

# OSTOMY NSW LTD QUARTERLY NEWSLETTER SPRING EDITION 2015



HASTINGS RIVER, WAUCHOPE  
MID NORTH COAST, NSW

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## Deadlines for Articles

**Spring Edition.....August 1**

**Summer Edition .....**November 1

**Autumn Edition .....**February 1

**Winter Edition.....May 1**

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# Contact Us

## OSTOMY NSW LIMITED

*Address:* 6/555 Princes Highway Kirrawee NSW 2232  
*Telephone:* 02 9542 1300  
*Fax:* 02 9542 1400  
*Post:* PO Box 3068, Kirrawee NSW 2232  
*Web Address:* [www.ostomynsw.org](http://www.ostomynsw.org)  
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*Please fax orders to:* 02 9542 1400  
*Please post orders to:* PO Box 3068, Kirrawee NSW 2232

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Collect your orders from Unit 6, 18 Monro Avenue, Kirrawee

## PICKING UP ORDERS—COUNTER HOURS OF OPERATION

We are open four days a week

Monday to Thursday

9:00 am to 2:00 pm

## PAYMENTS

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*BSB:* 112879 (St George Bank)  
*Account Number:* 45 664 3389  
*Reference:* Your Member Number and Surname

# Contact Us

## YOUR ONL BOARD OF DIRECTORS

*President:* Tom Flood—Telephone: 02 4333 4727

*Vice President:* Stephen Grange

*Treasurer:*

*Director:* Ian Denney

*Director:* Greg Doyle

*Director:* Perry Johnstone

*Company Secretary and Manager:* Robert (Bob) Newman

## YOUR ONL TEAM

*Operation Supervisor:* Colleen

*Office Team:* Michelle, Cheryl, Yvonne, Bev, Justine

*Warehouse Supervisor:* Steve

*Warehouse Team:* Barry, Janice, Natalie, Aye Aye, Frank,  
Matt, Carol-Anne

## PLUS OUR DEDICATED VOLUNTEERS

# Noticeboard

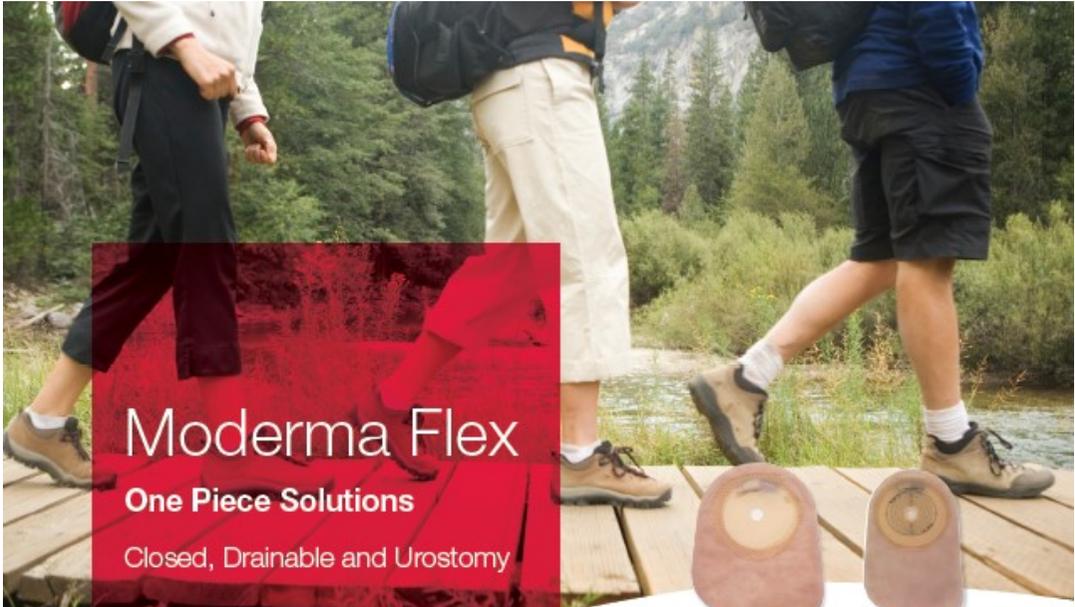
*Ostomy NSW Limited*

*Annual Shutdown 2015 –2016*

*The last day of operation will be  
Wednesday December 23rd 2015.*

*We will be re-open from*

*Monday January 4th 2016*



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# *Barry & Ann's Holiday Experience*

## *How's This For Service*

My wife and I headed down to Mansfield in Victoria on Good Friday which is about 5 hours from home which is just out of Griffith NSW.

