

# OSTOMY

SPRING 2024

NSW LTD



# The first black Soft Convex choice with more than one plus

**Aurum® Plus**  
Soft Convex

The  
**TRUSTED**  
choice

Designed to reduce the risk  
of leak channels forming

The  
**SKIN-FRIENDLY**  
choice

Hydrocolloid flange  
with Manuka honey

The  
**POSITIVE**  
choice

Call  
**1800 819 274**  
now for your  
free samples

The  
**CLINICAL**  
choice

Available in closed, drainable  
and urostomy pouches  
in a range of sizes

The  
**STYLISH**  
choice

Choose between pouches  
in black or sand

Welland®, the Welland logo™ and Aurum® are trademarks of ClinilMed (Holdings) Ltd.



**OMNICON**

AU 1800 819 274 [info@omnicon.com.au](mailto:info@omnicon.com.au)  
[www.omnicon.com.au](http://www.omnicon.com.au)

## CONTENTS

Ernest (Ernie) Schmatt condolence message .....	4
Kate O'Reillys Crohn's experience .....	6
Office Relocation .....	9
Western Sydney University Survey .....	10
Condolences on the passing of (JUNE) ROSEMARY LINGARD .....	12-13
Education Day in Ballina .....	14-15
STOMAL THERAPY SERVICES - (NSW & ACT) DIRECTORY ..	16-23
NSW / ACT Support NSW / ACT Support .....	24-26
TYPES OF STOMA .....	28-35

## TO CONTRIBUTE ARTICLES/FEEDBACK

Email to the editor (Manager) at [info@ostomynsw.org.au](mailto:info@ostomynsw.org.au) by:  
 Summer Edition ..... 8th November 2024  
 Spring Edition ..... 14th February 2025  
 Winter Edition ..... 16th May 2025

**ONL PHONE:** 02 9542 1300

**ONL FAX:** 02 9542 1400

**WEBSITE:** [www.ostomynsw.org.au](http://www.ostomynsw.org.au)

## ORDERS: *We are unable to accept phone orders*

Online: [http://www.ostomynsw.org.au/order\\_form18.php](http://www.ostomynsw.org.au/order_form18.php)

Email orders to: [orders@ostomynsw.org.au](mailto:orders@ostomynsw.org.au)

Fax orders to: 02 9542 1400

Post orders to: PO Box 3068, Kirrawee NSW 2232

## PICKING UP ORDERS: *Counter hours of operation*

At the time of publishing due to COVID-19, no Pick-ups are permitted. Check our website for any updates and changes.

Express Counter – CLOSED

Warehouse Counter - CLOSED

Click to boot - Now available

## 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

## POSTAGE RATES

- Standard NSW \$16; Interstate \$23
- 2-month orders NSW \$30; Interstate \$45
- Express \$25; Click to Boot \$5

## OSTOMY NSW LTD STN CLINIC – Lee Gavegan

Please phone 02 9542 1300 for appointment.

Lee is available every Tuesday from 9am to 3pm.

All consultations are by telephone - Lee will call you.

## BOARD OF DIRECTORS

**Emeritus President:**

*Tom Flood OAM*

**Vice**

**President:** *Vacant*

**Treasurer:** *Vacant*

**Directors:** *Jacky Carusi*

*Greg Doyle*

*Adam Keam*

*Perry Johnstone*

*Terry Scully*

*David Turner*

**Manager:** *Stephen Lardner*

## YOUR ONL TEAM:

**Operation**

**Supervisor:** *Kim*

**Warehouse**

**Supervisor:** *Manny*

## THE TEAM:

*Aye Aye, Belinda, Bev, Mel*

*Carole-Anne, Cheryl, Frank,*

*Luke, Matt, Rhys.*

## PLUS OUR DEDICATED

## VOLUNTEERS

## DISCLAIMER

Advertisements in this newsletter are published as submitted by advertisers. The publisher has not checked the veracity of the advertisements and accepts no responsibility for their content. The publisher specifically disclaims all responsibility and liability for any material contained in this Newsletter and in particular any material that may breach confidentiality or privacy or may be considered defamatory. Such liability shall be assumed by the relevant author of the material. The reader is strongly advised to first obtain appropriate medical advice from an STN or GP before trialling any products advertised in this publication. No advertisements published in this Newsletter shall be taken to constitute an endorsement of products contained in that advertisement, either by the Editor, this association or any government department connected with the Stoma Appliance Scheme.

# ERNEST (ERNIE) SCHMATT

## CONDOLENCE MESSAGE

In February we were saddened at the passing of one of our current serving directors. Ernie Schmatt joined the board of directors after we put out a call for new members to join. At the time Ernie presented as a very polite, respectful person with a great deal of intelligence and knowledge. We came to understand and appreciate Ernie's skills as he contributed to our discussions. Ernie was recently retired from his role as Chief Executive of the Judicial Commission of New South Wales. This role followed an extensive career practising law.



