

**Expanded Practice Protocol for the Clinical Nurse Specialist -  
Uro-Oncology Led Review Clinic for Patients who are  
Undergoing, or have Completed Radical Radiotherapy for a  
Bladder or Prostate Malignancy**

**CONTROLLED DOCUMENT**

<b>CATEGORY:</b>	Procedural Document
<b>CLASSIFICATION:</b>	Clinical
<b>PURPOSE</b>	This protocol supports a clinical nurse specialist - uro-oncology led review clinic for patients who are undergoing radical radiotherapy, or have completed their treatment, for bladder or prostatic cancer and whose consultant has selected them suitable to be managed by a clinical nurse specialist - uro-oncology.
<b>Controlled Document Number:</b>	266
<b>Version Number:</b>	5
<b>Controlled Document Sponsor:</b>	Executive Chief Nurse
<b>Controlled Document Lead:</b>	Lead Clinical Nurse Specialist – Uro-oncology
<b>Approved By:</b>	Executive Chief Nurse Executive Medical Director (or nominated deputy) Associate Director of Nursing Div D Matron, Urology Clinical Service Lead, Urology
<b>On:</b>	July 2018
<b>Review Date:</b>	June 2021
<b>Distribution:</b>	<ul style="list-style-type: none"> <li>• <b>Essential Reading for:</b> All clinical nurse specialists who undertake the review clinic for patients who are undergoing radical radiotherapy or have completed their treatment for bladder or prostatic cancer and all clinical nurse specialists who wish to expand their practice to include this skill.</li> <li>• <b>Information for:</b> All clinical staff working in uro-oncology.</li> </ul>

## EVIDENCE FOR PRACTICE

In line with the Department of Health Strategy for Cancer (2011), all patients with the diagnosis of cancer should have access to a named registered nurse specialist. The registered nurse specialist is in the ideal position to review this group of patients because they have had contact with the patient since referral to the specialist team and throughout their subsequent investigations, diagnosis and treatment.

According to the National Cancer Action Team (2010), the registered nurse specialist provides a service that ensures that each patient receives continuity of high quality and compassionate care, which is specific to individual needs.

Before the clinical nurse specialist - uro-oncology led review clinic was commenced, patients undergoing radiotherapy experienced long waits to be seen by junior medical staff. By providing a clinical nurse specialist - uro-oncology led review clinic, patients are seen on time, which assists in improving the overall experience throughout the patient journey.

A review of the expanded practice protocol has been undertaken to ensure the practice covered by this document remains up to date. As part of this review, an audit was undertaken (Gledhill, 2017), which has confirmed that the expanded practice protocol has been adhered to. No significant changes to the protocol have been made.

## CONSENT

Although formal written consent is not required for minor procedures, verbal consent for review in the clinical nurse specialist - uro-oncology led clinic must be obtained where possible and this must be documented in the patient's records. For further information regarding consent and mental capacity please refer to the following documents:

- Department of Health Reference Guide to Consent for Examination or Treatment (2009).
- The Trust's Policy and Procedural document for consent to examination or treatment (current version).
- *Mental Capacity Act (2005)*.

## INDICATIONS

1. The patient who has been diagnosed as having either bladder or prostate malignancy and is receiving radical radiotherapy.
2. The patient who has completed their treatment for a bladder or prostate malignancy, and has been selected by the oncology consultant/specialist registrar, as suitable to attend the clinical nurse specialist - uro-oncology led follow up clinic for patients who are undergoing or have completed radical radiotherapy for a bladder or prostate malignancy.
3. The patient must be seen by the uro-oncology consultant/specialist registrar to discuss radiotherapy prior to commencing treatment. The

patient will be seen weekly thereafter, by the clinical nurse specialist - uro-oncology, throughout their radiotherapy treatment regime.

