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HOURS OF BUSINESS

Because of the reduced incidence of community transmission of COVID-19 we are gradually re-opening our premises.

Opening hours are published on our website and written notices are placed in all orders. Thank you for your patience during this exceptional time.

For current information go to:
nswstoma.org.au



DIRECTORS

CHAIRPERSON	Carol Quast
SECRETARY	Ken Batten
TREASURER	Allen Nash
OTHER DIRECTORS	Sallyanne Lerota Andrea Cross Ian Murray Eugene Tomczyk Renee Constantin Kingsley Liu

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The publisher specifically disclaims all responsibility and liability for any material contained in this Journal and in particular any material that may breach any confidentiality or privacy or may be regarded as defamatory. Such liability will be assumed by the relevant author of the material.

The reader is strongly advised to first obtain appropriate medical advice from an STN or GP before trialling any products advertised in this publication. No advertisement published in this Journal shall be taken to constitute an endorsement of products contained in that advertisement, either by the Editor, this organisation, or any government department connected with the Stoma Appliance Scheme.

NOTICE BOARD

Transition to Re-Opening

From November 2020 we are gradually re-opening our premises to our members.

Members now have the option of picking up orders from our Stanmore premises. Members will be notified by SMS when their order is ready. Please allow a minimum of 5 business days from the day we receive your order to process and prepare your order. Members should not come to the Stanmore premises until they have been notified.

December pick-up days



Friday 11 th Dec	8am – 1pm
Friday 18 th Dec	8am – 1pm
Monday 21 st Dec	8am – 10am
Tuesday 22 nd Dec	8am – 10am
Wednesday 23 rd Dec	8am – 10am



We will be closed from Thursday 24th December to Monday 4th January, inclusive. January pick up days will be advertised on our website: nswstoma.org.au

Deliveries

Postage Fees

Standard Post: 1 month order \$13; 2 month order \$26

Additional fees apply to Express Post deliveries. Additional fees may also apply to interstate deliveries.

Australia Post Notice

Australia post continues to experience significant delays in their network. **Please allow extra time for your order to be delivered.** If you post your order to us please allow additional time for it to reach us.

Products for Sale

Product	Code	pack size	Price
Rediwipes Silk Wipe	ARS3033	100	\$10.00
Micropore 1"	1530-1	1 roll	\$2.00
Micropore 2"	1530-2	1 roll	\$3.50
Metal Nightstand	NIGHTSTAND	each	\$45.00
Simple Nightstand Plastic	380431	each	\$13.45
Hollister Leg Bag	9632	each	\$7.80
Urostomy Drain Tube Adaptor	7331	10	\$30.15

A MESSAGE FROM THE CHAIRPERSON



2020 has been a very strange year for us all. I hope you have stayed safe during this topsy turvy year. We have weathered bushfires, floods, storms, ONL's fire and of course the major thing affecting all of our lives is Covid19. As Chairperson, watching NSW Stoma function and deal with each problem in a positive, safe and careful way in supporting our members during this time, has been really reassuring and I thank all the staff and directors for their dedication and input during 2020. Mary, our new General Manager over the last 12 months, has been exceptional in dealing with crisis after crisis, implementing plans and working with the board to make sure things run as smoothly as possible.


This year, the board voted to increase our number of directors from eight to nine directors (within our constitution). Our two new director's talents and experience will add to our existing skill set, helping us support our members and oversee the direction of the company. I very much look forward to them joining us on the board.

We have installed a new, state of the art, software program. Our ICT and computers are now functioning more efficiently and the software has allowed us to analyse data and streamline systems. You may have noticed the new delivery dockets you receive with your orders and I trust you find the extra information (e.g. informing us of our postage balance) as helpful as I do.

This year the board implemented our strategic plan; made sure we were

compliant in legal processes; updated and added to our own education in governance as directors by attending the 2020 Better Boards conference and we are in the process of writing, implementing and approving many policies. Once authorised they will be put on our website.

Mary, our General Manager, has also implemented monthly information notices which are put in with your supplies. These information notices keep members up to date with any decisions or information that might be relevant to you. As you are aware we had to stop the pick-up of supplies due to the pandemic. I know this has been an inconvenience to some of you but the postal delivery system has generally worked well with the majority of supplies arriving in a reasonable time. Due to some of our members finding the deliveries difficult we implemented a trial pick up at our offices on some Fridays in November. A Covid safe process was explained in your October delivery notice. One of our directors has volunteered his time to man these pick-ups.

We also now have our twice yearly journal up and running again. We have had so many members contact us to reinforce how important this publication is to them in sharing and learning information and keeping them up to 

A MESSAGE FROM THE CHAIRPERSON *(continued)*

date as to what has been happening.

In October 2020 we had just over 6,000 active members, 9 directors (as from November 2020) and 12 paid employees (full and part time).

Thank you to those who filled out our survey. We are collating all the information and hope to inform you of the results shortly and to act upon the comments. That said, the anecdotal feedback from you has been positive. It is good to know that you are generally very happy with our services to you, the members.

Unfortunately, this year, due to Covid, we had to suspend our regional and metropolitan education meetings that we co-ordinate with ONL. We know how valuable these days are to our members; to ask questions; meet other ostomates; meet the suppliers and to listen to clinicians' and member's presentations that are relevant and interesting to their own conditions. We hope that next year in 2021 we will be able to re-implement these days when it is safe to do so.

Also due to the pandemic, our Stoma nurse, Anne Marie, has had to suspend face to face surgeries at our offices in Stanmore. We are hoping to re-establish these when the timing is safe but meanwhile Anne Marie is actioning the Stomal Therapy Clinic for you through email and phone.

Once safe again, following Covid19 secure procedures, we are still hoping to implement a volunteer program. Do you have time or skills that might benefit us? Please let us know, you can always contact us at info@nswstoma.com.au. Thank you to those who sent donations

to us with your membership renewal or with your order of supplies. These donations really help us help you, the members, and this money is earmarked for supporting members.

Remember to keep an eye on our website www.nswstoma.org.au for any up to date news and information.

Keep in mind:

- Orders **cannot be taken over the phone**. Please Fax, Email or Post your order form to the office.
- Orders cannot be processed and despatched unless **members are financial**.
- Please **do not over-order or stockpile**.

Order only what you require so as not to create expensive wastage.

