



Ostomy Tasmania Incorporated

NEWSLETTER No. 190

MARCH 2014

(Supplement to Ostomy Australia Volume 23 No.1)

NEXT MEETING (Annual General Meeting)

DATE & TIME: SATURDAY 20th SEPTEMBER, 11 am

PLACE: Ostomy Tasmania Distribution Office, St Johns Park, New Town

Management committee members are requested to meet at 10 am.

All members and friends are invited to general meetings. A light lunch will be provided.

MANAGEMENT COMMITTEE AND STAFF

OFFICE BEARERS

PRESIDENT	Mr Terry Gill, Fern Tree (03) 6239 1124
VICE PRESIDENT	Mr Peter Clarke
SECRETARY/TREASURER	Mrs Sue Hoyle, Kettering (03) 6267 4837
MINUTE SECRETARY	Mrs Maree Mills

COMMITTEE

Mrs M. Ferguson, Mr P. Lopez, Mrs C. Partridge, Mrs P. Quinn, Mr C. Spiegel, S. Hicks RN, H. Hortle RN

LIFE MEMBERS

Mrs E. Coombe, Mr E. Morling

ADMINISTRATION OFFICER

Mrs Maree Mills

ADMINISTRATIVE SUPPORT OFFICERS

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery

Please address all correspondence to: The Secretary

Mail: P.O. Box 280, Moonah TAS 7009

Phone: (03) 6228 0799

Fax: (03) 6228 0744

Email: admin@ostomytas.com.au

Please cross all cheques and money orders and make payable to: Ostomy Tasmania

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

Annette Goulding Gen Surgical Unit, Royal Hobart Hospital

Sonia Hicks *	Stomal Therapy Dept (Ward 2B), RHH; (ph 6222 8283)
Madi Bradshaw	Gen Surgical Unit, Royal Hobart Hospital
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
Heather Hortle	Gen Surgical Unit, Royal Hobart Hospital
Angela Castle	Calvary Hospital, Lenah Valley (ph. 6278 5229)
Jane Cubit	Calvary Hospital, Lenah Valley (Ph 6278 5229)
Heather Noga *	Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)
Vanessa Rhodes*	Stomal Therapy Dept (Ward 2B), RHH * (ph 6222 8283)

NORTHERN REGION

Teena Carydakis *	Stomal Therapy Dept, LGH; (ph 6348 7832)
Deborah Franklin	Calvary Health Care, Launceston
Jennifer Heyward	Calvary Health Care, St Vincents Campus, Launceston
Carolynne Partridge	Ward 5A, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital

NORTH WEST REGION

Michelle Emin *	N.W. Regional Hospital, Burnie; (ph 6430 6599)
Andrea Hicks *	Mersey Community Hospital; (ph 6426 5620)

(* STNs occupying official stomal therapy positions are shown in **bold**. Sonia and Vanessa are job sharing the Stomal Therapy position at RHH and are working alternate weeks. Teena and Carolynne are also job sharing at the LGH).

PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your order as soon as you receive it. Our volunteers make every effort to get it right, but occasionally mistakes are made. If you have received the wrong appliances, we need to know as soon as possible and **definitely within the same month you received the parcel**, otherwise we are unable to make any exchange.

RAFFLE NEWS

Congratulations to the winners of our last raffle, drawn at the September meeting: The two \$50 Gift Cards were won by Mrs P. Rabe and Mrs R. Anderson. Thanks to all for your support. **Tickets still 50c each or 3 for \$1.00**

INFORMATION FOR MEMBERS

You **MUST** be a financial member before any appliances can be issued to you. If you are unable to pay your annual membership fee which is due on 1 July each year, please contact the Secretary for a Time Payment request.

POSTAL ORDERS

- **ALL ORDERS** should be addressed to **P.O. Box 280, Moonah, 7009**.
- Please state your order clearly, **quoting the brand name, code no., size and number of appliances you require**. Remember to **include your name and address**.
- Please DON'T ask for "*my usual order.*" Although we have a record of your usual appliances, we don't always know what your usual pharmaceuticals are. The best way to ensure you get what you want is to *quote the brand and code no.*
- Make sure to **allow at least two weeks for return delivery**, especially when ordering a two-month supply.
- **POSTAGE, PACKAGE AND HANDLING - \$10.00 per parcel.**
- Please include this payment with your order. Remember to **cross all cheques and money orders** and make them **payable to Ostomy Tasmania**. **Write your name and address on the back of money orders.**
- We have the facility to run a postage account for you if you would like to pay a bulk amount of postage money, thus saving costs of multiple cheques, money orders etc. In this case, you can submit your order by phone, fax or email.
- You can make an internet transfer to our bank account (BSB 807 009, Account No. 5109 4661, Name of account: Ostomy Tasmania Inc.)
Make sure you include your full name as a reference.
- You can phone the office and pay by credit card (\$2 transaction fee applies).

