



OSTOMY

AUTUMN 2018

NSW LTD



Celebrate 60
years with us!





WITH EXTRACTS OF
ALOE VERA



Recognising Salts research
into healthy stoma skin

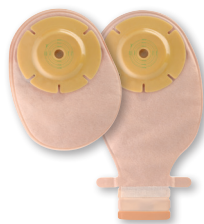


DERMATOLOGICALLY
ACCREDITED

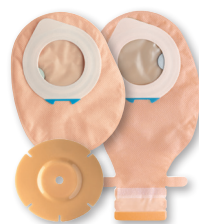
Change your life

Introducing our technically brilliant, naturally better convex appliances

- ▶ Five-sided Flexifit® wafer is designed to bend and flex with movement for more security
- ▶ Unique skin barrier provides greater adhesion, absorption and helps prevent leakage
- ▶ Infused with natural Aloe Vera to help prevent sore skin
- ▶ A wide range of closed and drainable bags are available



CONFIDENCE®
NATURAL SOFT CONVEX



HARMONY® DUO CONVEX
WITH FLEXIFIT® AND ALOE

For free samples call Toll Free 1300 784 737 (NZ 0800 100 146) or visit www.ainscorp.com.au



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DEADLINES

Summer Edition	November 1
Autumn Edition	February 1
Winter Edition	May 1
Spring Edition	August 1

PHONE: 02 9542 1300

ORDERS

WE ARE UNABLE TO ACCEPT PHONE ORDERS

Please email orders to: orders@ostomynsw.org.au
Please fax orders to: 02 9542 1400
Please post orders to: PO Box 3068,
Kirrawee NSW 2232

PICKING UP ORDERS:

COUNTER HOURS OF OPERATION

We are open four days a week
Monday to Thursday
9:00 am to 2:00 pm
(Please place orders 48-72hrs before desired pick-up)
Express Counter - Unit 6, 555 Princes Hwy, Kirrawee
Warehouse Counter - Unit 6, 18 Monro Ave, Kirrawee

PAYMENTS

Payments can be paid by bank transfer (EFT) to:
Account Name: ONL
BSB: 112879 (St George Bank)
Account Number: 45 664 3389
Reference: Your Member Number and Surname

AUTUMN 2018

President: Tom Flood
Telephone: 02 4333 4727

Vice President:
Stephen Grange

Treasurer:

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Director: Greg Doyle
Director: Perry Johnstone
Director: Jason Rumble
Director: Michael Rochford
Director: Tracy Black
Director: Helen Richards

Manager: Stephen Lardner

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Operation Supervisor:
Colleen

Warehouse Supervisor:
Steve

The Team:
Cheryl, Angie, Kim, Bev,
Natalie, Aye Aye, Frank,
Carol-Anne, Matt, Rhys and
Luke

PLUS OUR DEDICATED VOLUNTEERS

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


Introducing ESTEEM™ Flex Convex

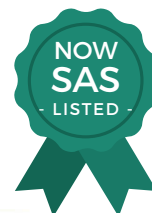
Help your patients live free and keep active with the latest addition to our range of one-piece ostomy care solutions

ESTEEM™ Flex Convex

- **Moves with the body** – flexible convexity fits to body contours for easy positioning and everyday comfort.
- **Stays firmly in place** – with a skin friendly hydrocolloid skin barrier designed to stay firmly in place and help minimise leakage.
- **Peace of mind on the move** – easy view window for accurate positioning and observation.

Available in closed, drainable and urostomy pouches with pre-cut and cut-to-fit options. Standard features of our Esteem™  range include a filter to minimise odours and ballooning (closed and drainable) and an anti-reflux valve (urostomy).

Your patients can keep on the move with Esteem™ Flex Convex.



