



Ostomy Tasmania Incorporated

NEWSLETTER No. 201

December 2017

(Supplement to Ostomy Australia Volume 26 No.3)

NEXT MEETING

DATE & TIME: SATURDAY 17th MARCH 2018, 2.00 pm

PLACE: Ostomy Tasmania Distribution Office, St Johns Park, New Town
All members and friends are invited to attend the Management Committee meeting. Company representatives are often present, so come along and check out their new appliances.

MANAGEMENT COMMITTEE & STAFF

OFFICE BEARERS

PRESIDENT	Mr Peter Clarke, Lenah Valley 0418 146 142
VICE PRESIDENT	Mr Terry Gill
SECRETARY	Mrs Sue Hoyle, Kettering (03) 6267 4837
TREASURER	Mr Chris Laughler
MINUTE SECRETARY	Ms Rebecca Thompson

COMMITTEE

Mrs B. Clarke, Mrs M. Ferguson, Mr P. Lopez, Mr C. Spiegel, Mrs S. Hicks RN, Mrs H. Hortle

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

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
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

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

NORTH WEST REGION

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

(* 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.

SOCIAL MEDIA FOR OSTOMATES

Insideout Ostomy Life is a new website and social media platform for the younger ostomate, aiming to help them to adjust to their changed body condition. It is produced by Erin (current President of Western Australia Ostomy Association) who is keen to motivate others to be proactive in managing their condition. Erin is a great inspiration – assisting others to engage, educate themselves, and come to terms with living with a stoma through her regular blog and website. We recommend a visit to <http://insideoutostomy.life> - it may be life changing!

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.

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.
NB: The \$2.00 transaction fee no longer applies.

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
Hostoma No Smells Room Spray (purse size) (50 ml)	\$5.00 each	Hypafix tape 10cm x 10m	\$28.00 roll
Hostoma No Smells or Hosgon 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 WERE 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 form 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 made payable to "Ostomy Tasmania Inc."
Direct Credit payments must include full name as reference.

RAFFLE

Congratulations to the winners of our last raffle, drawn at the September AGM meeting: \$50 Gift Cards were won by Mr H Dowling and Mr J Singleton. Thanks to all for your support. Tickets still 50c each or 3 for \$1.00.

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.

GET YOUR ANNUAL REVIEW

Ostomates are reminded of the importance of getting a review of their stoma by a Stomal Therapy Nurse at least once per year. This ensures that the most appropriate appliances for your circumstance are recommended, especially as there are continually new and improved products added to the Stoma Appliance Scheme throughout the year. It is also useful to have a fresh appraisal from your STN on a regular basis, to gain a better understanding of how you are travelling and what options are available for you when circumstances change.

PLEASE HELP AVOID WASTE

We would like to remind all ostomates that they have an obligation to only order amounts commensurate to need. Whilst we understand members' anxiety about running out of pouches/wafers and accessories, having too many creates storage & disposal issues (for example many adhesives deteriorate if not stored properly). We therefore recommend that members hold one to two months' supply of their usual products to allow for emergencies or possible stock shortages - but no more than 3 months.

Part of Ostomy Tasmania's responsibility is to ensure a smooth and efficient distribution of product supplied to the membership - your cooperation in helping to reduce waste and associated unnecessary expense to the Government by only ordering what you need helps us to meet that objective and thereby maintains the ongoing integrity of what is a very generous government subsidized scheme.

SUPPORT GROUP REPORTS

Southern Ostomates Support Group

The last meeting was held on the 6th September at the Glenorchy RSL with 9 members in attendance, of whom 6 were new. There was plenty of discussion over various subjects and although there were no company reps present, morning tea was still supplied free of charge. The Southern support group will meet next with a Christmas luncheon organised for Wednesday 29th November from 12 - 3pm at the Glenorchy RSL. All current and new members are most welcome to come. Please RSVP Adrian Kok on 0498196059 if you wish to attend.

North West Coast Ostomates Support Group

Having had such a bad influenza season with several people struck down with the illness, it was quite a surprise to still have 23 members in attendance at Ulverstone, 4 of whom were new members. Unfortunately there were no reps present (both stuck in Melbourne due to a late flight change), but it didn't deter the members asking several questions on various and interesting issues. The Stomal nurses were both in attendance to also answer several questions. Even though the Convatec rep couldn't make the meeting, the company was still prepared to pay for the morning tea supplied by the Senior Citizens Club. It was much appreciated by all.