We realised on Sunday that I did not have enough supplies to get me through the week.

I first contacted Mansfield hospital who could not help me. I then suggested that the Benalla Hospital may have what I required but was advised that they would not be able to help me.

Luckily I had a copy of the "Ostomy Australia" magazine with me and found that there was a support group in Benalla/ Wangaratta.

I rang their contact who was listed as Rex Nankervis, he could not assist me with my supply bags but he gave me the telephone number of Lynn Mickelson who is a stoma-therapist at the Wangaratta Hospital.

Being a long weekend I could not contact Lynn till Tuesday morning.

I rang her about 10am on Tuesday Morning and gave her my details.

Lynn contacted Eakin for my supplies I required and they turned up in Mansfield where we were staying at 9am on Wednesday morning.

I was amazed at the swiftness with which I was able to get help.

We go away regularly so I will definitely take the "Ostomy Australia" magazine with me.

Barry Maples, Griffith and District Ostomy Support Group

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Ribbed fabric for secure pouch support and flush finish

Deeper, higher waistband covers the pouch for extra comfort

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# *The U.O.A. Wauchope Regional Meeting was held on Friday 22 May 2015*



**ANNE MARIE LYONS, JANET FORSYTH,  
MICHAEL ROHR AND HEATHER HILL AM**

On Friday, 22nd May, 2015, representatives from the Colostomy Association NSW and Ostomy NSW Ltd held a regional day in Wauchope. Wauchope, began as a village in 1836, growing into a thriving town in the Mid North Coast region of New South Wales and is situated along the southern bank of the Hastings River with a back drop of Bago Mountain further south. Stunning! The lovely part of Australia has people who have that country spirit we all treasure and true to form greeted us warmly.

In 1953 a small building was erected on the current site of the very modern and friendly Wauchope RSL Club where the Ostomy Get Together, Meet and Chat Day was held. The beer in 1953 had to be purchased from Port Macquarie RSL and the Star Hotel until the Wauchope RSL Club were able to get their own Liquor Licence in 1955. Times have changed, as too, they have in the stoma world.

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It was good to see so many people attending, those with stomas and those without, including many members of the Hastings & Macleay Ostomy Support Group, also the members from The Manning Valley Ostomy Support Group.

Eight companies were represented and they were able to demonstrate, talk, and answer questions about their myriad of products. The interaction between the people attending the regional days and the companies is most important as it is one of the few opportunities people have to learn about all the products available.

The formal part of the day commenced with a warm welcome to everyone from Tom Flood, the President of Ostomy NSW Ltd. Tom was followed by Kim Lyell, Editor of both the CA of NSW Journal and Ostomy Australia, who gave an interesting background on the stoma associations, their role and the help they can give to members.

The Stomal Therapy Nurses, Janet Forsyth, Anne Marie Lyons and Michael Rohr gave three very good presentations, one covering urostomy surgery and problems that may be encountered for those with an ileal conduit; another enlightened us about many different types of hernia, but, in particular excellent information on parastomal hernias; and the final talk covered the varied roles of stomal therapy nurses in hospitals, the community and private practice.

The last session before Tom wrapped up this very successful day was a Q and A Panel. The range of topics discussed was diverse and the animated interaction between everyone was a joy to behold. Without a doubt all of us left this regional day with knowledge gained. Last but not least we would like to say a big thank you to Robin (Kim's Mum) who happily comes to man the reception desk for us.

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# POWERFUL PROTECTION

Against Skin Complications and Leaks.

**NOW** ConvaTec Mouldable Technology™ is available on the **Esteem®**  One-Piece Pouch!

The convenience of a one-piece pouch plus proven skin and leak protection<sup>1</sup>.



### Secure:

Elastic-like seal "rebounds" to fit the size and shape of your patient's stoma, providing an incredibly secure, snug fit. That means fewer leaks, and healthier skin.<sup>1</sup>



### Simple:

Just roll, mould and hold the adhesive to accommodate any stoma shape and size. No cutting, no stretching, no guesswork.