Chief Justice of New South Wales, Andrew Bell wrote of Ernie "Beyond the Commission, Ernie contributed significantly to educating judicial officers both in Australia and abroad, having been elected to the Board of Governors of the International Organization for Judicial Training (IOJT) in 2009, appointed to the IOJT Executive in 2011 and Deputy Secretary General of the IOJT in 2021. He was a member of the Advisory Board of the Commonwealth Judicial Education Institute from 1994 and served on the management committee of the Asia Pacific Judicial Reform Forum. He was involved in judicial capacity-building programs in China, Indonesia, Cambodia, Sri Lanka, Malaysia, the Philippines, Turkey, Papua New Guinea, West Bank and Gaza, work that was instrumental in the propagation of the rule of law.

"Ernie Schmatt became a Member of the Order of Australia in 2018 for significant service to the law in the field of legal education and review and through the use of technology to assist the judiciary. He was awarded the Public Service Medal in the 1997 Queen's Birthday Honours List for service to public sector management and reform, public sector industrial relations and judicial education in NSW."

During his role on the board, he was involved in discussions relating to our premises and business continuity, brand development and financial oversight. In every discussion, members remained at the core of his attention, ensuring whatever decisions were being made created improvements for our members. In the later few months Ernie's health issues slowed down his contribution and not his focus on our business. He made it clear that Ostomy NSW was an important part of his life that warranted his careful attention. Ernie's funeral was held in Cronulla with a large audience from his legal profession days, close personal friends and his family.





Stoma  
Skin  
Soul

“  
People are blown  
away when they  
hear my story  
and see that I live  
normally with a  
colostomy ”



Feeling comfortable  
in your own skin

Amanda, Stoma Advocate

NOW IN  
27mm

## Dansac TRE™ seal

One seal. Three levels of protection

- Designed to provide a secure and flexible seal, while still being easy to remove and gentle to the skin
- Helps absorb stoma output and perspiration to protect your skin
- Helps maintain the pH balance of naturally healthy skin
- Compatible with all stoma bags



Available in 5 mouldable sizes  
to suit a range of stomas.

To order a sample and learn more, call our **Customer Care Team**  
on **1800 880 851** or email **priority@dansac.com.au**.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

Dansac, the Dansac logo and TRE are trademarks of Dansac A/S. All other trademarks and copyrights are the property of their respective owners. ©2024 Dansac A/S. DAN063. May 2024.

dansac

## ARTICLE

My name is Kate O'Reilly. In 2003 I was diagnosed with fistulising Crohn's Disease. For many of us who've got to the point of requiring an ostomy it is definitely not a linear path. I experienced the relapsing remitting nature of inflammatory bowel disease with many hospitalisations. My whole being had changed from being a fit and active woman who worked full time to revolving around living with a chronic condition which left me absolutely depleted. It feels difficult to reflect on that time because for much of it I was so terribly unwell. In 2007 after spending more time in hospital than at home and having had multiple surgeries I had a perianal resection and an ileostomy. Telling that version of who I was is such a contradiction to how I feel now, and I realise I'm not a very good historian. I find myself skimming over what was a very dark period because I feel so disconnected from that narrative of myself. If you are feeling as though your stoma is ruling your life, telling my story is an attempt to share my experience of living well with a stoma. As I write this, I can tell you I am a 51-year-old woman who for 17 years has lived with an ileostomy due to Crohn's disease, but there is much more that defines me. I have been married for 25 years and have an 18-year-old son who was born 2 years before my surgery. I am the youngest of eight children and have lots of nephews and nieces. Disciplined, focused, goal directed and driven are not actually words I would have used to describe myself in the past, however when I stop and think about how I present to others, I think this is probably a fair description of what people close to me would say. Thinking about this now, I can see that maybe I've been making up for lost time from those years of being ill.

While I think I have a pretty simple life, these past 17 years have been filled with different life experiences, adventures, challenges, and maybe I'm developing a bit of maturity and wisdom along the way. Having goals has been critical for me, even in those early days post-surgery. At times these were small things, such as making my own bed, getting out of the hospital gown, and wearing my own clothes, doing laps of the hospital corridors, and climbing up and down the stairwell. These were things that became achievable, and it was great to see the little improvements I could



*Kate O'Reilly*

make after being so unwell. My goals got bigger, in addition to wanting to be a good mum and enjoying our family life, I set a goal to get back to work part time and complete a Masters degree while I slowly got back into some swimming, cycling, and running. Achieving these targets made me aim for more so I've ticked off a few things like running my own small personal training business and working as a lecturer at different universities. Since 2016 I have been working full time as a nurse academic with Western Sydney University, I completed my PhD and I've got back into my fitness. I've competed in lots of triathlons from short courses to crazy long distances, and had a few adventures training for trail runs where I carry my supplies in my trusty running pack. I've travelled overseas, and enjoy the sun, sand and surf.