We are so lucky to have the Stoma Appliance Scheme (S.A.S.) in Australia. Your yearly SAS fee (the amount set by the government) allows you to access many products free on the scheme, all there to help improve your quality of life as an ostomate. In some countries this would cost you many hundreds of dollars each month. We are certainly lucky to be able to access the S.A.S. through our association.

Once again, I wish to thank all our directors for their effort, time, skills and dedication to NSW Stoma Ltd and to all the staff for their untiring work and commitment in supporting our members. Stay safe in 2021 and I wish you all the very best for the upcoming holiday season.

Carol Quast

Chairperson, November 2020

A Sense of

Security Means

Everything

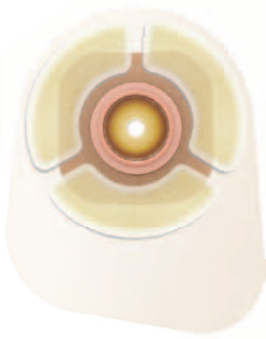


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A message from the General Manager

While for many reasons 2020 may be the year we all want to put behind us, it has also highlighted just what a wonderful community we have. We started the year with drought, bushfires and flood then got hit with a pandemic. Our sister organisation in Kirrawee burnt down in May. Many of our members faced personal crisis too. Thank you all for your patience and understanding while we dealt with each crisis. We are now working on the 'new normal' way of operating as the pandemic continues.

For those of you who regularly picked up your products from our Stanmore premises, we have missed you and look forward to seeing you again as we gradually open our door. Our approach remains cautious with emphasis on the continuation of our operations and the delivery of essential supplies to all our members. We will publish pick up days on our website and continue to communicate with you through written notices in all orders.


Apart from dealing with a 'series of unfortunate events' we have been busy upgrading our computer system with a staged implementation throughout the year. We have now completely moved to the new system. I hope you are all seeing the benefit of our new delivery dockets. They not only tell you what products are in your delivery, you can

also see your postage balance and the date your membership is paid to. We can add personal notes and general information for all members as well.

Internally, we have a brilliant stock control and ordering system making our purchasing really efficient and giving us greater control over our cash flow. We are continually reviewing all our systems with a view to giving all our members the best service possible.

The next step will be to upgrade our website and introduce on-line ordering. I know many of you are keen to see this introduced. For those of you who prefer to mail or fax your orders we will always offer you those options. We want to offer our members as many ways to order as possible. Unfortunately, we are not able to take orders by phone. We need your order in writing as Medicare and the Stoma Appliance Scheme requires that we hold '*proof of a member's request*' for each item we claim for a minimum of 2 years. You can send your order by email, fax or post. If you have a condition which prevents you from doing this please contact our office to make alternate arrangements.

Under the Stoma Appliance Scheme (SAS) we are required to monitor members usage and ensure that scheme limits are not exceeded. It's a complex scheme with over 3,800 products currently listed. The



maximum quantities vary greatly even for products with the same purpose. If you find the maximum amounts aren't enough, please contact your Stomal Therapy Nurse (STN) to have your stoma and product usage reviewed. If you don't see an STN regularly, we provide access for all our members to an STN. Our nurse, Anne Marie Lyons, is a highly experienced STN and offers services by phone and email. Unfortunately, we had to close our on-site clinic because of the pandemic. If you don't need the maximum amount, please don't order it. Order what you need and we recommend you keep 2 weeks supply in reserve in case your order is delayed in transit. We understand how stressful it is if you are running low.

We hope to resume our Regional Information Days next year. We were forced to cancel all of them during 2020 because of COVID-19 but we know how important these days are to our members. The opportunity to meet with suppliers and learn from our guest speakers including our wonderful Stomal Therapy Nurses and other health professionals, is eagerly anticipated by many of you. Many of you report the most informative part of the day is the question and answer session, where you get the opportunity to hear and learn from your fellow ostomates alongside the professionals. I love these days because I get to meet some our

members, so fingers-crossed we can find a COVID-safe way to deliver these in 2021. We are also exploring other ways to deliver information and stoma education and awareness through the use of technology.

I want to thank all our wonderful members who heeded our cry for donations. This has made an enormous difference to our ability to serve our members. On behalf of the board and staff I want to extend our heartfelt thanks. Later in this journal we have listed many of you (if you gave us permission) to give you the acknowledgement you deserve.

In 2021 we will also explore ways our members can volunteer with our association to increase the services we offer our members. Watch this space for more information.

Many thanks again to Paula Garrod our fabulous member and graphic designer who is once again putting this journal together for us.

I wish you all a very happy 2021. May it be a happy, peaceful and uneventful year for all of us.

Mary Egan

General Manager, NSW Stoma Ltd

Failte Mo Chairde (Hello my friends)



Hope you are all trying to stay sane in the current climate!

Please be mindful of your friends and neighbours who are alone. Try and touch base with a phone call often just to keep them company.

Little things like a phone call I have found personally goes a long way to lift your spirits.

From almost the onset of COVID-19 NSW Stoma Ltd purchased a mobile phone for me to use for consultations as I was unable to do face to face.

This has proven to be a great success and a necessity.

While phone consults are very beneficial, it is often not sufficient, a face to face needs to follow, although modern technology with the ability to view stomas via email and text makes it a very useful tool indeed.

The Board and I will meet when the Department of Health deem it safe and discuss incorporating the phone consults with the face to face consults, thus improving the service to maximise the benefit to you, yes it's all about you!

With the phone consults I have increased my hours of 11.00-13.00 each

Thursday of the month as opposed to the first three Thursdays as the demand is there.

If you have any recommendation regarding this service please do write to our editor and we will certainly take them on board.

Just a note to remember, if you have concerns about your order whether they have not arrived or some things are missing etc. please call the association to follow up as I do not have access to these details from my home.

Phone: 9565 4315

*Slan agus beannacht
(bye and blessings)*

Anne Marie

Anne Marie Lyons STN

I try and keep my segment interesting and I would love to hear from you with ideas of things you would like me to discuss and I will endeavour to follow through this segment I would like to educate you on Urinary Tract Infections commonly called (UTIs).