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Thin flexible design is made to move with your patients. This state-of-the-art pouch offers a soft comfort panel, easy-view window and the InvisiClose™ clipless tail closure with Lock-It pocket™.

Easy-View Window on Pouch Front

Comfort Panel

InvisiClose™ Clipless Tail Closure



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PO Box 62663, Greenlane 1546 New Zealand. Phone: 0800 441 763. [www.convatec.com.au](http://www.convatec.com.au)

References: 1. Szewczyk MT, Majewska GM, Calzani MV, Hölzel-Plontek K. Osimose Study: Multinational Evaluation of the Peristomal Condition in Ostomates Using Mouldable Skin Barriers. Poster presented at ECET, Paris, France, June 2013.  
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## *Stomal Therapy Nurse Scholarship Awards*

Ostomy NSW Ltd has been fortunate this year to have sufficient funds available in the scholarship fund account to enable awards to be made to nine (9) nurses to undertake additional study to gain “The Graduate Certificate of Stomal Therapy Nursing”.

The nurses selected are located in both urban and country areas. They will be additional to the number of already practicing STN’s, available to assist ostomates who need extra care or must travel extended distances to visit an STN.

In order to continue the scholarship awards, we need your help, with donations, large or small.

Donations can be made to ONL in the normal manner and in any amount.

All you have to do is indicate at the time of making the donation that you would like to have it applied to the scholarship fund.

Over the past several years we have received bequests in amounts from \$5,000 to \$30,000, these enabled ONL to increase the number of scholarship awards on offer each year from 2 or 3 to the 9 awarded this year and in higher award amounts.

Further to the bequests, support from the members of “Narwee Baptist Creative Craft Group” who have donated \$33,000 over the last few years has achieved superb results for training of STN’s.

All of the larger amounts are wonderful but so are the donations of \$5—\$10 or \$100 as they all build the pool of funds available in the scholarship fund.

Can you help to build the scholarship fund?

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# Manager's Report

Late in 2014 and early 2015 we reluctantly accepted the resignation of three Directors due to their health or desire to reallocate their time to other activities.

We have in recent months been able to gain the assistance of two members to serve on the Board as Directors to fill positions as non-executive Directors.

These appointments bring new experience to the Board and will drive the decisions made to build an even better association for all members into the future. More Directors are needed.

Some members may consider the service received from ONL has been reduced over the past year in that their orders take longer to arrive. The postman is not leaving the parcel on the doorstep within a couple of days. In some areas this may well be correct, as a number of factors have impacted our order turn around times.

- A. We took the decision to review the range of products held in the warehouse as stocked items. As a result of establishing, we were holding stock of products no longer in demand by members. This review also highlighted obsolete or old stock was being held and showing in the accounts at full value or overstating our inventory value.
- B. The next step was to set inventory levels for items needed to service member requirements. This showed a range of items used by 1 or 2 members where we could order from the supplier and have in the warehouse within 48 hours, ready to dispatch to the member. Great you think?

New  
SenSura® Mio  
for all ostomy  
types



# Now you can get a better fit to your body shape

## The new SenSura® Mio is now available

Now you can stay secure and confident even when you bend and stretch. The new SenSura Mio has an elastic adhesive that fits to your individual body contours and follows your natural body movements.

Claim your free samples. Be one of the first to experience the new SenSura Mio.

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**SenSura® Mio**

C. Several major suppliers then, decided to change their warehouse arrangements causing untold product shortages for stock we required. This situation still exists today but to a lesser degree.

D. Australia Post then changed to an automated system to process our parcels which resulted in parcels being set aside for manual processing. We then had to change how we printed the address labels on your parcels. This is now complete and working. (After consultation with Australia Post).

All of these factors impacted on delivery of orders to our members. However, we are on the road to improved turn around times.

If you think your orders are delayed excessively, please let me know by email; [manager@ostomynsw.org.au](mailto:manager@ostomynsw.org.au) or phone me; Bob Newman on (02) 9542 1300. Please remember we have some 6100 members and can only process a limited number of orders each day. (200 to 300 on average).

There is no need to place your order for delivery on the first day of the month, you can order any time in the month, as this spreads the workload across the month and will improve turn around times.

### **TOMAS—COMPUTER SYSTEMS**

The computer systems ONL developed, have been sold and transferred to ACSA (Australian Council of Stoma Associations) and will form the basis for a “single national system” for all 22 associations across the country, replacing a number of systems that do not interact with one another.