Even though I worked as an inflammatory bowel disease nurse for a short time it has taken me a while to work out how I can combine my personal experience and my professional life to make a meaningful contribution. Since finishing my PhD I've been focusing on research related to women's health. This current project is exploring the sexual and reproductive health needs for women who live with inflammatory bowel disease across their lifespan. If you or someone you know has a diagnosis of Crohn's disease or Ulcerative colitis, our research team would really appreciate you passing on the details of our anonymous online survey.

[https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV\\_42el2fPpORED3Mi](https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_42el2fPpORED3Mi)

**NEW!**  
**Support  
belt**

# KomfortLite Light

Designed to help  
**manage the prevention**  
of a parastomal hernia

Breathable  
fabric

Doesn't  
resemble  
a medical  
device

Goes  
unnoticed  
under light or  
thin clothing

Disguises your stoma  
and your pouch when  
worn under clothing

May  
minimise  
noises and  
muffle  
sounds

Strong  
hook and  
loop closure  
is **secure and**  
**stays in place**

Your  
allowance is  
**4 per year**

	Description	17cm	21.5cm
<b>S</b>	Light 75 - 90cm	KLB301	KLB401
<b>M</b>	Light 90 - 105cm	KLB302	KLB402
<b>L</b>	Light 105 - 120cm	KLB303	KLB403
<b>XL</b>	Light 120 - 135cm	KLB304	KLB404
<b>XXL</b>	Light 135 - 150cm	KLB305	KLB405

Available to  
purchase directly  
from Omnigon



**OMNIGON**  
SUPPORT GARMENTS

**Available now!** Order through your Association.



**OMNIGON**

AU 1800 819 274 [info@omnigon.com.au](mailto:info@omnigon.com.au)  
[www.omnigon.com.au](http://www.omnigon.com.au)

SPRING 2024

# Use a CeraRing™ Seal to Customise with Confidence

Multiple  
shapes and  
sizes to meet  
your needs

- Use a CeraRing™ Seal for additional leakage protection



Standard and Slim Sizes  
*Slim now available in 27mm!*

- Infused with ceramides to protect the skin



Round Convex

- Easily mould and stretch to fill in uneven skin contours for a secure seal



Oval Convex

**Ready to personalise  
your pouching system?  
We're here to help.**

**Customer Care: 1800 880 851**

Scan for more information  
or to order a sample.



Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. Hollister, the Hollister logo, CeraRing and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. Not all products are CE marked. © 2024 Hollister Incorporated. AUH277. May 2024.



**Ostomy Care**  
*Healthy skin. Positive outcomes.*



## OFFICE RELOCATION

Ostomy NSW recently relocated our premises from leased premises in Kirrawee to newly leased premises in Caringbah. This is the second time we have moved in the past four years. The first being after the fire that affected our building in May 2020 and then this move to Caringbah. The decision to move was the result of two factors; our owned premises on Princes Highway Kirrawee are still unable to be occupied and the Yalgar Road lease expired and was not able to be renewed. Ostomy NSW has taken a two-year lease



to create certainty for at least the next two years, with a third-year option if we need to extend our lease.

The space we are leasing was chosen to meet a set of criteria by being able to maintain our service levels for your orders to be processed and dispatched. Our service extends to phones and emails, all of which had to be operational from day one. In preparation we had access ahead of time to set up electrical and data, security, carpeting the office and phone systems. We are continuing to dispatch orders through Australia Post every day and Click To Boot remains a pick up option.

There was a large degree of planning and preparation for our move. It was very smooth and successful, with only two days of interruption to our members. We did our physical relocation on Friday 21st June and on Monday 24th June we conducted our annual stock

take. This meant we unpacked and counted stock into the new location. Meanwhile our office team set up desks, computers, phones and files, ready to resume business as usual.

Our team have been fantastic with preparing for the move, packing and unpacking (we used a professional mover to do the actual move) and ensuring our member service functions continue in place. We are getting used to the new premises –we have less space in the office and storage is also reduced. It also gives us an opportunity to review



our processes and a few improvements have been made.

In the meantime, the building we own (part-own) on Princes Highway in Kirrawee has begun the process of re-building. It is early days and at this stage plans have been drawn for council submission and we anticipate planning approval by June next year. After the plans are approved, building tenders will be called and actual construction can commence. We are working together with ten other owners and this makes the progress slower than if we owned the building outright (Ostomy NSW owns 20.6% of the unit entitlements). We are involved along the way with our manager and directors meeting regularly with other owners. There are added costs associated with the reconstruction and our directors will put together a campaign to raise funds once we understand the impact on our finances.