ESTEEM™ + Flex Convex
Closed

ESTEEM™ + Flex Convex
Drainable

ESTEEM™ + Flex Convex
Urostomy

Call for your free samples:

📞 1800 335 276

✉ Connection.au@convatec.com.au

🌐 www.convatec.com.au/stoma-care

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ConvaTec (Australia) Pty Limited. ABN 70 131 232 570. PO Box 63, Mulgrave, VIC 3170.
Phone: (03) 9239 2700 Facsimile: (03) 9239 2742. Customer Support Freecall: 1800 339 412. www.convatec.com.au

 **ConvaTec**
Ostomy Care Solutions



REGIONAL INFORMATION MEETINGS 2018

KEMPSEY - FRIDAY 16TH MARCH
KEMPSEY MACLEAY RSL CLUB
1 YORK LANE KEMPSEY
COMMENCING 9:00AM UNTIL 3:30PM

NOWRA - FRIDAY 22ND JUNE
VENUE TBC
COMMENCING AT 10:00AM TO 3:30PM

FORBES - FRIDAY 21ST SEPTEMBER
VENUE TBC
COMMENCING AT 10:00AM TO 3:30PM

SHOALHAVEN SUPPORT GROUP
IN 2018 THE MEETINGS ARE CHANGING FROM MONDAY'S TO WEDNESDAY'S.
THE DATES ARE WEDNESDAY 7TH FEBRUARY, WEDNESDAY 2ND MAY,
WEDNESDAY 1ST AUGUST AND WEDNESDAY 7TH NOVEMBER. THE STOMAL
THERAPISTS ARE TRACEY NEWCOMBE AND BRENDA CHRISTIANSEN.

eParcel

ONL have now started using eParcel to dispatch your parcels from our warehouse. This will now generate a tracking number which will make it easier for member's to track their parcels via the Australia Post website.

If you haven't already given us your email address please phone the office and do so to enable you to receive your tracking number. If we already have your email address then nothing changes.

Whilst this is a new system for our staff we ask that member's be patient in implementing this new system. Your parcel will still come with Australia Post in the usual way but should arrive much faster.





Healthy skin for
a healthy soul.

Graham, urostomy since 2014

Life with a stoma can be complicated. Skin health shouldn't be.

What happens when you are not worrying about stoma-related skin problems? Life happens!

Helping make life better for people with stomas has been our promise since the beginning. Because when your skin is healthy, you are free to enjoy the healthy connections, and moments with family and friends that make life special.

Call our friendly Customer Engagement team on **1800 220 972** or visit **dansac.com.au** to learn more about our range of products and services designed to promote and maintain a naturally healthy skin environment.

Dedicated to Stoma Care

dansac 





STOMAL THERAPY SERVICES

(NSW AND ACT) JANUARY 2018 DIRECTORY

**Any errors or omissions
please email Heather Hill
at [heathermaryhyde@
yahoo.com](mailto:heathermaryhyde@yahoo.com) or
phone: 0422 204 497 (M)**

SYDNEY METRO AREA

BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS

Fiona Le STN
(maternity leave until 12/12)
Erin Wagner STN
Phone: **(02) 9722 8000**
(pager) 28380
Direct number (02) 9722 7196

BLACKTOWN & MOUNT DRUITT HOSPITALS

Lesley Jack CNC STN.
Phone: **(02) 9881 8000**
Pager 7610 Mon to Fri.

CAMPBELLTOWN PRIVATE HOSPITAL

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Kerri Houghton STN
42 Parkside Crescent,
Campbelltown.
Phone: **(02) 4621 9111**

CONCORD HOSPITAL

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Anne Marie Lyons CNS.
Roger Riccardi CNS.
Phone: **(02) 9767 6761**

HORNSBY HOSPITAL

Michelle Noon CNC Stomal
Therapy and Wounds.
Phone: **(02) 9477 9184**

HURSTVILLE PRIVATE HOSPITAL

Trish Doherty CNS
Lisa Hancock CNS
(02) 9579 7865

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Kelly Taylor RN STN.
Mondays and Fridays only.
86 Kareena Road, Caringbah
NSW 2229.
Phone: **(02) 9717 0000**

LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS

Phone: **(02) 8738 3408**
Dianne Hooper CNC.
Mobile: 0419 224 662
[Dianne.hooper@sswahs.nsw.
gov.au](mailto:Dianne.hooper@sswahs.nsw.gov.au)
Lu Wang CNS 2.
Mobile: 0417 026 109

MACQUARIE UNIVERSITY HOSPITAL

Geoff Matthews CNC Stomal
Therapy.
Phone: **(02) 9812 3380**
Colette Craft CNS Stomal
Therapy.
Phone: (02) 9812 3483

MATER HOSPITAL

Julie Choi STN
Phone: **(02) 9900 7381**
Email: Julie.choi@svha.org.au

NEPEAN PRIVATE HOSPITAL

Kerrie Wrenford STN.
Phone: **(02) 4732 7189**
Phone the Banksia Ward and
leave a message, Kerrie will call
back.

NEPEAN PUBLIC HOSPITAL

Naomi Houston CNS STN.
Phone: **(02) 4734 1245**
Email: [Naomi.Houston@health.
nsw.gov.au](mailto:Naomi.Houston@health.nsw.gov.au)
If Urgent: please phone: (02)
4734 2000 and request a text
page.

NORTH SHORE PRIVATE

Johanna Ward STN.
Phone: **(02) 8425 3540**

NORWEST PRIVATE HOSPITAL

Sharon Mallary STN
Phone: **(02) 8882 8882**

PRINCE OF WALES and SYDNEY CHILDREN'S HOSPITALS

Carol Stott CNC (pager 44220)
Lisa Graaf CNC (pager 44403)
Jo de Balasio CNC . Mon& Tues
Office direct: **(02) 9382 3869**
Alison Kennedy STN (pager
44253) (Children's)
(02) 9382 1627*
For ALL pages ring:
(02) 9382 2222

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Mandy Richardson CNC..
Phone: **(02) 9650 4470**
for an appointment.

ROYAL WOMEN'S HOSPITAL

Jenny Duggan STN
0417944297

ROYAL NORTH SHORE HOSPITAL

Kathryn Bolton CNC.
Jean Edge STN
Wed, Thurs and Fri.
Phone: **(02) 9463 2824**(Direct)
Fax: (02) 9463 2082.
Email: [Kathryn.Bolton@health.
nsw.gov.au](mailto:Kathryn.Bolton@health.nsw.gov.au)

ROYAL PRINCE ALFRED HOSPITAL

Colleen Mendes CNC/STN
[colleen.mendes@sswahs.nsw.
gov.au](mailto:colleen.mendes@sswahs.nsw.gov.au)
Cheri Kelcher CNC
Betty Brown STN
Phone: **(02) 9515 7280**

AUTUMN 2018

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((02) 9515 6111 (page)

RYDE HOSPITAL

Tamra Webb STN. Mon and Thurs.

Phone: **(02) 9858 7888** (page)

ST GEORGE PRIVATE HOSPITAL, KOGARAH

Kerrin Hammon CNS.

Frances Day STN

Phone: **(02) 9598 5342** (direct)

ST GEORGE PUBLIC HOSPITAL

Daniela Levido CNC

Anne Mamo CNS

Deborah Dutchak CNS

Melanie Perez

Phone: **(02) 9113 3519** or

Pager: (02) 9113 1111 page

224 Email: Daniela.Levido@

sesiahs.health.nsw.gov.au

Vicki Patton Phone: 9113 2715

or 9113 1111 page 976

ST VINCENT'S PRIVATE HOSPITAL

Jackie Johnston CNC.

Phone: **(02) 8382 7111**

(pager 0413) or Office: (02)

8382 7010

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Mark Murtagh CNC.

Phone: **(02) 8382 1111**

(pager 6158)

STRATHFIELD PRIVATE HOSPITAL

Maureen O'Shannessy CNC.

Phone: **(02) 9745 7444**

SUTHERLAND HOSPITAL

Joan Walsh CNC.

