



Ostomy Tasmania Incorporated

NEWSLETTER No. 195

December 2015

(Supplement to Ostomy Australia Volume 24 No.3)

NEXT MEETING

DATE & TIME: SATURDAY 19th MARCH, 2.00 pm (**Please note changed time)

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

There will now just be one meeting which will be a combined Management Committee/General meeting. All members and friends are invited to attend. There will be company representatives present, so come along and check out the new appliances. Afternoon tea will be provided.

MANAGEMENT COMMITTEE & 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, Mr C. Spiegel, Ms R. Thompson, Mrs S. Hicks RN, Mrs H. Hortle RN

LIFE MEMBERS

Mrs E. Coombe, Mr E. Morling

ADMINISTRATION OFFICER

Mrs Maree Mills

ADMINISTRATIVE & BUSINESS SUPPORT

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

NB: PHONE NUMBES FOR ROYAL HOBART HOSPITAL AND LAUNCESTON GENERAL HOSPITAL STN DEPARTMENTS HAVE CHANGED (effective from November 2015)

SOUTHERN REGION

Madi Bradshaw	Gen Surgical Unit, Royal Hobart Hospital
Jane Woolley	Calvary Hospital, Lenah Valley (ph 6278 5229)
Annette Goulding	Gen Surgical Unit, Royal Hobart Hospital
Sonia Hicks *	Stomal Therapy Dept (Ward 2B), RHH; (ph 6166 8283)
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
Heather Noga *	Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)
Vanessa Rhodes*	Stomal Therapy Dept (Ward 2B), RHH; (ph 6166 8283)

NORTHERN REGION

Teena Carydakis *	Stomal Therapy Dept, LGH; (ph 6777 6832)
Sue Delanty *	Stomal Therapy Dept, LGH; (ph 6777 6832)
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**. Teena and Sue are job sharing at the LGH. Vanessa and Sonia are job sharing at the RHH).

PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your parcel as soon as you receive it. Our volunteers make every effort to get your order right, but occasionally mistakes are made. If you receive 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 AGM: The \$100 Gift Card was won by B. Ryan; the \$50 Gift Card was won by D. Devine; the brooch was won by G. Richardson and the picture frame (donated by Hollister) was won by H. Dowling. Mel from our office won the lucky door prize (donated by Dansac). 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 accessory items 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 (including holidays).
- **POSTAGE, PACKAGE AND HANDLING - \$12.50 per parcel**
- You can pay bulk postage up to 12 months in advance if you wish.
- 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, email or online ordering.
- 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: the 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 or weekends, so it is unlikely that you'll get an answer to your call on any of these days. If you call during busy times (Monday & Tuesday) and your call isn't answered please call back.

**** the answering machine is turned off when the office is staffed.**

Submit **Online Order Forms** via <http://www.ostomytas.com.au/online-order-form>
Postage must be paid before parcels can be despatched.

CERTIFICATES

APPLICATION FOR ADDITIONAL STOMA SUPPLIES 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 PB050, "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

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) box/100	\$14.00 box	Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

MEMBERSHIP FEES

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

All Australian ostomates are required to pay a uniform fee to be eligible for free appliances from the Stoma Appliance Scheme. This National Access Fee is mandatory and it is not possible for us to waive it, nor to supply appliances to unfinancial members. Members who cannot pay the full fee at once can apply to pay by instalments by completing a Time Payment Request available from the office. For the 2015/2016 period, our combined fee is **\$60 per year for ordinary members** and **\$50 per year for concession card holders**.

Your fee **MUST** be paid the first time you order appliances after 1 July, or an agreement to pay the fee by instalments must be entered into. Concessional categories include full and part Centrelink pension and Healthcare card holders.

SOUTHERN SUPPORT GROUP

Semi Colons Cancer Support Group offers support and information for men and women (with or without ostomies) in southern Tasmania who have been impacted by Colorectal Cancer. Meetings are held in Hobart on the third Thursday of every month from 2.00pm to 3.30pm. Ostomates are welcome to attend. For more information please call Cynthia on 6212 5715.