COLLECTIONS

- **OPENING HOURS:**
Mondays (excluding Public Holidays) **9.00 a.m. - 12 noon and 1.00 pm - 3.00 pm**
Tuesdays 9.00 am - 1.00 pm.
- **WHERE:**
St Johns Park, New Town: former Amenities Building, which is the second building on your left as you drive in to the St Johns Park complex from Creek Road. Look for the "Ostomy Tasmania" signs on the building. A few parking spaces are available outside the building (look for the signs).
- **Bring a box end** (with code number) along so we can see what you require.
Credit card and EFTPOS facilities are available at the Distribution Centre. A transaction fee of \$2.00 applies to card payments to help offset our costs.

INFORMATION FOR MEMBERS ...continued

The phone number for the Distribution Office is 6228 0799. If you get the answering machine, please leave your **NAME, PHONE NUMBER** and the **REASON** for your call. Do remember that the Office isn't staffed on Wednesdays and Fridays, so it is unlikely that you'll get an answer to your call on either of these days.

MEDICAL CERTIFICATES

MEDICAL CERTIFICATES (from your Stomal Therapy Nurse or your Doctor) are required for all issues in excess of the maximum monthly allowances.

- Certificates **must** be on Australian Government form 4050-03/08, "Application for Additional Stoma Supplies"
- certificates **must** be for a valid medical reason
- they **must** state the number of appliances required
- **you** will need to contact your STN or GP to renew your certificate every 6 months if the extra product is still required; our office staff can't do it for you.

PLEASE NOTIFY THE OFFICE

- If you have changed your address
- If you are the relation of a member who has died
- If you've had a reversal of your ostomy.
- **Don't expect that your Stomal Therapy Nurse will let us know.**

PRICE LIST FOR TAPES, SPRAYS & WIPES

The following items are available for purchase:

Product	Cost	Product	Cost
Micropore 1" (without dispenser)	\$1.50 roll	Micropore 1" (with dispenser)	\$3.00 roll
Micropore 2" (without dispenser)	\$2.50 roll	Micropore 2" (with dispenser)	\$4.50 roll
Hosgon Room Spray (120 ml)	\$6.00 each	Hypafix tape 10cm x 10m	\$28.00 roll*
Hostoma No Smells Room Spray (120 ml)	\$6.00 each	60cc/ml Catheter Tip Syringe	\$2.00 each
DuPont Low Lint All-Purpose towels (35cm x 30cm) 100 per box	\$14.00 box	Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

NOTICES

Reminder: Please make sure money orders and cheques are payable to "Ostomy Tasmania Inc."

MEMBERSHIP FEES TO INCREASE

Due to the ever increasing costs of providing this product distribution service to our members (eg. rent increase, extra staff requirements, communication cost increases), the decision was made at our last General Meeting in Hobart to increase the membership fee for the 2014/2015 period **to \$60 per year for ordinary members and \$50 per year for concession card holders** (NB: Membership fees have previously been at \$45 per year /\$35 concession for over 7 years). The increase still represents excellent value for money, as it works out to only \$5 per month (\$4 approx. for concession) for access to free appliances through the Stoma Appliance Scheme.

On average, members receive approx. \$2,000 worth of appliances free each year after payment of the membership fee.

ONLINE ORDERING NOW AVAILABLE

We now have available at the Ostomy Tasmania website www.ostomytas.com.au, a specific form for ordering you products directly online. You can find this feature (called *Online Order*) through the drop down function under the *Ordering* section on the website. Simply fill out the fields and press submit. A "Thankyou" message will confirm your message is sent (if you do not receive this message please give us a call to check). This feature is an extra option available to Ostomy Tasmania members for ordering their appliances in addition to the existing mail, email, fax and phone methods. You will still need to make sure you have sufficient money in your account if you want to have your appliances posted (ie. \$10). Feel free to make use of this facility in future.

NEW ZEALAND CONFERENCE

From the 1st to 3rd August 2014 *The Federation of New Zealand Ostomy Societies Inc.* will be hold their annual conference at the Millennium Hotel, Rotorua. The Conference Centre is only a short stroll from Lake Rotorua, the world famous Polynesian Spa and only minutes from Rotorua's key tourist attractions. A good range of speakers covering medical and other topics of outside interest will be attending, and a poolside dinner dance is scheduled for the Saturday evening. For registration forms, hotel booking forms and programs please direct enquiries to Richard McNair – 0274749 812 email: richardmcnair02gmail.com. This is also a good opportunity to treat yourselves before or after the conference, and go on for a great New Zealand holiday.

NEED TO SEE YOUR STN?

THE FOLLOWING 3 ARTICLES COURTESY GEELONG OSTOMY INC.

It is essential that you ring and make an appointment with your very busy Stomal Therapy Nurse.

Please do not just drop in and expect to be seen, as our hospital STN's have many other duties as well as seeing their out- patients.

It is just like your GP – you cannot just walk in and expect to see your GP without an appointment.

It is also good manners to actually wait until your appointment time before attending the office – as your STN has allotted the scheduled time to see you around their other duties and by turning up early you could be causing other problems elsewhere.