Mon to Thurs, 8am – 4pm

Phone: (02) 9540 7111

(page 473)

SYDNEY ADVENTIST HOSPITAL

Lyn Archibald CNC

Glenda Flew CNS

Sandra Cryer (Relieves when necessary)

0419 285 113

Phone: **(02) 9487 9111**

Email: StomalTherapy@sah.

org.au

WESTMEAD CHILDREN'S HOSPITAL

Charmaine (Chary) Richards

CNC Stomal Therapy/Wound

Management.

Phone: **(02) 9845 2148** or

Email: Charmaine.Richards@

health.nsw.gov.au

WESTMEAD HOSPITAL

Fiona(Lee) Gavegan CNC.

Phone: **0409 962 111** or

Fiona.Gavegan@health.nsw.

gov.au

Karen Shedden CNC.

Phone: 0427 127 795 or

Karen.Shedden@health.nsw.

gov.au

Phone: (02) 9845 5555 (page

22888 or 27904). Call the

answering service on (02)

9845 7969 if unable to contact

via pager.

ILLWARRA AND SOUTH COAST

BATEMANS BAY & MORUYA HOSPITALS

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(Clinical Co-ordinator).

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Servicing Monaro, South Coast

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trena.Oshea@health.nsw.

gov.au

BEGA COMMUNITY HEALTH CENTRE

Julie Metcalf CNS STN.

8:30am – 4pm Mon-Thurs.

Phone: **(02) 64929620**

Please leave your name

& phone number on the

answering machine for a

return call.

Email: julie.metcalf@health.

nsw.gov.au

P O Box 173, Bega NSW 2550

NOWRA COMMUNITY HEALTH CENTRE

5 – 7 Lawrence Ave, Nowra

2541. Stomal Therapy Clinic:

Mondays by appointment.

Phone: **(02) 4424 6300**

Or Fax: (02) 4424 6347

Brenda Christiansen STN

(Mon-Clinic, Wed & Thurs).

Tracey Newcombe STN

(Mon & Tues). Email: Tracey.

Newcombe@sesiahs.health.

nsw.gov.au

WOLLONGONG HOSPITAL

Julia Kittscha CNC

Phone: **(02) 4222 5303**

or 0414 421 021

Julia.Kittscha@sesiahs.health.

nsw.gov.au

WOLLONGONG PRIVATE HOSPITAL

Ward 4 South

Helen Richards CNC.

Mondays only.

Phone: **(02) 4286 1000**

Fax: 4286 1312

CENTRAL COAST

GOSFORD DISTRICT HOSPITAL

Debbie Day CNC.

Sharon Gibbins

Mary Cuzner.

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(Surgical Ward)

Karen McNamara, STN

Dee Coulton (Reliever)

4324 7111

NEWCASTLE REGION

CALVARY MATER HOSPITAL

Tess Richards CNC.



Jane Fifield STN
Lara Riley STN
Phone: **(02) 4014 4815**
stomaltherapy@calvarymater.
org.au
JOHN HUNTER HOSPITAL
Jenny O'Donnell CNC.
Karen Cole STN
Phone: (02) 4921 3000
HNELHD_JHHStomal@
hnehealth.nsw.gov.au

HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN.
Phone **(02) 4944 3777**
Alison.lincoln@healthecare.
com.au

LAKE MACQUARIE PRIVATE HOSPITAL

Rhonda Farthing CNS
Phone: **(02) 4947 5362** Mon
to Thurs.

LINGARD PRIVATE HOSPITAL

Alison Lincoln STN.
Phone **(02) 4969 6799** for
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Alison.lincoln@healthecare.
com.au

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Serving the towns of Coffs
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Resource person: Robyn
Paterson STN.
Phone: (02) 6640 2415
Robyn.Paterson@ncahs.
health.nsw.gov.au

LISMORE BASE HOSPITAL

Margaret McKee STN CNC.
Belinda Sams CNS for in-
hospital.
Phone: **(02) 6620 2850**
Bill Tyrell STN CNC for all out-
of-hospital ostomy patients.
Phone: (02) 6621 3252.
Outpatient service also
available on Tues & Fri.