## SURVEY



# WESTERN SYDNEY UNIVERSITY



Researchers at Western Sydney University and Auckland University of Technology want to understand what the sexual and reproductive health needs are of women who live in Australia with the chronic condition of Inflammatory Bowel Disease.

If you have a diagnosis of Inflammatory Bowel Disease, and would like to have your voice heard, please contact the research team at Western Sydney University using the email address: [Kate.Oreilly@westernsydney.edu.au](mailto:Kate.Oreilly@westernsydney.edu.au)

Any information you provide will be treated confidentially and will be used to inform strategies that enhance awareness about the sexual and reproductive health issues associated with inflammatory bowel disease. Enter the link in your search engine ribbon or click the QR code below to complete the survey:

[https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV\\_42el2fPpORED3Mi](https://surveyswesternsydney.au1.qualtrics.com/jfe/form/SV_42el2fPpORED3Mi)

Western Sydney University Human  
Research Ethics Committee Approval: H15913



# Tired of your bag ballooning and filling with gas? Broken sleep impacting your day?

Then we have a solution for you!


The SenSura® Mio unique full circle filter reduces blocking, which reduces incidents of ballooning. With less ballooning, this helps people with a stoma to sleep through the night.

Don't let a restless night affect your quality of life. Try the SenSura Mio Filter today and experience the difference it can make in your sleep routine.



Scan the QR code to request samples or call **1800 531 823**



 Always read the label and follow the directions for use. Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

Coloplast Pty Ltd, PO Box 240, Mount Waverley, VIC 3149 Australia  
[www.coloplast.com.au](http://www.coloplast.com.au) Coloplast and the Coloplast logo are trademarks of Coloplast A/S.  
©2024-08 CEX331 Coloplast A/S. All rights reserved. PM-32713



Receive a free Ostomy Travel Bag  
with any SenSura® Mio samples!



## CONDOLENCES ON THE PASSING OF (JUNE) ROSEMARY LINGARD

In January we were saddened at the passing of one of our former volunteers and directors, Rosemary Lingard. Rosemary contributed a great deal of time and dedication to Ostomy NSW as a volunteer and later as a director of Ostomy NSW. Her family have shared their eulogy, an extract of which is produced here.

**In reading Mum's memoirs, it became obvious that her life could be broken up into three major phases. I would like to briefly take you through each of those phases.**

### PHASE 1. Childhood

She was born during the era of the great depression. While they weren't destitute, they had to live frugally. There were no TV's, very few phones and instead of fridges they had ice boxes. Cars were rare and during World War 2 petrol was hard to come by as it was reserved for the war effort. Milk and ice was delivered by horse and cart.

Worse, medical treatments were much more basic than what is available today. Antibiotics had only just been discovered and their use was not wide spread till after the war. Infections were deadly, dangerous and diphtheria killed many children each year. If having surgery you were put to sleep with ether, not the instant acting drugs used today. A number of people died around mum from conditions that could be easily treated today.

She originally went to St. Martins kindergarten as a young child but in 1939 she started school at Sydney Church of England Girls' Grammar School (SCEGGS) and stayed there till 1949 when she got her Intermediate Certificate. She was a proud SCEGGS girl for the rest of her life. After school she applied for a Teacher's Scholarship and was awarded one at Sydney Teacher's College. Mum taught her first class at Rozelle.

### PHASE 2. Marriage, family and work

Rosemary met dad in May 1953 and they were married in January 1954 and moved into her mother's house in Kensington. Now married she stopped teaching and a new phase in her life had begun. Between 1957 and 1965 Rosemary gave birth to four children. We moved from the house in Kensington to Rose Bay in 1963. I remember this very clearly as it was the day of my sixth birthday.

Shortly after this mum went back to work as a teacher. For many years she was stationed at Vaucluse Public School before moving up the ranks. She eventually retired on medical grounds as Deputy Principal of Marrickville School. In retiring mum mentions in her memoirs how relieved she was at never having to stand for playground duties again. Her colitis had become that unbearable. A thing we often noted is that mum never took part in any physical activities. I don't ever remember seeing her swimming in the pool at home or joining us for skiing at the snow. What we didn't realise was how ill she was and this illness severely limited activities in which she could join. In the end she was forced to have ileostomy surgery to relieve her suffering.

By the mid-nineties mini strokes were taking their toll on dad and he was becoming increasingly invalid. Mum looked after him as best she could but, in the end, he had to be moved into a nursing home. In July 2000 he suddenly died. It was the end of a 46-year marriage and the end of that phase of mum's life.





### PHASE 3. Retirement

With the death of my father, mum found her life unencumbered by its many earlier responsibilities. She was no longer looking after children or tending to an invalid husband.

Her social life blossomed. She became very well known around the Bondi Junction RSL and was often there. She only had to enter and sit down and friends would start congregating around her. Many friends.