NEW

# Change your life with the latest 1- and 2-piece convex appliances

NOW AVAILABLE WITH ALOE EXTRACTS

The Salts range of 1- and 2-piece convex appliances features the latest technology. These new appliances provide greater adhesion, absorption and mouldability and can significantly help to improve your chances of stopping leaks and sore skin.



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Natural Soft Convex

- Soft convex insert for flexibility and comfort
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## **REGIONAL MEETINGS**

We held Meet & Chat meetings at Wauchope and Cowra in conjunction with C.A. NSW over the past few months, each receiving a good turn out of members, who were able to see new products from suppliers and talk to STN's and supplier representatives.

Would you like a meeting in your town or area?

## **NEWSLETTER**

We would like to have your comments on this new format for our quarterly newsletter and we welcome any contribution you would like to have included. Be it, recipes, jokes or stories on you living with a stoma and how you were able to overcome any problems that other members may benefit from your experience.

## **OVER ORDERING SUPPLIES**

The Stoma Appliance Scheme is the envy of many countries around the world, in that Medicare pay for my and your supplies each month, many thousands of dollars across the year.

In light of Government cutbacks in many areas, we ask that you do not over order and horde products. By all means, hold a supply in reserve if you feel this is necessary for your situation.

We recently had a situation where a member passed away and the family were confronted with numerous cartons of products that had not been opened. They asked, could these be returned to ONL or simply dumped in the garbage bin? We were able to take some of the stock for transfer to overseas locations but these items cannot be used in Australia due to Government Health and Safety Regulations. This is straight waste of dollars to the S.A.S. and your tax dollars.

**NEW**  
Soft Convex  
generation

# *The New* **Balance** between comfort and security



NEW NovaLife Soft Convex



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## New Dansac NovaLife Soft Convex – the gentle and flexible solution

The new NovaLife Soft Convex skin barrier provides you with a skin-friendly and reassuring fit.

With its unique soft and flexible construction, the convex shape of the barrier gives a gentle push around the stoma to create an enhanced seal for greater security and comfort.

The new Dansac NovaLife Soft Convex is available in a one-piece pouch, both closed and drainable and introduces the new EasiView™ viewing option.



 NEW NovaLife Soft Convex with EasiView™  
viewing option



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The next generation

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## **REMINDER**

We have recently received some 14 (fourteen) cartons of stock, returned by the family of a member who has moved to a care facility. Some of these items were supplied to the member in November 2012 and never used but reordered each month up to recent months. ALL are now considered to be waste, as they cannot be sent to other members—Due to Government regulations.

This stock has a value of many thousands of dollars.

The Stoma appliance Scheme has not as yet been required to reduce the amount of supplies to members, however if waste of this type continues there may well be reductions in the future.

ONL recommend that a safety supply over and above your normal monthly needs say an extra 2 or 3 weeks supply could be kept just in case of unforeseen problems or circumstances.

But do not keep ordering items not required or used as not only will it cause clutter and take up space in your home the unused items are waste.

### **GET TOGETHER MEET AND CHAT DAY AT GRAFTON**

There will be a U.O.A “Ostomy Get Together Meet and Chat Day” for Ostomates, their friends and family at the Grafton District Services Club on Friday 25th September 2015 from 10am to 4pm.

There will be Stomal Therapy Nurses to offer advice, representatives from Product Suppliers and discussions as well as a Q&A session.

Grafton District Service Club address: 105-107 Mary St, Grafton

Lunch can be purchased at the Club Bistro.

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## *Hello from the Clinic*

A little bit of “**wee wisdom**” that applies to all, with or without a stoma!

The urinary system is one of the body’s main ways of flushing out excess water, salt, drugs, toxins and other waste substances. The perfect urine sample is clear and a pale straw colour. Any changes should not be taken lightly.

**If it’s pink!** This can be due to eating some red foods e.g. Beetroot, rhubarb or foods containing red food colouring. It could also be blood and a symptom of urinary tract infection or it could be a symptom of something more serious so should not be ignored. See your Doctor. For those with a urinary stoma a small amount of bleeding from the stoma when wiping or washing may cause urine in the pouch to be pink and is of no concern.

