



# Ostomy Tasmania Incorporated

**NEWSLETTER No. 200**

**August 2017**

*(Supplement to Ostomy Australia Volume 26 No.2)*

## **NEXT MEETING (including AGM)**

**DATE & TIME: SATURDAY 16<sup>th</sup> SEPTEMBER 2017, 2.00 pm**

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

All members and friends are invited to attend the AGM and the Management Committee meeting.

Company representatives are usually 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	vacant

### **COMMITTEE**

Mrs B. Clarke, Mrs M. Ferguson, Mrs H. Hortle, Mr A. Kok, Mr P. Lopez, Mr C. Spiegel, Ms R. Thompson, Mrs S. Hicks RN

### **LIFE MEMBERS**

Mrs E. Coombe, Mr E. Morling

### **ADMINISTRATIVE & BUSINESS SUPPORT**

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery, Mr Ben Clarke

**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](mailto:admin@ostomytas.com.au)

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

## OUR STOMAL THERAPY NURSES

### 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
<b>Sonia Hicks *</b>	<b>Stomal Therapy Dept (Ward 2B), RHH; (ph 6166 8283)</b>
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
<b>Heather Noga *</b>	<b>Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)</b>
<b>Vanessa Rhodes*</b>	<b>Stomal Therapy Dept (Ward 2B), RHH; (ph 6166 8283)</b>

### NORTHERN REGION

<b>Sue Delanty*</b>	<b>Stomal Therapy Dept, LGH; (ph 6777 6832)</b>
Carolynne Partridge	Specialist Clinic, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital
<b>Deborah Franklin</b>	<b>Calvary Health Care, Launceston, (ph 0438 445 338)</b>
Jennifer Heyward	Calvary Health Care, St Vincents Campus, Launceston

### NORTH WEST REGION

<b>Michelle Emin *</b>	<b>N.W. Regional Hospital, Burnie; (ph 64936274)</b>
<b>Andrea Hicks *</b>	<b>Mersey Community Hospital; (ph 64785387)</b>

(\* STNs occupying official Stomal therapy positions are shown in **bold**. 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.

## CHRIS JOINS THE OSTOMY TEAM

The latest member to join the Ostomy Tasmania team Inc. is Chris Laughler. Chris is a long term ostomate, and comes back to the volunteer team after a long absence. Chris has taken on finance responsibilities (40 years experience) and has a keen interest in older model classic cars. Chris has already proved invaluable in the office, assisting Manager/Treasurer Sue Hoyle with payrolls, company invoices/remittance, banking, etc. We welcome Chris and wish him every success in his new role. If anyone would like to help please come in and see Sue. Volunteers always welcome.



## 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 holiday orders).
- **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. If you call during busy times (Monday & Tuesday) and your call isn't answered, please call back.

**\*\* the answering machine is turned off when we are in the office.**

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" and be signed by you **and** the STN or Doctor.
- 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) box/100	\$12.00 box	Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

## MEMBERSHIP FEES DUE 1 JULY 2017

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 2017/2018 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 2017, 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.

**Reminder: Please make sure money orders and cheques are payable to "Ostomy Tasmania Inc." Direct Credit payments must include full name as reference.**

## RAFFLE

Raffle drawn in March - \$50 Visa gift cards won by H. Dowling and D. Philpott

## SEMI COLONS CANCER 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 6169 1915.

## ONLINE ORDERING

Some members are still not aware that we have a specific online order form available on our Ostomy Tasmania website: go to [www.ostomytas.com.au/online-order-form](http://www.ostomytas.com.au/online-order-form), or navigate via the drop down function under the Ordering tab. 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. \$12.50). Feel free to make use of this facility in future.

## AGM AND ELECTION OF OFFICERS

Our Annual General Meeting will be held on Saturday 16 September (following the 2pm Management Committee meeting - see Notices on website). All positions are open for election, but we require Management Committee nominees to be suitably qualified and prefer that anyone interested in joining the committee is also able to attend the rooms on a regular, voluntary basis. Nominations should be lodged with the Secretary one week prior to the AGM.

Please complete below or ring the office for a Nomination Form, or go to [www.ostomytas.com.au](http://www.ostomytas.com.au)

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Nomination for Management Committee

I, \_\_\_\_\_

wish to nominate for the position of \_\_\_\_\_

Signed \_\_\_\_\_

Proposer \_\_\_\_\_ Seconder \_\_\_\_\_

Date received by Secretary \_\_\_\_\_

## PLEASE HELP AVOID WASTE

Recently we have been getting reports from Stomal Therapy Nurses of excessively large amounts of returned products being delivered to them by family or carers of deceased persons, some of which is unsuitable for redistribution. We would like to remind all ostomates that they have an obligation to ensure they only order amounts commensurate to need. Whilst it is advisable to hold one month's supply of products to allow for contingencies (ie. delay in supply) it is not necessary, or advised, to hold supplies for a greater period than this. The government subsidized scheme is very generous, however it is a requirement of all users of the service to order only the amount they need, and so avoid unnecessary waste (and expense).