If you are early – have a cuppa in the café or in town.

TAKING OWNERSHIP OF YOUR STOMA & ITS CARE

One of the most frustrating problems that your STNs have is your lack of information about your stoma and the product that you use, especially when you ring them up or see them after a long time.

The information that you should always have on hand is:

What type of stoma you have - colostomy, ileostomy, urostomy?

Are you using a closed pouch or a pouch that you can drain?

Are you using a 1 piece or 2 piece system of pouching?

What is the brand of product that you are using and the code of the product? (This information can be found on the end of the box of pouches).

If quoting from a magazine bring it with you or have it with you near the phone so that you can quote the page numbers etc.

TEMPORARY STOMAS

Do you have a Temporary Stoma? Have you been given a date for your reversal? Do you no longer need our services?

If you can answer YES to the last two questions we need your help please. Firstly if you have been given a date for your reversal it is important that you see your STN before going to hospital for that procedure. There are always a few questions that need to be answered and few tips that can be given to help you return to your *no stoma* status. Also please let us know AFTER you have been reversed so that we can adjust our records. Doing so before your reversal could be a bit too early because for some reason your surgery might be postponed (your surgeon may break a finger playing Hockey the night before, or even get the flu, you never can tell!)

DISABILITY TOILET CARDS

We have a card for members to show they are entitled to use Disabled Toilets. If you would like one please ask our office staff and one will be made for you. They are a business card size and should fit comfortably in your wallet or purse. These cards are useful if you are using a disabled toilet and are challenged by people who do not know what you have under your clothes.

OSTOMY ARMOR

Ostomy Armor is a US based service offering specialised protection for those who like to participate in active sports or other outdoors activities. According to their website the product "...gives you confidence by maintaining your barrier or appliance in the position it needs to be and keeps that all-important seal regardless of how you move or what you want to do...".

If you are interested check it out at www.ostomyarmor.com (please note: these products are not part of the Australian Stoma Appliance Scheme, nor does Ostomy Tasmania guarantee the accuracy or suitability of any product listed on the website).

"OSTOMATES NORTH" SUPPORT GROUP

from Adrian Kok

The first support group for Ostomates North was held on Monday 17th March 2014. Adrian Kok, the group facilitator welcomed all new and old members along with André Gall from Coloplast and Linda Langdren from Convatec.

There were 23 members present along with Stomal Therapy Nurse, Teena Carydakis, who was there to answer any questions. Coloplast and Convatec representatives gave a fine presentation on their new products and also gave out samples to the members. Morning tea was supplied by André and both André & Linda provided lucky door prizes. Many thanks to André from Coloplast and Linda from Convatec.

Members took part in discussions on many topics of concern, with Teena the STN answering any questions.

Although there were several apologies, the future of the support group looks very positive and I thank all those who attended, especially my co-facilitator, Beverley Stevenson for her assistance. If you would like to attend this Northern support group, our next meeting will be on Monday 2nd June at 10.00am sharp. Doors will be opened at 9.30am.

The meeting will be held at the Cancer Council building in Howick Street, Launceston. Parking will be available at the rear of the building. Morning tea will be provided at no cost to members.

RSVP one week prior to the meeting if you are attending for the first time. Please contact Adrian Kok 6326 4664

ORDER FORM

Ostomy Tasmania Incorporated

**P.O. Box 280
Moonah Tasmania 7009**

**Fax No: 03 6228 0744
Phone: 03 6228 0799**

Email: admin@ostomytas.com.au

Please provide name, address and phone number; update other details where necessary.

Name: _____ Entitlement No: _____

Address: _____

_____ Postcode _____

Phone no. _____ Date of Order _____

Medicare No: _____ Expiry date: _____

Concession Card (if applicable): _____ Expiry date: _____

ITEM and CODE No.	QUANTITY	COST (if applicable)
APPLIANCES/PHARMACEUTICALS		
Doctor/STN certificate for extra supplies herewith/already sent?		Yes <input type="checkbox"/> No <input type="checkbox"/>
PURCHASED ITEMS (tape, spray etc)		
RAFFLE TICKETS	50c ea or 3 for \$1	
POSTAGE & HANDLING (per parcel) <i>(please tick appropriate box)</i>	prepaid <input type="checkbox"/> DVA <input type="checkbox"/> enclosed <input type="checkbox"/>	\$ 10.00
NATIONAL ADMINISTRATION FEE \$45 Ordinary, \$35 Concession, \$10 Associate	(due 1 July each year)	
DONATION		
TOTAL enclosed <input type="checkbox"/> Credit Card <input type="checkbox"/> (\$2 fee)		\$
Credit Card _____ / _____ / _____ / _____ Expiry Date _____ / _____		
Name on card _____ Signature _____		
Direct Credit details: BSB: 807 009 A/c No.:5109 4661 A/c Name: Ostomy Tasmania Inc (please include your NAME as a reference)		