**If it’s cloudy!** Cloudiness usually indicates the presence of pus in the urine which is typically due to a bacterial or fungal infection and should be checked by a doctor. If you have a urinary stoma it may be due to the normal mucus production from the bowel segment that is used to create the conduit.

**If it’s sweet!** Sweet smelling urine indicates the presence of sugar or glucose. Before the days of blood sugar tests urine tests were regularly used to control insulin dosages for diabetics.

**If it’s dark!** Orange to dark urine indicates you are dehydrated and need to drink more water. Orange urine may also be a colour change due to medications or food dyes. Needs checking if persistent as this may also be indicative of a liver disorder.

**If it’s Smelly!** Urine normally doesn’t have much odour, if you

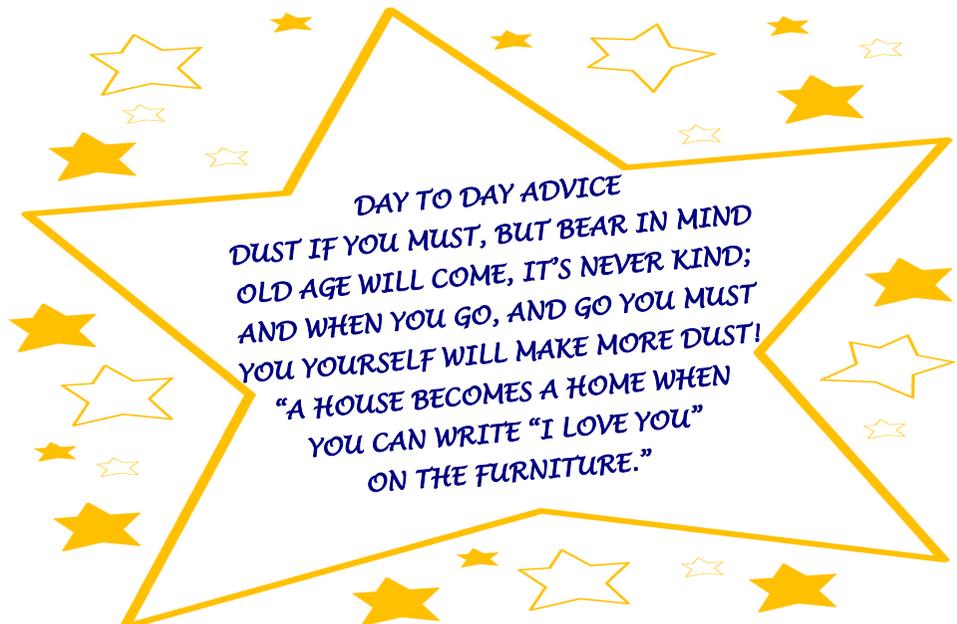
start noticing a stronger smell it may be that your urine is more concentrated due to dehydration or it could be due to certain foods you have eaten. Asparagus and some medications are regular offenders. Offensive smelling urine is most commonly caused by bacteria associated with urinary tract infections and is treated with antibiotics from your doctor.

**If it's blue/green!** This is very unusual but not impossible. Most likely to be caused by food dye or medications but can also be caused by certain bacteria in the urinary tract or a metabolic condition so it needs to be checked out by your doctor.

*Cheers & good health to all Janet Forsyth CNC Stomalthrapy*

**P.S.** Water is cheap, on tap and a fresh supply is needed by the body daily in order to perform almost every metabolic process and replace fluid that is lost through urinary output, perspiration and other bodily functions so drink up folks!

*Res: B+S Health, Medline Plus, Right Diagnosis.*



OSTOMY NSW LTD  
**ANNUAL GET-TOGETHER  
& A.G.M. 2015**  
**SATURDAY 21ST NOVEMBER 2015**

*'99 On York', 99 York Street, Sydney NSW 2000*

*Tickets are \$25 each which includes a  
Buffet Lunch & Happy Hour Drinks  
Tickets available from 1st August 2015*

# **ANNUAL RAFFLE 2015**

*Ostomy NSW Ltd will be holding the  
Annual Raffle which will be drawn at the  
Annual Get-Together & A.G.M. on  
Saturday 21st November 2015*

*Raffle tickets: \$20 for 12 tickets or \$2 each  
Tickets will be available after August 1st 2015*

*1st Prize: \$1,250.00*

*2nd Prize: \$500.00*

*3rd Prize: \$250.00*

*Prizes to be paid immediately after the A.G.M.*