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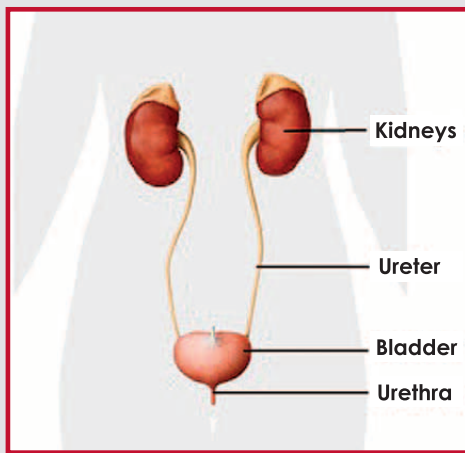
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Urinary Tract infections (UTIs)

The urinary tract is the body's drainage system for removing urine, which is composed of wastes and extra fluid. In order for normal urination to occur, all body parts in the urinary tract need to work together in the correct order.

The urinary system consists of kidneys, ureters, urinary bladder, and urethra.



UTIs are given different names depending on where they occur. For example:

- A bladder infection is called cystitis.
- A urethra infection is called urethritis.
- A kidney infection is called pyelonephritis.

The ureters are very rarely the site of infection. (1)

While UTIs are more common in people with urinary stomas (Urostomy/ Ileal conduit) the remainder of the community are not exempt. The same rules apply for both.

UTIs can happen to anyone, although they are more commonly seen in women who are sexually active or menopausal,

or those with health conditions such as diabetes or urinary incontinence. It is important to note that these factors do not directly cause UTIs, but may play a part and add insight as to why they are occurring.

Women using spermicides or diaphragms as contraception are also more at risk of UTIs and may want to consider alternative options if they get recurrent UTIs.

Causes of UTIs

The vast majority of urinary tract infections (UTIs) are caused by the bacterium *Escherichia coli* (*E. coli*) usually found in faeces.

The bacteria enters through the lower end of the urinary tract—the opening of a man's urethra at the tip of the penis or the opening of a woman's urethra at the vulva.

The infection travels up the urethra to the bladder. (4)

Symptoms

Urinary tract infections don't always cause signs and symptoms, but when they do they may include:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Urine that appears cloudy
- Urine that appears red, bright pink or cola-colored — a sign of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women — especially in the center of the pelvis and around the area of the pubic bone. (2)


UTIs may be overlooked or mistaken for other conditions in older adults.

UTIs can cause sudden confusion (also known as delirium) in older people and people with dementia. If the person has a sudden and unexplained change in their behaviour, such as increased confusion, agitation, or withdrawal, this may be because of a UTI. (4)

The main treatment for a UTI is antibiotics although in the interim while you are waiting for the antibiotics to take effect:

- Drink plenty of water. Water helps to dilute your urine and flush out bacteria.
 - Avoid drinks that may irritate your bladder. Avoid coffee, alcohol, and soft drinks containing citrus juices or caffeine until your infection has cleared. They can irritate your bladder and tend to aggravate your frequent or urgent need to urinate.
 - Use a heating pad. Apply a warm, but not hot, heating pad to your abdomen to minimize bladder pressure or discomfort.
 - Wear cotton underwear rather than silk, nylon or spandex, and avoid wearing tight fitting clothes that don't allow the area to breathe.
 - Bacteria thrive in warm, moist areas, so wear loose-fitting cotton clothing to avoid setting up their ideal environment.
 - Only use mild soaps on your genitals. Fragrance-free soaps are best, and should be washed off immediately.
 - Looking after yourself by eating a healthy diet, doing plenty of physical activity and getting good quality sleep will help your immune system stay strong and keep bacteria in check.
- Finally hand hygiene is as important for the treatment/prevention of a UTI as it is for every other spread of infection. (5)

Alternative medicine

- Many people drink cranberry juice to prevent UTIs.
- There's some indication that cranberry products, in juice or tablet form, may have infection-fighting properties. (3)
- Research suggests that it depends on the amount of certain compounds in the cranberry supplement. These key compounds are called proanthocyanidins, or PACs, the recommended daily dose of 36mg of PACs, therefore always read the labels on the cranberry product as they do differ and if they are a good product they will have the dose on them.
- What do PACs do: "PACs may help with recurrent UTIs, as they prevent the unfriendly bacteria from sticking to the walls of the urinary tract. If they don't stick, they don't grow – instead they are flushed out and the infection may not occur," (6)
- If you enjoy drinking cranberry juice and feel it helps you prevent UTIs, there's little harm in it. For most people, drinking cranberry juice is safe, but some people report an upset stomach or diarrhoea.
- However, don't drink cranberry juice if you're taking blood-thinning medication, such as warfarin. (Some research has suggested that cranberry juice inhibits certain enzymes in the liver that breaks down warfarin.) (3)
- Another supplement option called 

Urinary Tract infections (UTIs) *Continued*

Mannose, or D-Mannose, is showing promise in the management of recurrent UTIs. Mannose is a natural sugar that occurs in many fruits, and a recent study found that taking it in the form of a supplement was similar to an antibiotic in its effectiveness for reducing UTIs. (6)

As always, discuss any supplements you are taking, or thinking about taking, with your GP.

- Drink plenty of water and fluids
- Treat vaginal infections such as thrush or trichomonas promptly
- Go to the toilet when you feel the urge to urinate, rather than holding on
- Urinate after sex, to flush the urinary system.

I hope you find this helpful.

*Slan agus beannacht
(bye and blessings)*

Anne Marie

Anne Marie Lyons STN
NSW Stoma Ltd

Phone: 0468 582 951

Email: stomanurse@nswstoma.org.au

References:

<https://www.betterhealth.vic.gov.au/443/health/conditionsandtreatments/urinary-tract-infections-uti> (2015)

Kidney Health Australia Urinary Tract Infections (UTIs) in Older Adults - Healthline








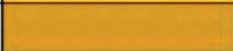
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AM I HYDRATED? Urine Colour Chart		
1		If your urine matches these colours, you are drinking enough fluids
2		Drink more water to get the colour shade in 1 and 2.
3		Dehydrated
4		You may suffer from cramps and heart-related problems.
5		Health risk! Drink more water.
6		Health risk! Drink more water.
7		Health risk! Drink more water.
8		Health risk! Drink more water.

The chart above allows you to know whether you have taken sufficient fluids or not.