Mum had taken up lawn bowls after moving to Bondi Junction but she became much more heavily involved after Dad's death, being a member of several clubs. She was the secretary of Rose Bay bowls club for nine years and president for three years. In addition, she was vice president to the district bowls for nine years and served two terms as president. Nearly twenty years of service to bowls. Aside from bowls, she remained a lifelong member of the NSW Teachers Federation and maintained many friendships from that.

Unfortunately, things started falling apart when the RSL was closed down to be demolished to build a new complex. A year after that Covid struck and everything was shut down for two years. The loss of her social life hurt her deeply as it did many others. By the end of December last year everything caught up with her and she suddenly crashed. At the age of ninety, she passed in January 2024 - the life of this truly remarkable woman came to an end.

**Footnote: Rosemary and her family remained in touch with our team at Ostomy NSW for many years. Janice her daughter and Barry her son-in-law worked with us for a time. Rosemary was a respected volunteer and when she was no longer able to join us at Kirrawee, she donated funds to each year's Christmas party. We thank Rosemary for her many years of dedicated service to our organisation.**

# EDUCATION DAY

Our most recent education day was held on Friday 14th June in Ballina, on the Northern NSW coast. The meeting was held jointly with NSW Stoma and Ostomy NSW and attended by sixty-five people. The event had great support from suppliers, with B.Braun, Coloplast, Dansac, Hollister, Future Environmental, Omnigon, Stoma Buddies and Sutherland Medical. The day commenced with members meeting with suppliers and seeing what was new, improved or different across their ranges.

We commenced with a brief discussion from the associations, including Ostomy NSW Manager Stephen Lardner. Members were informed on topics about how to order, services we provide, an introduction to the portal and general discussion to inform members about how we operate. This was followed by a presentation from Jacky Carusi, a member of Ostomy NSW and director. Jacky presented a summary of her journey from poor health back to better health, including the forming of her stoma in 2013. Jacky has been successfully running her business Stoma Buddies for a number of years, providing ostomy covers and other accessories. Hearing these personal

stories and experiences creates an appreciation for each unique journey and the decision to have an ostomy. Keep an eye out for future meetings to hear Jacky talk from the heart.

Lee Gavegan, STN CNC from Westmead Hospital and our STN at Ostomy NSW presented on Parastomal Hernias. This topic is always well-received as hernias impact many, if not the majority, of people with a stoma. Lee explains the incidence is due to the need to form the stoma through the stomach and muscle lining, creating a potential weakness. Treatment is varied depending on each person, with support garments and dedicated exercises leading to the most positive outcomes. Her advice is simply to seek advice and not to put up with discomfort. Most hernia bumps can be improved, reduced and managed for each person.

Anne Marie Lyons, STN CNC from Concord Hospital, and the STN supporting NSW Stoma, spoke on the topic of Understanding Stomas. Our STNs encourage each person to understand their type of stoma, and this is especially important if you require other medical treatment. Stomas are usually formed as a result



# IN BALLINA



of a medical issue that requires treatment within the digestive system. Your individual treatment will determine the type of stoma. Anne Marie explained adjustments that may be required to your diet as a result of your stoma. Ingestion periods vary by food type and where a stoma is located. An article in this edition explains in more detail types of stomas.

We had a number of local STNs and RNs attending, with Ed Cooke, Lisa Clare and Jane Kulas being part of our Q&A session at the end of the day. Their participation throughout the day enabling visitors to talk with them is an important part of why these days are successful. Our next planned events are Orange on Friday 20th September and Penrith on Friday 22nd November. More details are available on our website.

Finally, we ask for feedback from those who attend so we can continue to improve on topics and venues. We received very positive responses. The main reason people choose to attend is Education Sessions (67%), Meeting Company Reps (67%), Meeting and Talking to STNs (54%), Meeting other ostomates (67%), Learn About Associations (54%), General Support (70%) and Ask Questions (54%). With regards to how successful the sessions were, Clinical Information (30% helpful, 67% very helpful); Emotional Support (43% helpful, 50% very helpful); Networking (37% helpful, 47% very helpful); Community Information (40% helpful, 54% very helpful); overall experience (26% helpful, 70% very helpful). Around 72% felt the meeting time was just right, and 24% felt it was too long.



# STOMAL THERAPY SERVICES - (NSW & A

## OSTOMY NSW LIMITED CLINIC

Lee Gavegan CNC

Phone: **(02) 9542 1300 for appointment**

A free Clinic is held every Tuesday between 9am and 3:00pm. Please ring ONL to make an appointment. The telehealth clinic will operate on Tuesdays from 9am to 3pm. Please call our office on (02) 9542 1300 to make an appointment, and Lee will contact you for a time to meet. The virtual clinic is offered to all of our members and we would appreciate a donation to Ostomy NSW to support the cost of providing this service. This service is especially recommended for members who are not able to see a local STN. At this stage there is no face-to-face clinic available at Caringbah.