A **combined Christmas luncheon** between the North-West and the Northern support groups will be held this year at the Ulverstone Senior Citizens Club, from 12 noon - 3pm on Wednesday 22nd November. All current and new members are more than welcome. Please contact Adrian Kok on 0498 196 059 by the 15th November if you wish to attend.

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

NEW STUDY OPPORTUNITY FOR OSTOMATES

The following is courtesy of the Centre for Community Driven Research (CCDR): CCDR is a charity working to bring the patient voice to the decision-making table. Our flagship program is a research/advocacy program called Patient Experience, Expectations and Knowledge (PEEK). PEEK studies give us a clear picture and historical record of what it is like to be a patient at a given point in time, and by asking patients about their expectations, PEEK studies give us a way forward to support patients with treatments, information and care. Through this program we give patients the opportunity to talk about their experience and what they would like to see from future treatment, information, care and support. We also ask them what their message to government would be in relation to their condition.

We aim to conduct PEEK studies across a range of disease areas and have secured funding to conduct a program in bladder cancer. This is a study partnership with Ostomy Tasmania, so feel free to contact our office for more information, or via www.cc-dr.org

EATING and DRINKING with a COLOSTOMY

GENERAL INFORMATION COURTESY STOMATHERAPY.COM

(This dietary information has been compiled as a Guide only.)

- Because you now have a colostomy you should not have to change your eating habits significantly.
- You may now be able to eat foods you were having trouble with prior to the surgery.
- Each person is an individual and will react to each food type in their own way.
- It is important that you have a well-balanced diet.

REDUCING gas / wind production

- Eat your food slowly, chew with the mouth closed and avoid gulping your food.
- Eating too much food at one time adds to discomfort.
- Eat regular meals as skipping meals is more likely to increase gas production.

Foods that may CAUSE gas / wind

Cucumber, peas, beans, orange juice, onions, eggs, cabbage, yeast, mushrooms, baked beans, broccoli, brussel sprouts, corn, garlic, cauliflower, fizzy / carbonated beverages including beer, low calorie sweets and lollies (with Sorbitol).

It may also be as a result of swallowing air. Chewing gum, chewing with your mouth open, drinking with a straw, smoking and snoring can all increase the amount of air you swallow.

Foods that may PRODUCE odour

Cheese, beans, onions, cabbage, fish, asparagus, broccoli, cauliflower, eggs, lentils, garlic, some spices.

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Foods that may REDUCE odour

Yoghurt, cranberry juice, yakult, buttermilk, fresh parsley, stewed or grated apple (no skin).

Constipation (hard stomal output)

If constipation should occur, try the following:

- Eat prunes, fresh fruit.
- Aim to drink 2 litres (6 – 8 glasses) of fluid per day.
- Take a gentle stool softener or fibre supplement.
- If 2 – 3 days pass with no bowel action, check with your STN or doctor.

Diarrhoea (runny or fluid stomal output)

Diarrhoea can occur for a variety of reasons. It is recommended that you try to identify the cause of the diarrhoea.

- If diarrhoea occurs, treat as you did before you had a colostomy.
- Consult your doctor if it persists for more than 2 – 3 days.
- If you usually use a closed pouch you may need to change to a drainable pouch to avoid frequent pouch changes which can affect your skin and the number of supplies available for later use. Speak with your STN.

Foods to help THICKEN your stomal output

Pasta, pumpkin, dumplings, custard, tapioca, pancakes, pretzels, rice, bananas, toast, mashed potato, apple sauce, arrowroot, marshmallows, uncooked cornflour, cheese, jelly babies, jelly beans, smooth peanut butter, white bread (not fresh), fresh grated apple (no skin)

XMAS ORDERS AND CLOSING TIMES

We will close for the Christmas break at 1.00pm on **Tuesday 19th December**.

We will re-open at 9.00 am on **Tuesday 2 January 2018**.

Requests for December supplies, and double issues for December/January, **MUST** be with us by Monday 11th December or we cannot promise you will receive your stock before Christmas, particularly if your product is one that we have to order in.

A **\$50 opening fee** applies over the closure period if we have to open up especially for you.

WISHING ALL A

Merry
CHRISTMAS AND A HAPPY
New Year