Additional tips

These self-help tips may help to reduce the frequency of UTIs:

- Wipe yourself gently from front to back (urethra to anus) after going to the toilet

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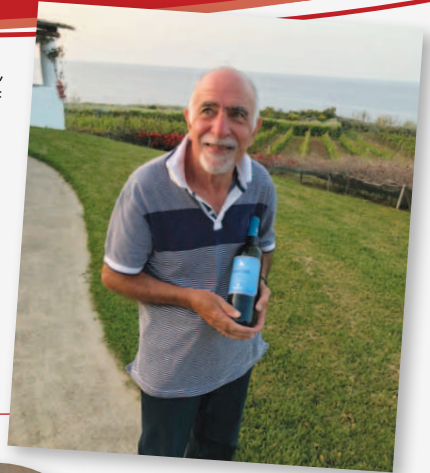
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Farewell and Thank You, Peter De Luca

After nearly a decade of service on our board, first through the Colostomy Association of NSW and then as NSW Stoma Ltd, Peter de Luca decided to take a step back from the board he has served so well and diligently. A friend to all who had the privilege of knowing him, he was a joy to work with and will be missed by all of us at NSW Stoma Ltd – staff & board.

Thank you so much Peter for all you did for us. We hope you are enjoying your time with your beautiful family.

Peter de Luca 2020



Introducing our newest board members

At our AGM on the 28th November we welcomed 2 new members

KINGSLEY LIU



Principal Solicitor of The Peoples Solicitors, a litigation operation of 15 part and full-time lawyers and paralegals, Kingsley is a hard-working team player with an everlasting learning capacity. He has a long history of volunteering and is also National President of the Asian Australian Lawyers Association and President of the Chinese Community Council of Australia. Kingsley considers himself to be an organiser and a fixer and has over 40 years experience in engineering, investment banking and commercial law. He wired his own IT office network and it still works! Kingsley is interested in advocating for and originating alternative aged care and gerontology solutions through cohousing communities. Kingsley has been an ostomate since 2017. We welcome his varied experience and expertise to our board.



Renee Constantin

An ostomate since 2015, Renee is a passionate advocate for ostomates and has used social media and online blogs, as well articles in our last journal and the national journal to raise awareness and share her experience as a young ostomate. At the start of 2019 Renee founded Ostomingle, a support group for young Sydney ostomates. It aims to bring young men and women with stomas to share experiences, ask questions and learn from each other in an inviting and relaxed atmosphere.

Renee teaches English as a second language with a focus on communication skills and facilitating negotiations between groups. She holds a Master of Applied Linguistics where her main paper researched the instances of miscommunication between doctors and minority patients. We welcome Renee's communication expertise to our board, particularly her work in communicating with young ostomates.

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Janet Forsyth's Retirement Brunch

How can anyone sum up Janet's remarkable and unassuming character and nursing career of over 60 years adequately? How in this era of COVID-19 restrictions could the NSW Branch of the Australian Association of Stomal Therapy Nurses show their thanks and huge respect for this wonderful woman who has always been willing "to stand up and be counted"?

Janet's passion and desire to improve the quality of life of people with stomas is legendary, and she has always been, and continues to be, inspiring to her peers.

Due to COVID-19 it was a small group of us that took Janet for Brunch at 'Saddles', a unique restaurant in a lovely setting in the midst of stunning countryside at Mount White.



What a beautiful day to be out in the bush. Again, due to COVID, we were restricted to one and a half hours, but, what an animated time we enjoyed.

On behalf of the NSW AASTN branch Janet was presented with fabulous cut glass wine goblets and brandy tumblers, and a magnificent bouquet of flowers.

Janet, having someone like you as a STN and a work colleague all these years has been no less than a gift, not only to your peers, but also for all those thousands of people you have helped and cared for.

You will be missed, but never forgotten.

Heather Hill AM
(Retired STN)




How to prevent or manage Parastomal Hernia: The “Core Abdominal” Muscles are the Key

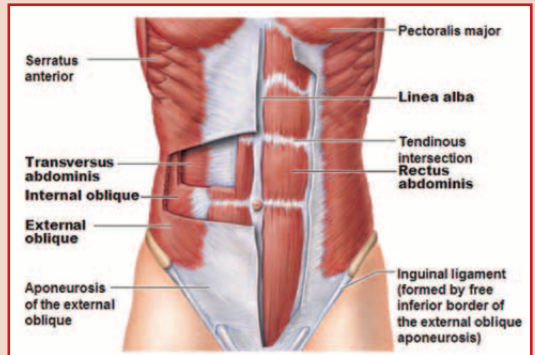
Peter van Gaalen

Market Manager – Ostomy Care,
Coloplast Australia/New Zealand

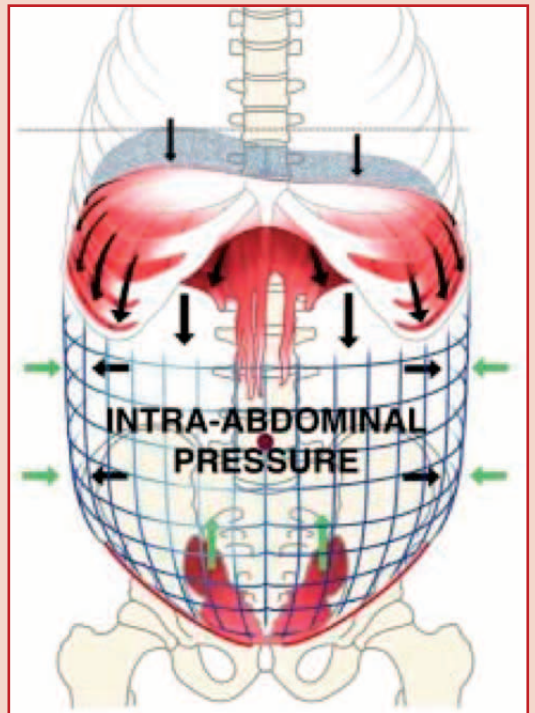
Registered Physiotherapist and
formerly Sports & Manipulative
Physiotherapist

Learning how to activate your internal corset or “Core Abdominal” muscle group and learning how to ‘turn them on’ without the over-active primary abdominal muscles, is critical and a Physiotherapist should be able to teach you these exercises and how to ensure you are getting the right muscle working. Then integrating these exercises into activities of daily life, becoming conscious of how to activate them prior to doing a more strenuous exercise and keep them going for life will keep that abdomen trim and as flat as possible. Pilates and Functional Stability training after you have learned “How to turn the muscles on voluntarily, will help you to learn how to make them work during activity.