## NSW STOMA LTD. CLINIC

Anne Marie Lyons STN..

**Mobile: 0468 582 951**

**Email:** [stomanurse@nswstoma.org.au](mailto:stomanurse@nswstoma.org.au)

The NSW Stoma Clinic (free to members) 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 office in Unit 5, 7-29 Bridge Rd Stanmore. Our lift has wheelchair access. Members with an ostomy problem may phone to organise a free consultation.

Due to COVID-19 our on-site clinic has been replaced by a phone and email service.

## SYDNEY METRO AREA

### BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS

**Phone:** (02) 9722 7196

Fiona Le CNC STN (wed/thurs/fri)

Mandy Ng STN (mon/tues)

### BLACKTOWN HOSPITAL

Lesley Jack CNC STN (Mon. to Fri.)

**Phone:** (02) 9881 8000 Pager 7610

**Mobile:** 0408 923 788

### CAMPBELLTOWN PRIVATE HOSPITAL

Lisa Howarth STN

42 Parkside Crescent, Campbelltown

**Phone:** (02) 4621 9166

### CHRIS O'BRIEN LIFEHOUSE

Jason Plunkett

**Phone:** (02) 8514 0000

### CONCORD REPATRIATION GENERAL HOSPITAL

Ian Whiteley NP

Anne Marie Lyons CNS

Roger Riccardi CNS

**Phone:** (02) 9767 6761

### HORNSBY HOSPITAL

Vivian Nguyen CNC Stomal Therapy

**Phone:** (02) 9477 9184

### HURSTVILLE PRIVATE HOSPITAL

Trish Doherty CNS (Mon/Tue/Thu/Fri.)

Kelly Taylor STN (Wed/Thurs)

**Phone:** (02) 9579 7865

### KAREENA PRIVATE HOSPITAL

86 Kareena Road, Caringbah NSW 2229

Kelly Taylor RN STN (Mon. and Fri.)

**Phone:** (02) 9717 0219

### LIVERPOOL, CAMPBELLTOWN AND CAMDEN HOSPITALS

**Phone:** (02) 8738 4308

Afin Rasul STN (tues/thurs/Friday)

**Mobile:** 0417 026 109

Erin Wagner CNC STN (mon/wed)

**Mobile:** 0419 224 662

Mathew Sebastian STN (mon-fri)

### MACQUARIE UNIVERSITY HOSPITAL

Yuki Sakamoto: STN

[yukiko.sakamoto@muh.org.au](mailto:yukiko.sakamoto@muh.org.au)

**Phone:** (02) 9812 3484



# & ACT) DIRECTORY AS AT SEPTEMBER 2024

## **MATER HOSPITAL**

Amanda Kelly STN

**Mobile:** 0401 532 108

**Email:** kellyamanda@ramsayhealth.com.au

## **MT DRUITT HOSPITAL**

Lesley Jack CNC STN (Mon. to Fri.)

**Phone:** (02) 9881 8000 Pager 7610

**Mobile:** 0408 923 788

## **NEPEAN PRIVATE HOSPITAL**

Nothabo Ndoweni STN

**Phone:** (02) 4732 7333

Phone the Banksia Ward and leave a message

Kerrie Wrenford STN

**Phone:** (02) 4734 1245

**Fax:** (02) 4734 1426

## **NEPEAN PUBLIC HOSPITAL**

Naomi Houston CNS STN

**Phone:** (02) 4734 1245 (if Urgent: phone

(02) 4734 2000 and request a page)

**Email:** Naomi.Houston@health.nsw.gov.au

Debbie Odum, Jessika Slowik

## **NORTHERN BEACHES HOSPITAL**

**Phone:** (02) 9105 5549

Kathryn Bolton

Amy Stephenson

## **NORTH SHORE PRIVATE**

Johanna Ward STN

**Phone:** (02) 8425 3540

## **NORWEST PRIVATE HOSPITAL**

**Phone:** (02) 8882 8882

Kieren Zaballa STN

**Email:** kieren.rocillo@healthscope.com.au

## **PRINCE OF WALES**

**Phone:** (02) 9382 3869

Lisa Graaf CNC Monday to Friday Page 44403

Katherine Wykes on maternity leave

Michael Breeze Monday to Friday Page 44220

**Email:** SESLHD-StomalTherapyAndWoundManagementCNCs@health.nsw.gov.au

Level 2, Dickinson Building, Barker Street,  
Randwick NSW 2031

## **PRINCE OF WALES AND SYDNEY CHILDREN'S HOSPITAL**

Alison Kennedy STN

**Phone:** (02) 9282 1627

## **PRINCE OF WALES PRIVATE HOSPITAL**

**Phone:** (02) 9650 4470

Mandy Richardson CNC

## **ROYAL NORTH SHORE HOSPITAL**

Rachael Hodgkins

**Phone:** (02) 9463 2824 (pager 41244)

Jen Mojica Urology CNC (Tuesday &  
Wednesday)