OSTOMATES NORTH SUPPORT GROUP

by Jenny Gill and Adrian Kok

On Monday 8th September 2015, 28 members including 2 new members attended the Launceston Support Group. Adrian, our fearless leader was absent as he was 'indisposed'. Get well soon Mate! Beverley facilitated the meeting. Linda from ConvaTec was there with an interesting array of products and advice. Linda donated three lucky door prizes which were greatly appreciated by three happy winners. Morning tea was also kindly provided by ConvaTec. We had a Q & A session with lots of serious responses and a few laughs. Shirley, a member of Ostomates North, gave an interesting talk about a charity dinner in aid of St. Giles, which she and her husband attended. It was a 'one off' event held in the beautiful setting of St. John's Church. To end the meeting Jenny did a 'show & tell', (without stripping off), to illustrate her difficulties with her odd shaped stoma. The members gave her lots of advice in the hope she can overcome her problem. The Christmas get-together for the northern group will be held on Monday 7th December at the Cancer Council Centre in Howick Street, Launceston from 11 to 1.30pm. Lunch will be provided at a cost of \$20 per person.

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All members old and new, together with their partners/spouses are very welcome to attend. To R.S.V.P please contact Adrian on 6326 4664 before 30th November 2015. Thank you.

NORTHWEST OSTOMATES SUPPORT GROUP

As Adrian was not able to attend the meeting due to ill health, Michelle Emin, Stomal Therapy Nurse from the Burnie hospital facilitated the meeting. Eighteen members were present. Stan Dupont from the Ulverstone Cancer Council office gave an informative presentation on the services available at the centre.

Our guest speaker Victor Slavin, an Ostomate NW member, gave an interesting talk about his life.

A combined Christmas luncheon for North & North West Ostomates members was held on Friday 27th November at the Ulverstone Seniors Citizens Club rooms.

CHANGING YOUR APPLIANCES

Courtesy colostomyassociation.org.uk

Here is a simple guide to the changing routine:

- Check you have everything you need: water, soft wipes, a new pouch, any accessories you use and a plastic disposal bag.
- Remove the old appliance, working slowly and gently from the top to the bottom of the flange. If necessary, you can use an adhesive remover (several varieties are available from your association) to avoid damaging the skin. It is wiped or sprayed beneath the flange as you peel it away from the skin.
- Wash the stoma and surrounding skin with warm water using dry-wipes or kitchen roll. Don't use harsh solvents, soaps or disinfectants. Remember the stoma bleeds easily if it is rubbed a bit too hard, but the bleeding should stop quite quickly. (Contact your stomal therapy nurse if the blood is coming from inside the stoma.)
- Dry the area around the stoma thoroughly using dry-wipes or soft kitchen roll. For those who are prone to sore skin, barrier wipes, sprays and lotions are available. These can be applied to the skin around the stoma then allowed to dry (check first with your stomal therapy nurse).
- Make sure that the skin is completely dry and then fit the new appliance (or the base-plate), making sure that it is secure all the way round. When fitting a one-piece bag, it helps to bend the top half of the flange away from your body, so you can see to fit the bottom half accurately around the stoma. Then with the flat of your hand press the remainder of the flange in position. The warmth of your hand will ensure it adheres snugly.
- If using a two-piece appliance, then attach the bag to the base-plate.



FAULTY PRODUCTS

Products undergo rigorous tests and very strict quality control but occasionally they can prove to be faulty. If this is the case contact the supplier on their 1800 number (provided in the Ostomy Australia journal). They will require the following information:

- The ostomate's name, address and daytime telephone number.
- The product code.
- The lot number and expiry date.
- Details of the fault.

The customer service officer may arrange for you to send a few unused appliances from the same batch back for testing and will also organise to send you some replacement products if necessary.

SHOWERING / BATHING

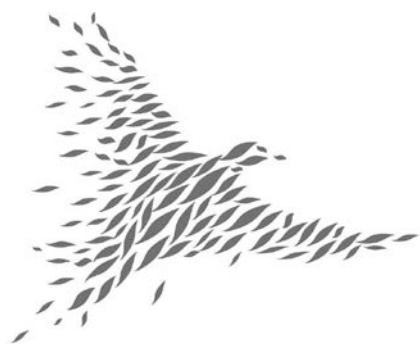
[c/- living-with-a-stoma.co.uk](http://c/-living-with-a-stoma.co.uk)

Showering or bathing is not restricted by having a stoma. A stoma patient can shower or bathe with the entire appliance on, or when it is necessary to change the appliance, with the whole product off.

Water itself will not damage a stoma, but it is advisable not to let the shower stream fall directly onto it. Endeavour not to put soap onto the stoma, but should this happen, ensure that the soap is thoroughly rinsed off the skin, so that the new appliance will adhere correctly.

If bathing with the appliance on, dry the pouch thoroughly with a towel, or use the cool setting on a hair dryer. Long soaks in a warm bath may lessen the normal wear time of an appliance and reduce the effectiveness of the filter.