## MONDAY CUT-OFF FOR ORDERING

If you've been advised that we don't hold stock of your products and you need to order the week before you need them, **we now need to have your order by close of business on the Monday**, to ensure we can order your products and have them available the following week. This is because the companies have imposed earlier cut-off times on us to meet their delivery schedules. Thanks for your cooperation.

# COLOSTOMY REVERSAL

The following extract courtesy [www.stomalthrapy.com](http://www.stomalthrapy.com): check out for more useful information.

## Surgery to reverse the stoma

Your surgeon will decide whether your stoma can be reversed (closed).

Some patients may need to have another operation to form an ileostomy for 3 - 6 months at the time of colostomy closure. Your surgeon will discuss this with you prior to the closure surgery. A general anaesthetic is needed for the surgery and usually requires a hospital stay of up to 5 days.

Fluid and diet will be introduced slowly to make sure your bowel is working properly before discharge.

## Bowel function following reversal

Initially following stoma reversal you will pass very loose stools on a frequent basis (up to twelve times a day) and you may have little warning (urgency). This should gradually improve over following months as your bowel recovers.

There are many factors that will influence your bowel function following the closure of your stoma including (but not only):

- how much bowel was removed
- which section of the bowel was removed
- radiotherapy or chemotherapy
- previous bowel habits

## Dietary recommendations

It is important to have a nutritionally balanced diet and good fluid intake whilst you recover: however you may need to modify your diet if you have loose and frequent bowel motions.

To help slow the transit of faeces adjust your diet by:

- avoiding foods high in insoluble fibre such as wheat bran, skins on potatoes & fruit, as well as capsicum, cabbage, onions, beans, peas, corn, brussel sprouts, broccoli and fruit juices
- Eat more foods containing soluble fibre such as oats, barley, rye, legumes and peeled fruits
- Use white rice, white pasta and white bread instead of the brown versions
- Initially eat smaller meals more often, and chew your food well
- Bulking agents can also help to thicken your stool: discuss this with your Stomal Therapy Nurse (STN)
- An anti-diarrhoea agent may be taken if diet alone doesn't reduce the frequency and urgency of your motions

Discuss this with your STN, pharmacist or doctor

- Maintain adequate fluid intake to prevent dehydration
- Once your bowel starts to settle you can gradually return to your normal diet.

Skin Care. Loose, frequent bowel motions and excessive wiping can irritate your perianal (bottom) skin and cause skin breakdown.

*NB: More info available on the website (above).*

## SUPPORT GROUP REPORTS

**Northern Ostomates Support Group** - The Northern Ostomates support group meeting was held on the 6<sup>th</sup> June with 29 members attending, including 4 new members attending for the first time.

Two company reps from Convatec and Omnigon were in attendance, with both reps giving a very informative demonstration of their products and answering questions from the members. Many thanks to Omnigon for supplying the group's morning tea, which was greatly appreciated.

Guest speaker was Pam Claxton, who gave a very interesting talk on the health benefits on having a regular massage. **The next meeting will be held on Tuesday 19<sup>th</sup> September at the Cancer Support Centre, Howick Street, Launceston, commencing at 10.00am.**

**Southern Ostomates Support Group** - The Southern Ostomates Support Group was held on the 7<sup>th</sup> June with 8 people attending, four of those were people attending for the first time.

Morning tea was supplied and donated by the RSL Club of Glenorchy, which was greatly appreciated by all.

Omnigon and Convatec reps gave demonstrations of their products and were able to answer many questions from those who attended.

Although attendance is low with only 8 people attending the last 2 meetings, I feel confident that this will improve. Flyers advertising the support group were given out to members, who were happy to distribute them in the community in the hope of generating more interest.

**The meeting for Wednesday September 6<sup>th</sup> will go ahead as planned. The meeting is to be held at the RSL Club in Glenorchy, commencing at 10.00 am to 12.00 pm. All members and their spouses/partners are most welcome to attend, at no cost.**

**North West Coast Ostomates Support Group** - The North West Ostomates Support Group held at Ulverstone was attended by 28 members which included 2 new members attending for the first time.

Wendy from Hollister was in attendance and gave a very informative demonstration of products and answered many questions for the members.

Morning tea was supplied by the Senior Citizen's Club of Ulverstone with the cost covered by Hollister, which is always greatly appreciated.

Guest speaker was Ian Knight, who gave a very interesting talk on his butterfly collection. Many thanks to Ian.

**The next meeting will be held on Wednesday 13<sup>th</sup> September at the Ulverstone Senior Citizens Club, King Edward Street, Ulverstone commencing at 10.00 am.**

If you are interested in attending any of the Ostomates support groups please contact **Adrian Kok on 0498 196 059.**