**Phone:** 02 9463 2844

## **ROYAL WOMEN'S HOSPITAL**

Jenny Duggan STN

**Mobile:** 0417 944 247

## **ROYAL PRINCE ALFRED HOSPITAL**

**Phone:** (02) 9515 7280

**Email:** SLHD-RPASTomalTherapy@health.  
nsw.gov.au

Colleen Mendes CNC

Maria Bongat

## **RYDE HOSPITAL**

Lisa Naylor CNS2

Stomal Therapy & Wound Care

(Mon, Tue, Thu and Fri)

**Phone:** (02) 9858 7395

## **ST GEORGE PRIVATE HOSPITAL, KOGARAH**

**Phone:** (02) 9598 5342

Gillian Costello

## **ST GEORGE PUBLIC HOSPITAL**

**Phone:** (02) 9113 3519

Daniela Levido CNC (mon-wed)

**Email:** Daniela.Levido@health.nsw.gov.au

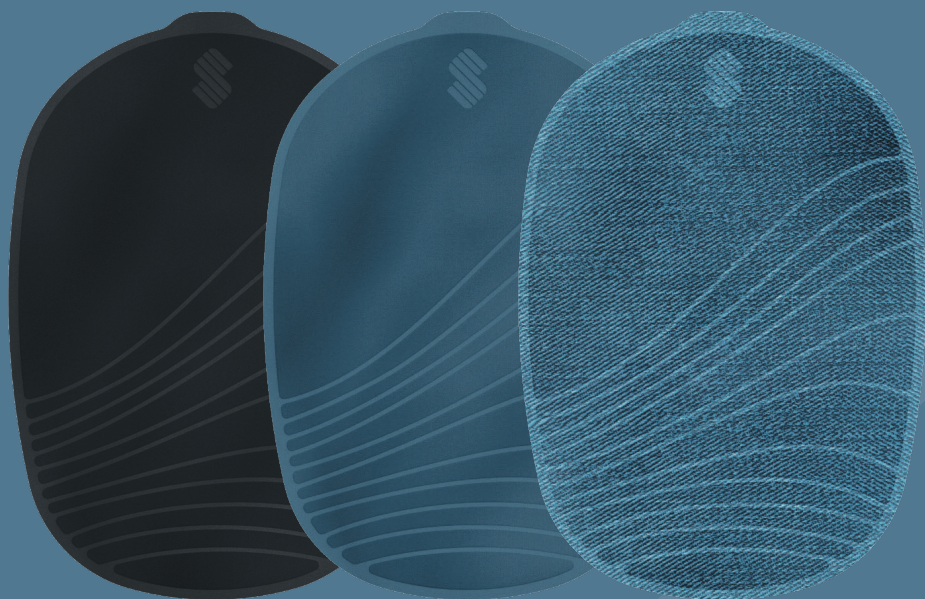
Anne Mamo CNS (mon/thurs/fri)

Deborah Dutchak CNS (wed-fri)

Kerrin Hammon CNS (mon/tues/thurs/fri)

INTRODUCING **CONFIDENCE** BE *go*<sup>™</sup>

Now you can feel



Through listening to people with a stoma, Confidence BE *go*<sup>™</sup> addresses your unmet needs. For the first time, Confidence BE *go*<sup>™</sup> gives you the option of a 'naked bag' and a collection of reusable, washable covers in a choice of six colours.



The product is designed to support you with your well-being and quality of life, helping you to feel confident and get back to normality. With the flexibility and freedom to suit any outfit, activity, or mood, you will be able to truly express yourself and live life to the full.

*Wherever you are, whatever you want to do,  
you can go for it with Confidence BE *go*<sup>™</sup>.*

# free to BE yourself



*"A choice that other bags cannot give, you can change the colour to your mood or clothing."\**



For free samples call Ainscorp at 1300 784 737  
or visit us at [www.saltshealthcare.com](http://www.saltshealthcare.com)



Note: Convexity products should only be used after prior assessment by a healthcare professional. ©Registered trade marks of Salts Healthcare Ltd. ©Salts Healthcare Ltd 2024. Products and trade marks of Salts Healthcare Ltd are protected by UK and foreign patents, registered designs and trade marks. For further details, please visit [www.salts.co.uk](http://www.salts.co.uk). \*Reference: Confidence BE go™ Focus Group 2024, Australia, Nurses and Patient. V.0



Ainscorp

# STOMAL THERAPY SERVICES - (NSW & A

## STRATHFIELD PRIVATE HOSPITAL

Vacant STN position

**Phone:** (02) 9745 7444

## ST VINCENT'S PRIVATE HOSPITAL

Marnie Simpson

**Email:** marnie.simpson@svha.org.au

Marnie Simpson

**Phone:** (02) 8382 7010

Louise Gallagher (Maternity Leave)