GREAT COMEBACKS PROGRAM



GREATCOMEBACKS®

Anyone in Australia who has overcome the challenges of living with serious intestinal diseases and ostomy surgery can now share their story through the Great Comebacks programs, and be in the running for an award if they wish. Friends, family members and healthcare professionals can also nominate someone for an award. Visit the following web address for more information:
www.greatcomebacks.com.au

DO YOU USE A ONE PIECE POUCH?

Some ostomates who use a one piece pouch (colostomy, ileostomy or urostomy) may unfortunately be required to change their brand of product from 1 July 2016.

As part of the 2015 Federal budget, Cabinet made a decision to put a sub-group of the Stoma Appliance Scheme Schedule out to tender. This means that the variety of appliances in Groups 1 (one piece closed), 2 (one piece drainable) and 3 (one piece urostomy) of the Schedule may change and certain brands may no longer be available.

At time of printing, we are told that the tender document is still in the developmental stage and we are unable to provide any information beyond the basic details.

The tender is planned to be advertised and awarded in time for implementation on 1 July 2016.

Once we have further information, we will write to all our affected members to advise them of their options.

ACSA ANNUAL CONFERENCE

Many thanks to the Ostomy Association of South Australia who successfully staged the 2015 ACSA Conference and Trade Show, including a Cocktail party and Conference Dinner. The conference covered numerous reports including the highly successful Australia Fund and generated some vigorous discussion about government-proposed changes to the Stoma Appliance Scheme. Many interesting presentations were given from a variety of speakers, including some fascinating personal experiences associated with a Mitrofanoff stoma, and Crohn's Disease. We look forward to next year's conference which will be held in Canberra.

HAVE YOUR QUESTIONS ANSWERED

We invite Ostomates to send us any questions relating to their stoma that they would like answered. We will endeavour to get a response from one of the dedicated Stomal Therapy Nurses at the Royal Hobart Hospital and publish it in the following issue of this newsletter. If you prefer we can protect your privacy by signing it "anonymous". Send your questions to admin@ostomytas.com.au. This may be valuable assistance to other Ostomates experiencing similar issues.

STORAGE OF APPLIANCES

c/- www.living-with-a-stoma.co.uk

Stoma products should be kept in a cool, dry place, away from heat. If you choose to keep your appliances in the bathroom, make sure that the bathroom does not become full of steam.

Do not put products in a fridge, as this may alter their effectiveness.

Appliances should be used in rotation to avoid any old stock accumulating.

HOW DO I KNOW I HAVE A HERNIA?

COURTESY OSTOMY ASSOCIATION OF SA INC.

It is easier to identify a hernia in a sitting or standing position. Look down and run your hands over your abdomen to make sure both sides look and feel the same. Stand in front of a full length mirror and look at your abdomen from all different angles. If a bulge is present, lie on your back, relax and see if the bulge resolves. A hernia bulge can be variable in size and can be under or adjacent to the stoma. While some hernias cause no symptoms or problems with stoma care, others may cause significant issues.

Support Garments and/or support belts may assist: especially designed for people with a stoma, they are available through the Stoma Appliance Scheme. They are recommended for wearing during all normal activity (no need to wear if resting or sleeping) and when muscles are healing from surgery. However, a word of caution: support garments and belts are **not** suitable for all types of stomas, so you will need to contact your stomal therapy nurse for guidance and also assistance in determining your correct size.

A support garment or a belt should be worn during periods of physical activity: gardening, walking, sports, housework. They are designed to not constrict your stoma nor to stop output.

You will be issued with one only in the first instance so you can check for comfort and fit. Remember that once you have ordered your maximum for the calendar year you cannot get any more until the following year even if your needs change or your size alters (unless you choose to pay for them yourselves; contact the Office for details).

FAMILY TRAVEL WITH A STOMA

ADAPTED FROM BOWEL GROUP FOR KIDS INC. WEBSITE (Tracey Newcombe STN)

If your child has a colostomy or ileostomy, you may feel that you are confined to holidays at home. This is certainly not the case, although there are a few extra considerations if you are planning a family trip.

The first thing to do is make sure you have sufficient supplies to last until you get home. If you are going to be away for some weeks, it's a good idea to contact your association early to organise a 2 month or holiday issue. Your stomal therapy nurse can also advise you. Your association can provide you with contact details for ostomy groups and associations in other Australian states, so you have someone to contact if you have a problem or you wish to obtain supplies while you are away (prior notice to the nearest association and production of your Entitlement Card will be necessary). These associations are also listed on the inside front cover of each Ostomy Australia journal. If you are travelling overseas, associations can issue you with up to 6 months product in advance. You will need to provide a copy of your itinerary detailing your dates of departure from and return to Australia.