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Jane Kulas STN CNS (Stoma,
Wound & Continence).
29 Molesworth Street,
Lismore.
Phone: **(02) 6620 2967** or Fax:
(02) 6620 2963

MACLEAN DISTRICT HOSPITAL AND COMMUNITY HEALTH

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Phone: (02) 6640 0111
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Mon & Wed
Mobile: **0427795765**
Phone: (02) 5524 2439
Or (02) 5524 2000 pager
1140. Office in Surgical Ward
2C.
Jeanie.McCarroll@ncahs.
health.nsw.gov.au

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Debbie Flick STN.
Phone: **(02) 6627 9448**
or (02) 6627 9449

TWEED COMMUNITY HEALTH CENTRE

Lisa Clare Stomal/Continence
Advisor.
Phone: **(07) 5506 7828**
Or (07) 5506 7540
Lisa.Clare@ncahs.health.nsw.
gov.au
Covering Tweed Heads
Hospital & Communities from



the Tween NSW/QLD border to Bangalow.

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Quirindi, Armidale, Walcha,
Uralla, Guyra, Bundarra,
Tingha, Glen Innes, Emmaville,
Ashford, Warialda, Inverell,
Bingara, Narrabri, Barraba,
Boggabri, Narrabri, Barraba,
Boggabri, Manilla, Gunnedah,
Tamworth, Werris Creek,
Nundle.

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Lilian Veikennen STN.
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BELCONNEN HEALTH
Cheryl Jannaray CNC.
Phone: (02) 6205 1201

CALVARY HOSPITAL (CANBERRA)

Cheryl McMillan STN
Marree Pegrem STN.
Phone: **(02) 6201 6045**
CANBERRA HOSPITAL
Kellie Burke CNC.
Phone: (02) 6244 2222
Then page Stomal Therapy
Nurse.

COOMA COMMUNITY HEALTH/COOMA HEALTH SERVICE

Kirsti Dixon STN
Phone: **0428 265 324 (Mob)**

Or (02) 6455 3201

COOTAMUNDRA HOSPITAL

Raylene Godvier
Phone: **(02) 6942 1861**
Or 0419 123 508

QUEANBEYAN COMMUNITY HEALTH CENTRE

Jo Morgan STN
Phone: **6150 7144** or
6150 7670
Visits patients in Queanbeyan
& Yarralumla areas.

WESTERN NSW

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Phone: **(02) 6330 5676**
louise.linke@health.nsw.gov.
au
Serving Bathurst, Orange,
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Lithgow, Condobolin and
surrounds.

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Wellington, Baradine,
Gulgargambone, Coolah,
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Dunedoo, Gulgong, Mudgee,
Bourke, Brewarrina,
Collarenebri, Goodooga,
Lightning Ridge & Walgett.
DUBBO BASE HOSPITAL
Phone: (02) 6809 6926
GRIFFITH BASE HOSPITAL
Denise Henderson STN
Phone: (02) 6969 5555 Ext

695

GRIFFITH COMMUNITY HEALTH

Raye Martin STN
Phone: **(02) 6966 9903**
raye.martin@gsahs.health.
nsw.gov.au

ORANGE HEALTH SERVICES

Joe Webster STN.
Phone: (02) 6369 7455
Joseph.Webster@gwahs.
health.nsw.gov.au

ORANGE AND REGIONAL NURSING SERVICE

Joanne Westcott STN.
Phone: **(02) 6362 6184**

WAGGA WAGGA RURAL REFERRAL HOSPITAL

Karrinda Kenny CNS STN
Phone: **(02) 5943 1000**
or 0412 324 136

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Wodonga (VIC) Hospitals.
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Borella Rd, Albury. 2640
Phone: **(02) 6058 4444**
(hospital switch) Pager 416.
Rosaline.Watson@awh.org.au

ALBURY WODONGA PRIVATE HOSPITAL (AWPH/ ASG)

1125 Pemberton St., Albury
2640
Geradine O'Brien STN.
Phone: **(02) 6022 4350** or
Phone: (02) 6021 7111



gerardine@alburysurgical.
com.au

NSW STOMA LTD. CLINIC

Anne Marie Lyons STN.
Phone: 1300 OSTOMY or
(02) 9565 4315
info@nswstoma.com.au

The NSW Stoma Clinic
(members free) is open from
11am to 1pm at half-hour
intervals on the second and
fourth Thursday of each
month in the private room

at our Stanmore office. Our
lift has wheelchair access.
Members with an ostomy
problem may phone to
organise a free consultation.