4. An oncology consultant or specialist registrar must be available for consultation during the clinic.
5. **For patients with prostate cancer:**  
The clinical nurse specialist - uro-oncology must ensure the patient has a follow up appointment with the uro-oncology consultant 3 months after the end of treatment, and must arrange for the patient to have a prostate specific antigen (PSA) blood test performed 2 weeks before the appointment.
6. **For patients with bladder cancer:**  
The clinical nurse specialist - uro-oncology must arrange a rigid/flexible cystoscopy with the patient's consultant urologist 3 months from the completion of treatment. The clinical nurse specialist - uro-oncology must also ensure the patient is booked for a CT scan of chest, abdomen and pelvis.

Following these investigations, the uro-oncology registered nurse must then schedule the patient for review by the Multi-Disciplinary Team.

## **CONTRAINDICATIONS**

1. The patient is under 16 years of age.
2. The patient has capacity and does not give consent to be reviewed at the clinical nurse specialist - uro-oncology led follow up clinic for patients who are undergoing or have completed radical radiotherapy for a bladder or prostate malignancy.

## **LIMITATIONS TO PRACTICE**

1. If there have been significant problems or issues with the treatment, then the patient must be seen jointly by the clinical nurse specialist - uro-oncology and consultant uro-oncologist/ specialist registrar at the end of their radiotherapy treatment regime.
2. The patient who is experiencing severe side effects with the radiotherapy treatment. In this case the registered nurse specialist must immediately seek the advice of the consultant oncologist/specialist registrar to discuss further management.
3. If the clinical nurse specialist - uro-oncology is concerned about the patient's condition they must immediately refer the patient to the consultant oncologist/ specialist registrar for advice on any further action to be taken, and this must be recorded in the patient's records.

The appropriate Health and Safety risk assessments must have been completed for the clinical area.

## **CRITERIA FOR COMPETENCE**

1. A clinical nurse specialist - uro-oncology, with knowledge of prostatic and bladder disease management, who must have undertaken education and training recognised by their line manager.
2. Evidence of satisfactory supervised practice must be provided by the clinical nurse specialist - uro-oncology as witnessed by a practitioner (i.e. consultant oncologist) who is competent in the management of this group of patients (Appendix 1).
3. The number of supervised practices required will reflect the individual clinical nurse specialist - uro-oncology's learning needs.
4. Evidence of competence must be provided and a copy kept in the clinical nurse specialist - uro-oncology's personal file and in the department where the skill is practised (Appendix 2). Following each review and update of the protocol the clinical nurse specialist - uro-oncology has a responsibility to ensure that they have read and familiarised themselves with the current version of the protocol.
5. Clinical nurse specialists - uro-oncology new to the Trust, who have been performing leading the clinics elsewhere, must read, understand and be signed off against this protocol. Evidence of appropriate education and competence must be provided and checked by their line manager before undertaking this expanded practice at the Trust. The decision whether the clinical nurse specialist - uro-oncology needs to complete Trust training will be at the discretion of the line manager.
6. In accordance with codes of professional practice, the clinical nurse specialist - uro-oncology has a responsibility to recognise, and to work within, the limits of their competence. In addition, the clinical nurse specialist - uro-oncology has a responsibility to practise within the boundaries of the current evidence based practice and in line with up to date Trust and national policies and procedural documents. Evidence of continuing professional development and maintenance of skill level will be required and confirmed at the clinical nurse specialist - uro-oncology's annual appraisal by their line manager.

A list of clinical nurse specialists - uro-oncology competent to lead this clinic must be kept by the line manager.

## **PROTOCOL AND SKILLS AUDIT**

The Lead Clinical nurse specialist - uro-oncology will lead the audit of the protocol with support from the Practice Development Team. The audit will be undertaken in accordance with the review date, and will include:

- Adherence to the protocol
- Any untoward incidents or complaints.
- Number of registered nurses competent to lead the clinic.
- Patient satisfaction feedback.

All audits must be logged with the Risk and Compliance Unit using the Clinical Audit Registration and Management System (CARMS).

## CLINICAL INCIDENT REPORTING AND MANAGEMENT

Any untoward incidents and near misses must be reported via the Trust incident reporting system, and where required escalated to the appropriate management team. In addition, the Risk and Compliance Unit must be notified by telephone of any Serious Incidents (SI).