When stomal surgery is performed, the surgeon needs to cut through the abdominal muscles in the front of your abdomen to bring a section of colon to the surface which will then act as your stoma. In the process of cutting through the abdominal muscles, the surgeon creates a possible weakness in the abdominal wall making it susceptible to herniate. This separation can occur due to significant increases in the intra-abdominal pressure during activities in life. 



Normal Abdominal Anatomy



How to prevent or manage Parastomal Hernia: The “Core Abdominal” Muscles are the Key (continued)

Normal Abdominal Anatomy:

Your abdominal muscles consist of two main groups; the primary group (6 pack) and others that help you to sit-up from the chair, get up off the bed etc but they also strain when you lift something.

There is also a deep “Core Abdominal” muscle group where the muscle wraps around your waist from the spine like a corset.

These two groups of abdominal muscles are triggered and work very differently to each other. The primary group are strong, activate very easily and respond to repeated exercising like you would do in a gym exercise. The Core Abdominal muscle group, however, are a postural muscle group that work with your pelvic floor muscles and your diaphragm to support the spine and brace the abdomen to keep everything intact. The Core are turned on with very subtle and gentle contractions, if you try too hard you will likely turn on the primary group.

The effect of stoma surgery on the Abdominal Muscles:

As mentioned earlier, when the surgeon performs stoma surgery, they must cut through the abdominal wall to bring the

loop of intestine to the surface. Cutting through the abdominal wall can lead to the front wall having a ‘weak point’ where the muscles have been cut through. Until this heals, typically over a period of three months, this abdominal wall needs to be protected from stresses or strains that could make the weakness at the front of the abdominal wall splitting open wider due to increased intra-abdominal pressure. This can be a weak point in the abdominal wall forever as some parastomal hernias occur up to twenty years after stoma surgery¹.

Prevention and Management of Parastomal Hernia’s:

Prevention of parastomal hernia post-surgery is extremely important for Ostomates. Firstly, protection of the surgery site for the first 3 months after surgery by avoiding lifting, straining and any sit-up type exercises which will increase intra-abdominal pressure is very important.

References:

Cited in: Ajjana Techagumpuch and Suthep Udomsawaengsup. Update in Parastomal Hernia. Ann of Laparoscopic and Endoscopic Surgery 2019; 4:75

Walton

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Entries close 31st January 2021

Reaching out for help

By Jan Fields STN

I am sure many of you would say that seeking medical or specialist nurse care in the year of 2020 has been extra challenging, and the word challenging is probably an understatement for lots of situations arising from the pandemic.

It is important though, that you do not push aside health needs, ignore problems or think any problem is too small to bother with. Small problems can turn into much larger issues if left unchecked.

Many health professionals and health facilities have had to re-think how they offer services and today, in 2020, there are many ways to offer a review to those who need it. Telehealth, or other forms of video connecting are being used widely, more than ever before, and doctors and nurses can offer help using many communication devices and platforms. Phone calls, FaceTime, WhatsApp, Zoom, Team meetings, MMS (sending pictures or videos via a mobile device), SMS (sending short messages via a text) are all ways to connect with a Stomal Therapy Nurse when you are having a problem. Some will say this all sounds too technical for them and they do not have the skills, knowledge or equipment to manage these various communication styles or devices that allow them. Even if you are not tech savvy, please discuss what you need with family members and friends, there are many people you know who could help you learn the easiest and simplest way to make connecting with your health professionals as easy as possible.

Remember to explore the possibility of Stomal Therapy Nurse services not only through your local hospital, but find out what may be available in your community or through other services/agencies. Talk to your Stomal Therapy Nurse, Stoma Association or GP, to locate a service that can meet your needs during this challenging time.

A Stomal Therapy Nurse review is recommended for ANY of the following issues:

- Leaking stoma pouches
- Sore skin, rashes or any irritation around your stoma
- Erratic output from your stoma
- Problems with pancaking/constipation if you are a colostomate
- Bulges around your stoma, changes to your stoma size or shape
- Prevention or management of a Parastomal Hernia
- Unhappiness with your care plan or general difficulty managing things

We all know that over time many things change: body shape, skin condition, physical abilities are a few things that come to mind, and as they change, the fit of your stoma pouch and your ability to manage things may also change. If you have had a stoma for a long time and have not seen a Stomal Therapy Nurse within the past year or so, then now is the time to reach out for review to ensure your stoma care is the best it can be.



Experiencing leakage or sore skin?

Haven't seen a STN in 2+ years?

Stoma hernia?

No STN contact?

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Farewell and Thank You, Peter De Luca

While enjoying playing the guitar in a rock band at many venues across Sydney in the early '60s little did I envisage myself living a large part of my life with an ileostomy.

After marrying Annette in 1967 my life became very busy. With four beautiful daughters we moved from Sydney to Kiama for 6 years and then moved to Young for 6 years. We then moved back to Sydney, I was working with the Dept. of Motor Transport.

In 2004 I was diagnosed with a tumour in the lower bowel. Following 2 operations I was free of cancer, but left with ongoing major infections. During the next 3 years I became a regular visitor to St George Private hospital where I spent many months being well looked after by doctors and very caring stoma therapy nurses.

Just as all avenues seemed to be exhausted as infections persisted, I was referred by an Infectious Diseases Doctor

to the Colo-Rectal Team at Concord Hospital. I am forever grateful to the dedicated, brilliant doctors who gave me back my life.

Although living for the past 16 years with an ileostomy I have been able to live a full life both working voluntarily and enjoying many happy times with family and friends. What makes my journey easier is the ongoing support I receive from Annette and my family together with my wonderful G.P. who has assisted me through many difficult times.

At a much slower pace these days, music still plays a very important role in my life and gives me great enjoyment. My favourite song is now "The Impossible Dream".

Since 2011, as a committee member of CA NSW and later as a Director of NSW Stoma Ltd, I have become increasingly aware and respectful of so many resilient and positive people who despite all odds, achieve the impossible.



Peter and Annette

The De Luca family

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My personal stoma journey and embracing Colostomy Irrigation as a way of life:

A member's perspective.

I arrived back in Australia after living 20 odd years in the UK in December 2011. I was 55 years old and there was a Bowel Testing Kit waiting at home. I certainly hadn't used one of these before.