Need help but unable to
attend? Please write to
Anne-Marie or contact her by
phone, fax or email. Please
remember to include your
name, address and phone
number (and email address if
available).

OSTOMY NSW LIMITED CLINIC

Janet Forsyth STN.

Phone: **(02) 9542 1300**

A free Clinic is held on the
second Tuesday of each
month between 11:30am
and 2pm. Please ring for
an appointment. The rear
entrance is Unit 6/18 Monro
Avenue Kirrawee (between
Oak and Bath Roads). The
entrance has no steps so
is suitable for people with
disabilities.

... A QUESTION THAT KEEPS ARISING (NOT ONLY FROM MEMBERS
BUT SOME NURSES TOO!) IS : WHAT IS THE DIFFERENCE
BETWEEN THE WORDS:

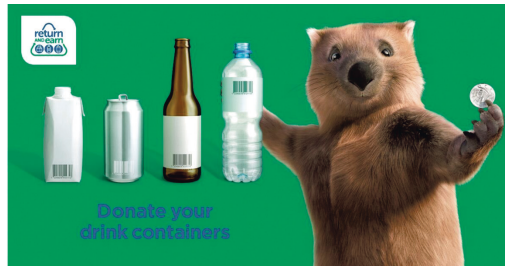


MUCUS, MUCOUS, MUCOSA AND MUCOUS MEMBRANE

MUCUS – IS A NOUN. MUCUS IS THE FLUID SECRE-
TIONS FROM A MUCOUS MEMBRANE, ALSO CALLED
THE MUCOSA. MUCUS IS A SLIMY MIXTURE OF WATER, ELECTRO-
LYTES, LEUKOCYTES, MUCINS AND EPITHELIAL CELLS. THE MAIN
FUNCTION OF MUCUS IS PRIMARILY TO PROTECT AND LUBRICATE
INTERNAL SURFACES, FOR EXAMPLE THE MOUTH, TONGUE AND
INTESTINES.

MUCOUS – IS AN ADJECTIVE. MUCOUS IS A WORD DESCRIBING
THE MUCOSA/MUCOUS MEMBRANE WHICH PRODUCES, OR CON-
TAINS, MUCUS. AS AN ADJECTIVE IT DESCRIBES ANYTHING PER-
TAINING TO, RESEMBLING OR CONSISTING OF MUCUS.

MUCOSA, ALSO KNOWN AS MUCOUS MEMBRANE, IS A NOUN.
THE MUCOSA/MUCOUS MEMBRANE IS A SOFT, PINK, MOIST LAYER
OF CELLS LINING SEVERAL BODY PASSAGES AND CAVITIES OF THE
BODY THAT COMMUNICATE WITH THE AIR. THESE PASSAGES ARE
COMMONLY FOUND IN THE BODY'S DIGESTIVE, RESPIRATORY, RE-
PRODUCTIVE AND URINARY TRACTS.



Donate your drink containers

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More info at: www.returnandearn.org.au





How do you donate?

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2. The user chooses “Donate” and is met by the selection screen, Select “Ostomy NSW Limited”:



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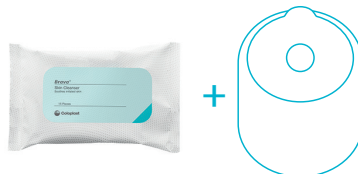
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DANSAC X-TRA STRIPS

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60 YEAR CELEBRATION

CELEBRATING 60 YEARS SERVING OUR MEMBERS IN 2018

This year is another milestone in the history of Ostomy NSW Limited with the celebration of 60 years serving NSW and Australian ostomates, their families and friends. In this edition we will look back over the first few years of establishing member associations through to the introduction of the first Stoma Appliance Scheme in 1975.