## REFERENCES

Department of Health (2011), **Improving Outcomes: A Strategy for Cancer**. Department of Health. London. H.M.S.O.

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Department of Health (2009) **Reference Guide to Consent for Examination or Treatment** 2<sup>nd</sup> edn. HMSO London

Gledhill, R. (2017) **Audit of Controlled Document 266 Expanded Practice Protocol for the Uro-Oncology Registered Nurse Specialist Led Review Clinic for Patients who are Undergoing, or have Completed Radical Radiotherapy for a Bladder or Prostate Malignancy** CARMS 13971, University Hospital Birmingham NHS Trust. Unpublished.

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National Cancer Action Team (2010). **Excellence in Cancer Care: The Contribution of the Clinical Nurse Specialist**.

[www.macmillan.org.uk/Documents/AboutUs/Commissioners/ExcellenceinCancerCaretheContributionoftheClinicalNurseSpecialist.pdf](http://www.macmillan.org.uk/Documents/AboutUs/Commissioners/ExcellenceinCancerCaretheContributionoftheClinicalNurseSpecialist.pdf) (Accessed 07.12.17)

University Hospitals Birmingham NHS Foundation Trust (current version) **Policy for consent to examination or treatment**, University Hospitals Birmingham NHS Foundation Trust

[http://uhbpolicies/Microsites/Policies\\_Procedures/consent-to-examination-or-treatment.htm](http://uhbpolicies/Microsites/Policies_Procedures/consent-to-examination-or-treatment.htm) (Accessed 07.12.17)

University Hospitals Birmingham NHS Foundation Trust (current version) **Procedure for consent to examination or treatment**. University Hospitals Birmingham NHS Foundation Trust

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University Hospitals Birmingham NHS Foundation Trust (current version) **Standards for Working with Carers**, University Hospitals Birmingham NHS Foundation Trust

[http://uhbhome/Microsites/Policies\\_Procedures/working-with-carers.htm](http://uhbhome/Microsites/Policies_Procedures/working-with-carers.htm)

(Accessed 07.12.17)

## **BIBLIOGRAPHY**

University Hospitals Birmingham NHS Foundation Trust **Risk Assessment Documentation**

<http://uhbhome/Resources/RiskAssessmentDocs/Home.aspx>

(Accessed 07.12.17)

## PROTOCOL SUBMISSION DETAILS

### Protocol reviewed by:

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Consultant Urological Surgeon & Senior Lecturer

Richard Gledhill

Clinical Nurse Specialist – Prostrate Cancer and Urology Multi-Disciplinary Team Lead

Belinda Chambers

Practice Development Practitioner

### Protocol submitted to and approved by:

Executive Chief Nurse

.....Mawen.....

Date:

.....2.7.18.....

Executive Medical Director  
(or nominated Deputy Medical Director)

.....Janid Kayani.....  
2 July 2018

Date:

Associate Director of Nursing, Division D

.....H Flower.....  
26/6/18

Date:

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.....M Masan.....  
22/06/18

Date:

Clinical Service Lead, Urology

.....R. Viner.....  
10/5/18

Date:

**UNIVERSITY HOSPITALS BIRMINGHAM NHS FOUNDATION TRUST**  
**EVIDENCE OF SUPERVISED PRACTICE**

To become a competent practitioner, it is the responsibility of each Clinical Nurse Specialist to undertake supervised practice in order to perform **clinical nurse specialist - uro-oncology led review clinic for patients who are undergoing or have completed radical radiotherapy for a bladder or prostate malignancy** in a safe and skilled manner.

Name of clinical nurse specialist: .....

