICS**

Meeting Room P9

Meeting Room P10

Chairs: **Debra Ward & Kerry Santoro**

8:00am Setting up a nurse led Prostate Cancer clinic - one nurse's experience  
**Ms Sally Sara (PCFA)**

8:25am Dreams, developments, difficulties and downfalls: 25 years' experience of nurse-led clinics in the UK  
**Ms Louisa Fleure (Guys Hospital, UK)**

8:50am Nurse-led sexual health clinics: challenges & solutions  
**Ms Kath Schubach (Mens Health Melbourne)**

9:15am ADT: Collaborative allied health care  
**Dr Jane Crowe (Australian Prostate Centre)**

9:35am MATE Seminar: group education for men on ADT  
**Mr Dave Gray (Australian Prostate Centre)**

### 8:00am - 10:00am **EXERCISE & PROSTATE CANCER (PART 1)**

Meeting Room P8

Chair: **A/Prof Prue Cormie**

*This 4 hour interactive workshop is being offered as part of the Prostate Cancer Professional Development Course for Exercise Specialists who have already completed their online modules (<https://prostatecancerpd.learnbook.com.au/>). The workshop will involve case study simulations in tailoring exercising medicine for men with prostate cancer. The workshop will also be beneficial for nursing and allied health professionals who would like a thorough understanding of the role of exercise for men with prostate cancer. It has been designed to help nursing and allied health professionals educate their patients about exercise medicine and facilitate access to best-practice care for their patients. (Please note this session is delivered in two parts)*

10:00am - 10:30am **MORNING TEA**  
Plaza Ballroom

- 10:30am - 12:30pm**    **SEXUAL FUNCTION, AGEING, AND PROSTATE CANCER: THE UPS AND DOWNS**  
 Meeting Room P9  
 Meeting Room P10  
 Chairs: **Kay Talbot & Sally Sara**
- 10:30am                Prosthetics for erectile dysfunction  
**Dr Greg Malone (Brisbane Urology Clinic)**
- 11:00am                Hormones, sex and libido: supporting men on ADT  
**Ms Louisa Fleure (Guys Hospital, UK)**
- 11:30am                Effects of aging on sexual function  
**Ms Victoria Cullen (Cancer Specialists)**
- 12noon                 Sexual function post prostate cancer treatment: tips and tricks  
**Ms Evie Mertens (The Royal Melbourne Hospital)**
- 10:30am - 12:30pm**    **EXERCISE & PROSTATE CANCER (PART 2)**  
 Meeting Room P8  
 Chair: **A/Prof Prue Cormie**
- 12:30pm - 1:45pm**    **LUNCH (CLINICAL UROLOGY AND NURSING & ALLIED HEALTH MODERATED POSTER SESSION)**  
 Plaza Ballroom  
 Chairs: **Kay Talbot & Camille Short**

Nutrition care guidelines for men with prostate cancer undergoing Androgen Deprivation Therapy: Do we have enough evidence? **Katelyn Barnes**

Choosing Healthy Eating Choices and Keeping active for Men having the Androgen Therapy Experience: The CHECKMATE pilot study **Maree Brinkman**

Development of 'Exercise Guide': A tailored eHealth guidance and exercise prescription tool for men with metastatic prostate cancer **Holly Evans**

New protocols for a faster return to continence and quality of life following Radical Prostatectomy **Joanne Milios**

Exploring prostate cancer survivor's perceptions of targeted physical activity messages: Implications for computer-tailoring **Amy Finlay**

Determining the supportive care needs, and distress, of Australian men with prostate cancer receiving hormone therapy: A cross-sectional study **Nicholas Howard**

Evaluation of health professional's knowledge of prostate cancer pre and post attendance at a dedicated prostate cancer education evening **Deirdre Kiernan**

Health behaviours, Masculinity, and Quality of Life in Men with Prostate Cancer **Kirstyn Laurie**

Men's attitudes and preferences toward exercise-based support during active surveillance for prostate cancer **Megan McIntosh**

A tailored eHealth guidance and exercise prescription tool for men with metastatic prostate cancer: A protocol for feasibility, safety and usability testing **Holly Evans**

A Systematic Review of Physical Activity Based Behaviour Change Interventions Reaching Men with Prostate Cancer **Amy Finlay**