I sent it off in January 2012 assuming all would be OK as I didn't have any obvious symptoms. It came back positive. My doctor suggested a colonoscopy.

This confirmed I had a malignant rectal tumor. I was shocked and so were all my family and friends. A CT Scan and further tests pursued.

On 21st February 2012 I had my operation – The result: a permanent stoma / colostomy and abdominal resection at St Vincent's Public Hospital.

There was so much to take in but I had support in hospital from the Stoma Nurse helping with

- care
- using appliances
- answering my never-ending questions

It was all still overwhelming and I thought I would never manage or get it all under control. With time and patience, it started to make sense and I started to feel more empowered.

So, who am I?

I am a mother of three wonderful adult boys, a wife to an understanding and supportive husband and an educator by profession.

I am also Chairperson of NSW Stoma Ltd and feel that volunteering my time

on the board is giving back to the Association to help support members.

MY JOURNEY TOWARDS BECOMING AN OSTOMATE AND COLOSTOMY IRRIGATION.

Just before my operation

This is me two nights before my operation, out to dinner with my sister and friend, scared of the un-known and trying to try stay positive.

What all new ostomates need – SUPPORT

I couldn't change what was about to happen so I needed to accept and make the best of the situation.

My personal mantras which helped me:

- One step at a time.
- Don't overthink
- Try to see the positive in all situations

Three weeks after my operation

We went on a trip to Canberra because of my husband's work. Ambitious I know! I took it easy and rested a lot but also went to the theatre and started to feel a little bit normal again.



As an ostomate we need to seek and ask for help and information:

Where? Who?

- Stoma Nurses
- Local Hospitals
- Stoma Organisations (NSW Stoma Ltd)
- Stoma Support Groups
- Other Stoma patients
- Therapists
- Ostomy Internet Information sites

Two months after my operation

Early on I had an appointment with NSW Stoma Ltd's (then Colostomy Association) Stoma Nurse, Anne Marie. She is there for our members for a one to one appointment. This is a free service we offer at NSW Stoma and an invaluable resource.

Not only did she listen, she helped me physically by treating and giving me tips and suggesting products for the red and angry skin around my stoma. She also suggested I might consider colostomy irrigation as she thought I would be a good candidate – I contacted my Colorectal Surgeon for agreement.

WHAT IS THAT?

Colostomy Irrigation

- Colostomy Irrigation **is a way to manage** bowel movements **by emptying the colon at a scheduled time. The process involves putting water into the colon through the stoma. This causes the colon to empty.**

By repeating this process regularly – once a day or once every second day – you can train your colon to empty without spilling waste in between irrigation. Colostomy irrigation also can help you avoid constipation.

Should you do it? That's a personal decision. If you are a candidate (see below), your doctor or a nurse who is

specially trained to help people with colostomies, will discuss this option with you while you are still in the hospital after your surgery.

To qualify for irrigation, you need:

- To have an end colostomy that is situated in the lower part of your colon and produce semi-solid to solid bowel movements
- Good eyesight and dexterity are an advantage as it can be a fiddly process
- Time and patience in order to perform the procedure
- Permission from your surgeon / stoma nurse.

Irrigation isn't suitable for all. There are some reasons or medical conditions that prevent you from being able to irrigate including those with a large hernia, undergoing certain treatments such as chemotherapy, those with active bowel disease such as Crohn's or diverticulitis and those who suffer from heart or renal disease – particularly if you are undergoing dialysis as this could cause fluid overload.

Are you a possible candidate?

Get the ok from your Colorectal surgeon and talk to your Stoma Nurse.

Colostomy Irrigation: How?

- Anne Marie taught me the process of irrigation at the NSW Stoma Ltd Clinic.
- At first, I irrigated every morning, at a later consultation with Anne Marie she suggested I try irrigating every second day. More freedom and success!
- There are many YouTube demonstrations and web information sites on this that a patient can access.
- It has been a life changer for me:

Colostomy Irrigation: Why?

- Normalised lifestyle
- Less embarrassing moments



My personal stoma journey and embracing Colostomy Irrigation as a way of life: A member's perspective (Continued)

- Train my bowel to evacuate when I want it to
- Liberated by lack of output between irrigation days
- Freedom
- Security
- Less appliances
- I HAVE CONTROL over my own body.



Example of equipment:

After learning how to irrigate I felt I had a bit more control of my life again.

Three months after my operation


I went on a trip to Bali with my family and successfully irrigated while there using potable water.



This is Butterfly Island, photo taken out of my window on the plane flying over Papua New Guinea.



4½ months after my operation

I flew to London for 4 weeks with my mother for my son's University graduation – initially when I was diagnosed and in the early days after the operation I never thought this would be a possibility. I prepared well and made sure I had enough supplies both for the plane trip on board (just in case) and the for the whole holiday. It was a huge success and I am so pleased I had the support to do this. 



My mother and my eldest son at his graduation from University in Canterbury, Kent, UK

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My personal stoma journey and embracing Colostomy Irrigation as a way of life: A member's perspective (Continued)



My son and I on the day. So proud!

8 years after my stoma operation.

- I catch up with family and friends on a regular basis and travel as much as I can.
- I work part time at "Story Factory" – a not for profit creative writing centre for marginalised young people aged 7-17.
- And finally, I volunteer at NSW Stoma Limited where I am presently a director and Chairperson of the board.

Remember

- * Acceptance
- * Stay Positive
- * Seek and accept support
- * Be organised
- * Believe "I can do it!"

Information for Stoma member's family, friends and carers:

Remember -

- They are people just like yourselves.

- Empathise. This could be you, your partner, your children, your family or friend.
- Think about the initial lack of dignity and your loved one having to come to terms with this early on from diagnosis to treatment.
- Think about your friend or family member's self-image, this operation will have a huge impact on how they not only perceive themselves but how they think others will perceive them.
- Listen to what they are saying.
- How can you support and how can they support themselves?

We can all make a difference. Let's work together and support each other.

Some examples of websites

I personally have found these references helpful but I do not professionally endorse or have any association with any of the organisations (except NSW Stoma Limited!)

- Colostomy Xplained – a free app.
- Colostomy Xplained – YouTube
- Do a search on YouTube: Ostomy or Colostomy
- Medicine X to share stories (Robert's story)
- Facebook: Ostomates in Oz (a closed group your patients can join for support from other ostomates)
- Just google key words e.g.: Colostomy Irrigation
- Ostomingle: Bringing like-minded young ostomates together
- And of course: NSW Stoma Limited

Carol Quast

Chairperson, NSW Stoma Ltd.