DATE	DETAILS	SATISFACTORY STANDARD MET	COMMENTS	PRINT NAME, SIGNATURE & DESIGNATION
		Yes / No		
		Yes / No		
		Yes / No		
		Yes / No		
		Yes / No		
		Yes / No		



**UNIVERSITY HOSPITAL BIRMINGHAM NHS FOUNDATION TRUST**  
**CRITERIA FOR COMPETENCE**

**END COMPETENCE:** A clinical nurse specialist - uro-oncology led review clinic for patients who are undergoing or have completed radical radiotherapy for a bladder or prostate malignancy

**Date(s) of Education and supervised practice:** .....

**Name of Clinical Nurse Specialist – uro-oncology (print):** .....

**Job title / Role:** ..... **Clinical Area / Department:** .....

**Name of supervisor (print):** ..... **Designation:** .....

<b>ELEMENT OF COMPETENCE TO BE ACHIEVED</b>	<b>Date Achieved</b>	<b>Clinical Nurse Specialist Sign</b>	<b>Supervisor Sign</b>
Demonstrate an extensive knowledge and understanding of prostatic disease management.			
Demonstrate an extensive knowledge and understanding of bladder disease management.			
Demonstrate knowledge and understanding of radical radiotherapy for the treatment of bladder cancer.			
Demonstrate knowledge and understanding of radical radiotherapy for the treatment of prostate cancer.			
Discuss and demonstrate an understanding of the <ul style="list-style-type: none"> <li>• indications</li> <li>• contraindications</li> <li>• limitations to practice</li> </ul> for the clinical nurse specialist - uro-oncology led review clinic for patients having radical radiotherapy for bladder or prostate cancer.			
Demonstrate knowledge and understanding of the side effects of radical radiotherapy for treatment of bladder cancer and their management.			

ELEMENT OF COMPETENCE TO BE ACHIEVED	Date Achieved	Clinical Nurse Specialist sign	Supervisor Sign
Demonstrate knowledge and understanding of the side effects from radical radiotherapy for the treatment of prostate cancer and their management.			
Demonstrate knowledge and understanding of complex psychological aspects and when to refer for specialist psychological services.			
Demonstrate appropriate knowledge of progressive disease and oncological emergencies – such as spinal cord compression.			
Demonstrate knowledge and understanding of end of life care, and how to refer to specialist palliative care services.			
Demonstrate knowledge and understanding of when to refer back to the consultant oncologist.			
Demonstrate accurate provision of information pre and post the procedure in a format the patient understands.			
Demonstrate involvement of the patient and their families/carers, in decision making about their care and treatment.			
Demonstrate application of the Trust Standards for Working with Carers.			
Demonstrate a working knowledge of the Trust's policy for consent to examination or treatment.			
Demonstrate a working knowledge of the <i>Mental Capacity Act</i> .			
Recognise the importance of clinical audit.			
Demonstrate the ability to check the patient's infection status on PICS and practice safe infection prevention and control practices throughout the clinic. To include: • Universal precautions.			
Demonstrate accurate record keeping			
Discuss accountability in relation to the NMC Code: Professional standards of practice and behaviour for nurses and midwives (2015).			
Demonstrate maintenance of the patient's privacy and dignity throughout the procedure.			
Demonstrate an understanding of the incident reporting process.			

ELEMENT OF COMPETENCE TO BE ACHIEVED	Date Achieved	Clinical Nurse Specialist sign	Supervisor Sign
Demonstrate a working knowledge of the <i>Mental Capacity Act</i> .			
Demonstrate a working knowledge of the Trust's policy and Department of Health's requirements for consent to examination or treatment.			
Discuss any health and safety issues in relation to this expanded practice.			

I declare that I have expanded my knowledge and skills and undertake to practice with accountability for my decisions and actions.

I have read and understood the protocol for the clinical nurse specialist - uro-oncology led review clinic for patients who are undergoing or have completed radical radiotherapy for a bladder or prostate malignancy.

**Signature of Clinical Nurse Specialist – uro-oncology:** ..... **Print name**.....

**Date:** .....

I declare that I have supervised this clinical nurse specialist - uro-oncology and found him/her to be competent as judged by the above criteria.

**Signature of Supervisor:** ..... **Print name**.....

**Date:** ..... **Designation:**.....

A copy of this record must be placed in the clinical nurse specialist - uro-oncology's personal file, a copy must be stored in the clinical area by the line manager and a copy can be retained by the individual for their Professional Portfolio.