Brief History of Ostomy NSW Limited - 1957 to 1975

Ostomy NSW Limited (ONL) is a corporate association established in 1958 by people who gathered to help each other overcome the difficulties they faced after an event resulting in a stoma. Ostomates today owe a debt of gratitude to those pioneers who gained what we consider to be the world's best support.

The groundwork for ONL and sister associations began as early as 1949 in the United States. In Australia our history began in 1957 with groups of people gathering to encourage support of ostomates.

1957: There was neither government support nor understanding in the general community for people who had undergone stoma surgery in Australia. Q.T. Victoria was established in 1957 in response to this situation. In NSW, four people with a stoma met in their homes for support and to gather any information that might be available.

In October 1957, Betty Hughes, a qualified nursing sister in NSW, had to make the decision to undergo abdominal surgery to save her life. After her surgery, Sister Hughes was faced with the issues of dealing with an Ileostomy; obtaining skin protecting agents and the availability and range of appliances. She had no one to speak with other than her surgeon, Dr Edward (Ted) Wilson. She became very depressed and Dr Wilson encouraged her to

start a support group in NSW. Betty contacted the Melbourne group who supplied information on how to start and how to obtain products.

With the assistance of Dr Wilson, Betty Hughes set about forming Q.T. Sydney. The first meeting was held at the Hotel Plaza, Sydney on Saturday 15th March 1958 with four members. The new group published newsletters and contacted others who were looking for support. Eleven people are recorded as attending the second meeting on 6th September 1958.

As membership of Q.T. grew, Sister Hughes, in conjunction with the Victorian group made contact with the Commonwealth Government with a view to obtaining Ileostomy and Colostomy pharmaceuticals on the "free list" under the National Health Scheme, initially without success. Most available stoma equipment was unreliable, primitive and very expensive. Constant government petitioning was joined by new associations in other states.

Meetings were held in the Balmain Hospital and the NSW Association continued to grow with members purchasing products at the meetings. Gordon James stored the products in his butcher shop and brought them to each meeting for members to purchase.

1963: The Government placed pharmaceuticals on the free list, but the costly flanges and pouches were not included. Members could obtain surgical cement, skin protecting agents and solvent for cleansing the skin. Sister Hughes was made wholly responsible for distribution of NSW Colostomy and Ileostomy supplies. A Federal Ileostomy Council was formed; representatives were called from each state and Betty Hughes was elected Secretary. This was the forerunner of the Australian Council

of Stoma Associations (ACSA).

1965: Storage of stoma product and sending out of country orders was an increasing problem.

1966: Letters were again sent to all members of Parliament seeking placement of stoma products on the free list.

1967: Denyer Bros (a hospital equipment supplier) made space for the association to speak with members and distribute product.

1968: An office at Denyer Bros was working well.

1970: Mr EG Whitlam advised the association that he was pushing to have stoma appliances on the free list.

1971: The national body met in Sydney. The association name was changed from Q.T. Sydney to Ileostomy Association of NSW (IA).

1973: The National Council was requested to again petition the Government for stoma products to be on the free list. A stoma clinic was established to help ostomates.

1974: Gordon James was no longer able to store product in his shop.

1975: Appliances were approved on the free list. The distribution of appliances became free to members of associations like IA across Australia. Associations continued to face storage and distribution problems.

The outcomes mentioned above came from many hours of voluntary work and the dedication of Sister Hughes and others demonstrated that having a stoma is no bar to leading an active life.

At the 1975 Annual General Meeting of the Ileostomy Association of New South Wales, Betty Hughes was elected the first life member of IA NSW in recognition of all the work that she had done.

(The story will continue in our Winter edition.)