November 2020

JOURNAL

DECEMBER 2020

DONATIONS

A huge thank you to all our members and supporters for your generosity. In May we sent out the call for your support and your response was amazing. We received \$57,300 in donations in May & June alone. Some of you choose to remain anonymous but your generosity and philanthropy are noted. Your support for your fellow ostomates has made a huge difference to the support we are able to offer those less fortunate. The pandemic has seen an increase in those of you needing our financial support. We have been able to increase the hours for our

fabulous Stomal Therapy Nurse. While the onsite clinic has been closed, Anne Marie has not only maintained the service via phone and email, she has doubled the number of patients she has assisted and extended her hours to be available every Thursday of the month and often outside of those hours.

Your donations have continued with many of you adding a donation to your order each month. I also want to acknowledge our members who are no longer with us and the generosity of their loved ones who made donations on their behalf.

The names of those of you who have given us permission are listed below, in alphabetical order by surname:

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Phone: 1300 664 027

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Locked bag 333, St Leonards
NSW 1590
Website: <https://www.wellspect.com.au/>
Email: customerserviceau@mediplast.com
Phone: 1800 655 974

3M Australia

Locked Bag 19, North Ryde NSW 1670
Website: www.3m.com.au
Phone: 136 136



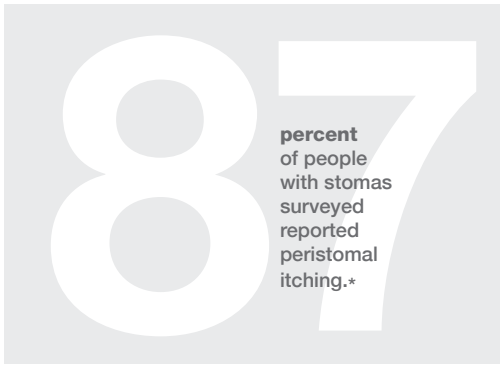
Do you have

peristomal skin itching?

You don't have to tolerate itchy peristomal skin as part of living with a stoma.

Our CeraPlus™ skin barrier is infused with ceramide, and helps protect against a possible cause of itching by working with your skin's natural moisture barrier.

CeraPlus™ skin barrier is available on one and two-piece pouching systems—request a sample today on 1800 880 851 or visit www.hollister.com.au



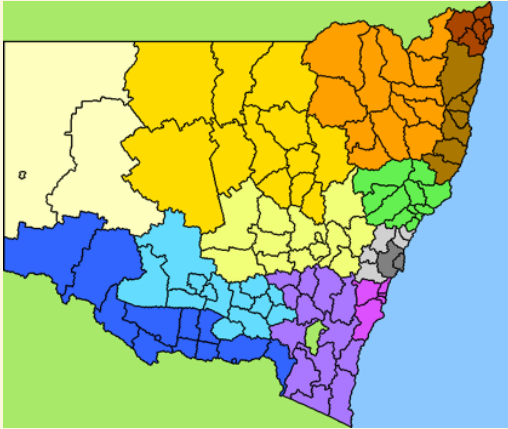
*In a recent study, more CeraPlus™ skin barrier users were **very satisfied** with prevention of itching.***



* Consumer Survey of Pruritus, 2016 Hollister Data on file.
 **As compared to Hollister non-ceramide skin barriers. Colwell J, Pittman J, Raizman R, Salvadalea G. *A Randomized Controlled Trial Determining Variances in Ostomy Skin Conditions and the Economic Impact (ADVOCATE Trial)*. J Wound Ostomy Continence Nurse. 2018;45(1):37-42.
 Prior to use, be sure to read the package insert for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. ©2020 Hollister Incorporated. AUH170. October 2020.

*Remois is a technology of Alcare Co., Ltd. 

NSW OSTOMY SUPPORT GROUPS



WOMEN'S OSTOMY SUPPORT GROUP

This group is for women about to, or who already have an Ostomy and/or Stoma, regardless of where treatment has been received.

Where: San Cancer Support centre, Jacaranda Lodge, Sydney Adventists Hospital.

For 2021 dates and times:

Contact: San Cancer Support Centre
(02) 9487 9061
support@sah.org.au

OSTOMINGLE - YOUNG OSTOMATES SUPPORTING EACH OTHER

Looking for some young, like-minded Osto-mates? Ostomingle is a group of ostomates 18 and over who come together over a meal to share their ostomy experiences and learn from one another.

Each meet-up will be held at a different venue around Sydney so we can mingle around town.

For 2021 dates and times:

Contact: Renee Constantin
www.ostomingle.com
ostomingle@gmail.com

SYDNEY METROPOLITAN AREA

BANKSTOWN AREA

The Stoma Therapy Nurses from Bankstown Hospital would like to invite you to attend a stoma support group for ostomates and their families.

Where: Revesby Workers Club Functions Room, 2B Brett Street, Revesby

Ostomy Support groups are a great way for ostomates to support and care about each other. Friends and family are also welcome to attend support group meetings.

If you are involved in a support group and would like us to include information about your meetings in this journal please email your details to:

info@nswstoma.org.au

UNITED OSTOMY ASSOCIATIONS OF NSW STOMAL THERAPY EDUCATION & INFORMATION DAYS 2021

NSW Stoma Ltd and Ostomy NSW Ltd join forces to present information for our members, bringing together members, suppliers and health professionals. Details are published on our website here: www.nswstoma.org.au

All 2020 meetings were cancelled due to COVID-19. We are now exploring COVID-safe ways to resume these meetings in 2021. The health and well-being of our members is of paramount importance to us as is informing and empowering our members.

JOURNAL

DECEMBER 2020

For 2021 dates and times:

Contact: Clare Jacobs on 0400 921 901 or aucldo@coloplast.com
RSVP for catering

CAMPBELLTOWN AREA

Where: Camden Hospital, Heritage Auditorium, 61 Menangle Rd, Camden

For 2021 dates and times:

Contacts: Lu Wang or Erin Wagner, Stomal Therapists, Liverpool Hospital (02) 8738 4308

CONCORD AREA

People with bowel cancer and carers/ family are welcome to attend this free monthly service.