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Depending on where you are intending to travel, it is also useful to have a letter from your doctor or stomal therapist, explaining your need for the various supplies you will be carrying. Some customs officials look upon unusual items as suspicious, and a letter may save you embarrassment.

A letter from your doctor will also come in handy if your child becomes ill while you are away, to inform the treating doctor of the child's medical history. It is also advisable to carry any prescriptions with you.

It is always an excellent idea to obtain travel insurance before you go outside Australia. Depending on your child's condition, this may be a little difficult, as many companies will not insure a pre-existing condition. Ask your treating doctor for a letter stating that your child is well enough to travel, and, if necessary, go to more than one company. (We had to try seven before we had success!) If all else fails, choose a holiday destination in our own great country.

Travelling brings a change in routine, as well as different foods, so diarrhoea and constipation are not uncommon. Make sure you are aware of what to do if these problems occur. Children with stomas can dehydrate very easily. It may be an idea to carry with you a packet of rehydrating solution, which you can buy from your local chemist before you go, in case diarrhoea develops. Travelling by air is also dehydrating, so ensure your child drinks plenty of water during the flight. If you are travelling in places where the water supply is doubtful, drink bottled or treated water. I have always found it advisable to avoid meat, salads, and ice products in these places. Fruit you can peel is safe, as is food that you can see being prepared. Choose crowded local restaurants rather than empty tourist ones. The food in the local restaurants will have a higher turnover, and if it's crowded, it's probably also cheap and delicious! Eating local cuisine is one of the joys of travelling, anyway. Changing stoma bags in public facilities is often necessary when travelling. Carry your "changing kit" with you at all times. This kit can include nappy disposal bags, which are deodorised and can be sealed, so you can dispose of the used bag in the garbage. Wet wipes are also useful for washing your hands before and after changing the bag. Carrying your own tissues or toilet paper will ensure that even a badly maintained public loo won't bother you!

Always keep your stoma supplies with you. If you are travelling by air, put your supplies in your hand luggage. That way, even your suitcase being lost will not be a disaster. If you are travelling by car, don't leave stoma wafers in a hot car for too long, as the wafer will deteriorate and won't stick properly. Although most people remove the bags and wafers from the boxes for easier packing, it's a good idea to use zip lock plastic bags or something similar to keep the contents clean and dry. Travelling with a stoma IS possible. Don't let it get in the way of your precious family time. Sometimes a break is very therapeutic, especially for a family with health problems. I know we will always look back on our trip with great memories of the time we spent together.

A full version of this story can be located at www.bqk.org.au/stomaltherapy.php

VOLUNTEERS – A REAL TREAT!

One of our hard working volunteers, Steve Sansom, was all smiles when he was the lucky recipient of an oversized lollypop courtesy of the ConvaTec representative.

Steve spends many hours packing, stacking (and laughing) at our offices in St Johns Park. It is no overestimation to say we would be lost without his dedicated input each week. Many thanks to Steve and all of our volunteers who willingly commit their time each Monday, Tuesday and Thursdays to help things run smoothly. Together they contribute over 400hrs per month. We could not function without them.

Pictured below is a box of goodies that was donated by ConvaTec. The lucky winner was drawn from a list of entries of customers who come in to collect their appliances from our office.



XMAS ORDERS AND CLOSING TIMES:

We will close for the Christmas break at 1.00pm on **Tuesday 15th December**.

We will re-open at 9.00 am on **Monday 4 January 2016**.

Requests for December supplies and double issues for December/January **MUST** be with us by Monday 7th December otherwise we cannot promise you will receive your stock before Christmas, particularly if your product is one that we have to order in especially for you.



***Wishing everyone a
Merry Christmas
and a
Happy New Year!***

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 complete all details.

Name: _____

Appliance Entitlement Card No: _____

Address: _____

Postcode _____

Phone no. _____ Date of Order _____

Medicare No: _____ Expiry date: _____

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

ITEM plus 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"/> Vets Affairs <input type="checkbox"/> enclosed <input type="checkbox"/>	\$ 12.50
NATIONAL ADMINISTRATION FEE \$60 Ordinary, \$50 Concession, \$10 Associate	(due 1 July each year)	
DONATION		
TOTAL (enclosed)		\$