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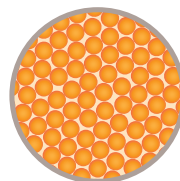
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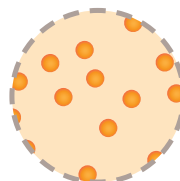
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Hello From The Clinic

Appliance Scheme Pharmaceuticals

There has been much discussion recently regarding the cost of the ostomy appliance scheme that provides pouches and ostomy associated pharmaceuticals to stoma association members free of charge. After intense lobbying during the 50's & 60's the scheme as we now know it has been up and running since 1975 and leads the world in supporting ostomates. Over the years the list of products available has continued to grow and this has resulted in a significant increase in the cost of this scheme. Last financial year the cost to our government to fund this scheme and supply ostomy products to approximately forty five thousand Australians with stomas was approximately ninety million dollars with available pharmaceuticals accounting for about one quarter of this cost. To ensure that members can continue to have access to the ever evolving product range of appliances and accessories available for stoma care it is imperative that we all do our bit to protect this important scheme by reducing unnecessary costs. You can assist and do your part by only ordering what you require for secure and comfortable management of your stoma not the maximum quantities available. It is recommended that no more than the current month's supply with a one month reserve should be held. Products do deteriorate as they become

out of date or if not stored correctly, any reserve stock you have should be turned over each month so it is always in date.

I regularly see people using products they don't necessarily need to use.

This use can cause harm to the skin or may complicate stoma management resulting in pouch changes becoming more of a chore than needs to be. It may be necessary to use some products for a period of time after surgery

but perhaps not long term. A yearly check-up on your stoma and associated management by a Stomatherapist is recommended.

Following is a list of products that I most commonly see being misused or over used. I have included a short explanation of what is considered correct use of each, irrespective of brand names. It is not intended to be a complete list of available pharmaceuticals. These products provide significant benefits for some so there will be exceptions to these guidelines and will be dependant on your specific needs. If in doubt check with your Stomatherapist!

Paste: This is not glue but is normally used to fill skin creases or crevices





Hello From The Clinic

either immediately around the stoma or the surrounding skin (peri-stomal skin) to minimise any potential leakage under the pouch.

Seals: can often be used instead of paste to fill skin creases or crevices to minimise potential leakages. May also be used to encourage some protrusion of an otherwise flat stoma that may be a contributing cause of leakage under the pouch.

Powder: may be used safely on the stoma for any signs of ulceration. It is of no advantage on surrounding skin unless the skin is weepy or raw; it is then used sparingly and covered with barrier film to allow adequate adhesion of pouch.

Cleansing Lotion/wipes: allows for cleaning of peri-stomal skin when water is not available.

Adhesive extenders: to extend the area of adhesive on the pouch and assist with adhesion over an uneven abdominal surface.

Skin Barriers- sprays/wipes: to maintain the integrity of the peri-stomal skin however with the improvements in the quality of adhesives over the years the barriers are not usually required. If required they should be used sparingly.

No sting Barriers- sprays/wipes: for use on red or sore skin (hence the name no sting) most often due to some leakage under the pouch. Again should only be used sparingly and usually short term. Should not be required on an ongoing daily basis.

Remover Wipes/Sprays: to assist with the removal of adhesive build up on peri-stomal skin. Should be used sparingly and not usually needed for daily use. Incorrect or over use may impair the adhesion of your new pouch.

Deodorants: to neutralise odour from the contents of the pouch. The lubricating type may assist in ease of emptying pouch and to ensure contents get to the bottom of the pouch.

Solidifying sachets: turns loose stools or liquid stoma output into gel. May assist in minimising risk of leakage especially at night.

Appliance belts: for use with pouches that have belt tabs at each side. Some people wear a belt for extra security during sport or activities. Stomaltherapists often suggest a belted pouch for those with a flat or retracted stoma. The belt can assist in preventing leakages under the pouch by creating a little pressure around the stoma to flatten abdominal creases or encourage stoma protrusion.

Support Garments Pants/Belts: to reduce the risk of developing a stomal hernia or to manage an existing hernia. Speak to your Stomaltherapist for more information about the most suitable type and the correct fitting for you.

Good wishes to all see you at the clinic.

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