Therapeutic Ultrasound for Peyronie's Disease in Prostate Cancer: A novel, non-invasive approach to treatment **Joanne Milios**

Exploring the impact of providing men with information about potential prostate cancer treatment options prior to receiving their biopsy results **Brindha Pillay**

Pre-operative functional pelvic floor muscle training in radical prostatectomy: Identifying feasibility  
**Alesha Sayner**

Effects of a laxation and probiotic bowel preparation regimen: A randomized controlled trial in patients undergoing prostate radiation therapy **Niki Weston**

1:45pm - 3:15pm

## **PROSTATE CANCER RADIOTHERAPY AND ITS AFTER EFFECTS: HOW TO OPTIMISE OUTCOMES**

Meeting Room P9  
Meeting Room P10  
**Chairs:** Kath Schubach & Deidre Kiernan

Supported by



1:45pm

Radiotherapy and potential side effects: what are these and why do they occur?  
**Dr Mario Guerrieri (Genesis Care)**

2:05pm

Urological management of post-radiotherapy complications  
**Dr Daniel Moon (Peter MacCallum Cancer Centre)**

2:25pm

Hyperbaric therapy for post-radiotherapy haemorrhagic cystitis  
**Dr Susannah Sherlock (University Queensland Royal Brisbane Clinical Unit)**

2:45pm

Where's the toilet? Post radiation continence management  
**Ms Trish Husband (Townsville Hospital, Prostate Cancer Nursing Service)**

3:00pm

Not all radiation makes you a superhero  
**Dr Irima Nahon (University of Canberra)**

1:45pm - 3:15pm

## **SEXUAL HEALTH WORKSHOP**

Meeting Room P8  
**Chairs:** Victoria Cullen & Max Rutherford

*What are the challenges of exploring sexuality with prostate cancer patients (especially given the time constraints of a typical consult)? How can we best deal with the discomforts associated with discussing sexual intimacy with individuals and couples? What does 'sexual recovery' mean in this context? How do we measure success? How do we know that we have done a good job? We will create a safe space for peer learning in order to explore common challenges around sexual communication.*

3:15pm - 3:45pm

## **AFTERNOON TEA**

Plaza Ballroom

3:45pm - 5:30pm

## **MDT FORUM - PRESENTATIONS & PANEL**

(Combined with: Nursing & Allied Health)  
Plaza Auditorium  
**Chairs:** Prof Mark Frydenberg & Prof Patrick Walsh

3:45pm

Listen to your patients  
**Prof Patrick Walsh (John Hopkins University)**

4:05pm

Rethinking the recovery of continence after radical prostatectomy: New ideas from novel technologies  
**Prof Paul Hodges (University of Queensland )**

4:25pm

Long term outcomes of the Brisbane Open vs Robot radical prostatectomy RCT  
**A/Prof John Yaxley (Wesley Urology Clinic)**

4:45pm – 5:30pm

MDT Panel Case Discussion  
**Chair:** Dr Phil Dundee  
**Panel:** Dr Brian Chapin, Dr Oliver Sartor, Prof Tom Pickles, Louisa Fleure, A/Prof Prue Cormie, Max Rutherford, Stuart Doorbar-Baptist

7:00pm - Midnight **CONFERENCE DINNER**  
Queensland Art Gallery (QAG)

## SATURDAY 25 AUGUST

8:15am - 10:00am **RESEARCH 101: THE BASICS FOR ALLIED HEALTH CLINICIANS**  
Meeting Room P9  
Meeting Room P10  
Chairs: **Brindha Pillay & David Smith**

8:15am Nursing and Allied Health Research and Prostate Cancer: Where to start  
**Ms Alesha Sayner (Western Health)**

8:40am Ethics 101: What to know before submitting an application  
**Mr Nicholas Howard (Epworth HealthCare)**

9:00am Prostate biopsy patterns: the cause of the cores  
**Ms Karen Chiam (Cancer Council NSW)**

9:20am PCFA as a Partner in Research  
**Ms Wendy Winnall (PCFA)**

9:40am Overall risk factors for prostate cancer  
**Mr David Smith (Cancer Council NSW)**

8:30am - 10:00am **POST PROSTATECTOMY INCONTINENCE WORKSHOP**  
Meeting Room P6  
Meeting Room P7  
Chairs: **Shan Morrison & Jason Crow**

