TUF Nurse of the Year Award 2019:

A urology CNS team building afternoon and Dragon's Den

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An expanding team, and increasingly busy schedules have meant there are few opportunities for the urology clinical nurse specialists and advanced nurse practitioners to come together as a cohesive group to discuss issues, to learn from each other or to just take time to reflect and develop. With the support of the TUF award, in January 2025 we arranged a Urology CNS away afternoon at Guys Hospital. The objectives were to:

- Identify protected time to gather and reconnect
- Consider our role, its value and some of the challenges we all face
- Work with the staff wellbeing team
- To provide an opportunity via a "Dragons Den" competition to apply for small grants to improve patient or staff experience

19 CNSs attended from all urological services (cancer and benign) and it was the first time many of the attendees had met together a group. We started with lunch and some time to chat with new and old colleagues. We were then joined by professor Alison Leary who gave an inspirational presentation of the value of the CNS role and its important to patient safety and experience which provoked much discussion. This was followed by an interactive session with the Staff Wellbeing team, exploring values and our personal and professional inspirations and drivers. It was widely agreed that it was incredibly valuable to take time to discuss our roles and we concluded with a plan to make this a regular event.

We finished up with the announcement of the Dragons Den winners. We had 10 excellent applications: The successful bids were:

3 anatomical models to help men to learn intracavernosal injections for erectile dysfunction,

It can be incredibly daunting for men to learn this skill and we currently only have one very old model which wasn't anatomically correct and didn't allow men to practice injecting. The model was also shared between 3 consulting rooms. The team identified that this was a barrier to education and good patient experience. This award will allow the CNS team to offer much more tailored education and training which will improve confidence and technique for our patients

"Walk the talk": A under desk treadmill to promote wellness and physical activity at work.

This application noted that one of our core roles as a CNS is the promotion of health and wellbeing for our patients. We actively encourage them to engage in physical activity to maintain their health, supported by substantial evidence that staying fit can prevent various medical issues and aid in quicker recovery during cancer treatment. However, our commitment to patient care often keeps us seated at our desks for extended periods. Recognizing the numerous benefits of exercise for both physical and mental health, the team bid for an under-desk walking pad. This will allow the incorporation of walking into the work routine, whether during breaks or while managing emails. This will have a positive effect on staff well-being, also sending a positive self-care message to patients.

"Play That Funky Music ANP": 2 music speakers to enhance the patient experience for individuals undergoing prostate biopsies.

It can be a very frightening experience for men undergoing biopsy and the team submitted a compelling bid to improve anxiety and wellbeing for our patients. Music therapy has proven to reduce anxiety and pain perception during medical procedures. In addition, music has the potential to foster focus and resilience amongst healthcare professionals, enhancing precision and morale throughout prolonged and demanding procedures. The integration of music to the local anaesthetic prostate biopsy clinic aims to improve the overall patient experience, transforming a potentially distressing and painful procedure into one with a degree of comfort and distraction. The award will fund 2 speakers with the aim of improved procedure outcomes and job satisfaction. Music therapy also contributes to team cohesion, lending to a positive, cohesive working environment.

Funding for pizza for a support afternoon at the Guys medi-cinema for patients in the Young onset urology service.

There can be limited support, psychology and counselling services available for benign urology services and a number of these patients have life limiting conditions. Patients with young onset urological conditions often ask to meet other patients with similar conditions. This award will fund a social event (cinema and pizza) to allow patients to meet and socialise and get peer support

The other bids will be followed up looking at other models of funding including charity.

The whole team would like to thank TUF for their support!