Where: Survivorship Cottage, Concord Hospital, Gate 4, Nullawarra Avenue, Concord West

For 2021 dates and times:

Contacts: Sonia Khatri (02) 9767 5943

LIVERPOOL and CAMPBELLTOWN AREA

Where: Heritage Auditorium, Camden Hospital, Menangle Hospital, Camden

For 2021 dates and times:

Contact: Diane or Lu (STNs) (02) 8738 4308

NORTHERN SYDNEY AREA

All Ostomates, friends and supporters welcome.

Where: Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga

When: Contact San Cancer Support Centre on (02) 9487 9061

PENRITH AREA

Ostomates, family and friends are welcome to attend our educational support group

Where: Sydney Medical School, Outpatients Department, 62 Derby Street, Kingswood (opposite Nepean Hospital Emergency Department at roundabout, Outpatients is at left hand side of building)

For 2021 dates and times:

Contact: Naomi House (Stomal Therapist) on (02) 4734 1245

RAMSGATE

The Stomal Therapy Nurses from St George Public, St George Private, Kareena Private, Hurstville Private and Sutherland Hospital's together would like to invite you to attend a stoma support group for ostomates and their families.

Where: Ramsgate RSL (meet in the front foyer), Corner of Ramsgate Rd and Chuter Ave, Sans Souci, (02) 9504 8000

For 2021 dates and times:

Contact: Your Stomal Therapy nurse for details

NORTH COAST REGION

TWEED DISTRICT

Where: South Tweed Sports Club

For 2021 dates and times:

Contact: Lisa Clare STN (07) 5506 7540; Alex Gibson 0412 302 358; Kate Rycraft 0432 251 703



NSW OSTOMY SUPPORT GROUPS

GRAFTON AND DISTRICT

Where and when: contact Grafton Community Nursing Centre for information

Contact: Stoma nurse
(02) 6641 8200

FAR NORTH COAST

All Ostomates plus partners and friends are welcome to attend meetings.

Where: Lismore Workers Club,
225-231 Keen Street, Lismore.

For 2021 dates and times:

Contact: Marie Taylor (02) 6686 7248

COFFS HARBOUR

All Ostomates and friends are welcome so come along, have a cuppa and be a part of it.

Where: Sawtell RSL Club,
First Avenue, Sawtell

For 2021 dates and times:

Contact: Mandy Hawkins STN
(02) 6656 7804

HASTINGS MACLEAY

Where: Room 4, Port Macquarie Public Heath Campus, Morton St, Port Macquarie (Old Hospital)

For 2021 dates and times:

Contact: Neil 0427 856 630 or
Glennie 0410 637 060

MANNING / GREAT LAKES

Where: Skills for Life Building,
5-9 Elizabeth Avenue, Taree
(wheelchair accessible)

For 2021 dates and times:

Contact: Karla MacTaggart
(02) 6592 9469

NEWCASTLE / CENTRAL COAST REGION

NEWCASTLE DISTRICT

Stomal therapists and company representatives will attend and help with any queries. New members and friends are welcome.

Where: Hamilton Wesley Fellowship House, 150 Beaumont Street, Hamilton

For 2021 dates and times:

Contact: Geoff Robinson (02) 4981 1799
or Maree Dives (02) 4971 4351

CENTRAL COAST

Get-togethers include an information session and company representatives presenting products.

Different venue each meeting.

For 2021 dates and times:

Contact: Stomal Therapy Sessions
(02) 4320 3323

ILLAWARRA / SOUTH COAST

BOWRAL

Where: Heritage Auditorium, Camden Hospital, Menangle Road, Camden

Where: Bowral Bowling Club,
40 Shepherd Street, Bowral

For 2021 dates and times:

Contacts: Lu Wang & Erin Wagner
Stomal Therapists, Liverpool Hospital
(02) 8738 4308

EUROBODALLA

All from the NSW South Coast region are welcome.

Phone clinics only during Covid-19 times.

JOURNAL

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Where: Moruya Hospital,
River Street, Moruya

For 2021 dates and times:

Contact: Trena OShea
(02) 4474 2666

ILLAWARRA OSTOMY INFORMATION GROUP

Location: Education Room,
Figtree Private Hospital,
1 Suttor Place, Figtree

Time: 10.00-12.00

2021 dates: 10th Feb, 14th Apr,
9th Jun, 11th Aug, 13th Oct,
15th Dec (Xmas luncheon)

Contacts: Helen Richards CNC STN
Wollongong Private Hospital

Phone: (02) 4286 1109
richardsh@ramsayhealth.com.au

Julia Kittscha CNC STN Wollongong

Hospital mob: 0414 421 021

office: (02) 4255 1594

julia.kittscha@health.nsw.gov.au

SHOALHAVEN

Where: Nowra Community Health
Centre, 5-7 Lawrence Avenue, Nowra

Also: Ulladulla Civic Centre,
81B Princes Highway, Ulladulla

For 2021 dates and times:

Contact: Brenda Christiansen
(02) 4424 6321 or
0422 006 550 or

Brenda.cristiansen@health.nsw.gov.au

WESTERN NSW REGION

BATHURST

Daffodil Cottage, 365 Howick St,
West Bathurst NSW 2795

For 2021 dates and times:

Contact: Louise Linke (STN/continence
advisor) (02) 6330 5676

BROKEN HILL

Where: Broken Hill Hospital, Conference
Room, 176 Thomas Street, Broken Hill

For 2021 dates and times:

Contact: Tamdra (08) 8080 1333

GRIFFITH AND DISTRICT

An invitation is extended to all persons
in Griffith and Surrounding areas
(including Coleambally, Leeton,
Yenda, Hillston and Hanwood) with
a Stoma formation to attend our
meetings and share experiences.

For 2021 dates and times:

Contact: Barry Maples (02) 6963 5267 or
0429 635 267;
Kim Hallam 0434 785 309

WAGGA AND DISTRICT

Where: Men's Shed, 11 Ashmont
Avenue, Wagga Wagga

For 2021 dates and times:

Contact: David (02) 6971 3346 or
0428 116 084



nswstoma

L I M I T E D

PO Box 164, Camperdown NSW 1450
Unit 5, 7-29 Bridge Road, Stanmore NSW 2048

Tel: 1300 678 669 / (02) 9565 4315 Fax: (02) 9565 4317
Email: info@nswstoma.com.au

www.nswstoma.com.au