8:30am Welcome  
**Ms Shan Morrison (Women's & Men's Health Physiotherapy)**

8:35am Research update: physiology and biomechanics of post-prostatectomy incontinence  
**Prof Paul Hodges (University of Queensland )**

8:55am Intra-operative preservation of continence  
**Dr Daniel Moon (Peter MacCallum Cancer Centre)**

9:15am Bladder dysfunction in PPI  
**Dr Michael Wishaw (The Royal Melbourne Hospital)**

9:35am Panel discussion: Etiology of post-prostatectomy incontinence  
**Prof Paul Hodges (University of Queensland ), Dr Daniel Moon (Peter MacCallum Cancer Centre) and Dr Michael Wishaw (The Royal Melbourne Hospital)**

10:00am - 10:30am **MORNING TEA**  
Plaza Ballroom

10:30am - 12:30pm **WHEN A CURE IS NOT POSSIBLE: CARING FOR MEN WITH ADVANCED PROSTATE CANCER**  
Meeting Room P9  
Meeting Room P10  
Chair: **A/Prof Prue Cormie & Sue Osborne**

10:30am Latest advances in sequencing in medical oncology  
**Dr Ben Tran (Peter MacCallum Cancer Centre)**

11:00am Exercise for patients with advanced prostate cancer  
**Ms Tina Skinner (The University of Queensland )**

11:20am Advanced prostate cancer: life priorities and health research  
**Dr Camille Short (University of Adelaide)**

- 11:40am Nutritional profiling & prostate cancer  
**Dr Maree Brinkman (Nutrition Biomed)**
- 12noon Specialist nursing & holistic care for men with advanced prostate cancer  
**Ms Louisa Fleure (Guys Hospital, UK )**
- 10:30am - 12:30pm POST PROSTATECTOMY INCONTINENCE WORKSHOP**  
Meeting Room P6  
Meeting Room P7  
Chairs: **Irmina Nahon and Brooke Brown**
- 10:30am Red flags after radical prostatectomy: what to look out for  
**Dr Homi Zargar (Australian Prostate Centre)**
- 11:00am Helping men to cope with the psychological impact of prostate cancer surgery  
**Ms Samantha Clutton (Cancer Council QLD)**
- 11:30am Optimising continence outcomes: a physiotherapy perspective  
**Ms Shan Morrison (Women's & Men's Health Physiotherapy) and Mr Stuart Doorbar-Baptist (Sydney Men's Health Physiotherapy)**
- 12:30pm - 1:45pm LUNCH**  
Plaza Ballroom
- 1:45pm - 3:15pm RURAL NURSING MANAGEMENT IN PROSTATE CANCER**  
Meeting Room P9  
Meeting Room P10  
Chairs: **Helen Crowe & David Gray**
- 1:45pm A journey of discovery through online resources for prostate cancer  
**Mrs Debra Ward (Australian Prostate Centre)**
- 2:05pm Online exercise support and research  
**Dr Camille Short (University of Adelaide)**
- 2:25pm "Home & Away" - Rural and Remote Prostate cancer care  
**Ms Deirdre Kiernan (Mater Hospital)**
- 2:45pm Evaluation of nurse-led supportive care intervention for men with Prostate Cancer  
**A/Prof Nicholas Ralph (University of Southern QLD)**
- 2:55pm Astellas Prostate Cancer Nursing Scholarship award announcement  
**Mr Dave Gray (Australian Prostate Centre)**
- 3:00pm Astellas Prostate Cancer Nursing Scholarship Report  
**Mrs Leanne Prosser**
- 3:05pm Meeting Close  
**Ms Helen Crowe and Mr Dave Gray**
- 1:45pm - 3:15pm POST PROSTATECTOMY INCONTINENCE WORKSHOP**  
Meeting Room P6  
Meeting Room P7  
Chair: **Stuart Doorbar-Baptist & Stuart Willder**
- 1:45pm Surgical management of PPI  
**Dr Greg Malone (Brisbane Urology Clinic)**
- 2:15pm Nursing role in PPI  
**Ms Sandra Warden (Mater Health Services)**
- 2:45pm Discussion
- 3:15pm - 3:45pm AFTERNOON TEA & CONFERENCE CONCLUDES**  
Plaza Ballroom