**Email:** louise.gallagher@svha.org.au

## ST VINCENT'S PUBLIC HOSPITAL

Mark Murtagh CNC

**Phone:** (02) 8382 2671 or (02) 8382 1111

(pager 6158)

Royle Digamo

**Phone:** (02) 8382 2963

## SUTHERLAND HOSPITAL

Melissa Lampard CNC

(Mon. to Thu., 8am-4pm)

**Phone:** (02) 9540 7111 (pager 473)

## SYDNEY ADVENTIST HOSPITAL

**Email:** StomalTherapy@sah.org.au

**Phone:** (02) 9487 9111

Kerrie Whitson CNC STN (Mon and Wed)

**Phone:** (02) 9480 4972

Michelle Scoble (Friday)

**Phone:** 9480 9481 Jessica Ratcliff STN

## WESTMEAD CHILDREN'S HOSPITAL

Charmaine Richards CNC Stomal Therapy/

Wound Management

**Phone:** (02) 9845 2158

**Email:** Charmaine.Richards@health.nsw.gov.au

## WESTMEAD HOSPITAL

Fiona (Lee) Gavegan CNC

**Mobile:** 0409 962 111

**Email:** Fiona.Gavegan@health.nsw.gov.au

Karen Shedden CNC

**Phone:** (02) 8890 5555 (page 22888 or 27904)

**Mobile:** 0427 127 795

**Email:** Karen.Shedden@health.nsw.gov.au

Ashleigh Peters (Mon and Tue)

Email: Ashleigh.peters@health.nsw.gov.au

Call the answering service on **(02) 8890 7969** if unable to contact via pager.

## ILLWARRA AND SOUTH COAST

### BATEMANS BAY & MORUYA HOSPITALS

Trena O'Shea CNS STN (Clinical Co-ordinator)

**Phone:** (02) 4474 2666

**Email:** trena.Oshea@health.nsw.gov.au

Jessica Jackson STN

**Email:** jessica.jackson@health.nsw.gov.au

Servicing Monaro, South Coast & Southern Tablelands..

### BEGA COMMUNITY HEALTH CENTRE

PO Box 173, Bega NSW 2550

Julie Metcalf CNS STN (Mon / Tue, 8:30am-4pm)

**Phone:** (02) 6491 9800

**Email:** julie.metcalf@health.nsw.gov.au

### NOWRA COMMUNITY HEALTH CENTRE

5 – 7 Lawrence Ave, Nowra 2541

Stomal Therapy Clinic: Mondays by appointment

**Phone:** (02) 4424 6300

**Fax:** (02) 4424 6347

Brenda Christiansen STN (Mon. to Fri., Clinic)

### RAMSAY PRIVATE NOWRA

Liz McLeod **Phone:** (02) 4421 5855

### WOLLONGONG HOSPITAL

Julia Kittscha CNC **Phone:** (02) 4255 1594

**Mobile:** 0414 421 021

Samantha Lawrie – STN, Rachael Browbank

**Email:** Julia.Kittscha@health.nsw.gov.au

### WOLLONGONG PRIVATE HOSPITAL

Helen Richards CNC

(Ward 4 South, Mon. only)

**Phone:** (02) 4286 1109

**Fax:** (02) 4286 1312

## CENTRAL COAST

### GOSFORD DISTRICT HOSPITAL

#### WYONG HOSPITAL AND CHC

**Phone:** (02) 4320 3323

Sharon Gibbins, Mary Cuzner

Emma Cutugno

### GOSFORD PRIVATE HOSPITAL

**Phone:** (02) 4304 3297

Dee Coulton STN



# & ACT) DIRECTORY AS AT SEPTEMBER 2024

## NEWCASTLE REGION

### CALVARY MATER HOSPITAL

**Phone:** (02) 4014 3815

**Email:** stomaltherapy@calvarymater.org.au

Kellie-Anne Russell, Deb Smith

**Phone:** (02) 4014 3810.

### JOHN HUNTER HOSPITAL

**Phone:** (02) 4921 3000

**Email:** HNELHD-JHHStomal@hnehealth.nsw.gov.au

Jenny O'Donnell CNC, Karen Cole STN  
Mitchell Eddington, Renee Bootland

### HUNTER VALLEY PRIVATE HOSPITAL

Alison Lincoln STN

**Phone:** (02) 4944 3777

**Email:** alison.lincoln@healthecare.com.au

### LAKE MACQUARIE PRIVATE HOSPITAL

Ellie Duiz STN

**Phone:** (02) 4947 5362

**Email:** Duiz.ellie@ramsayhealth.com.au

### LINGARD PRIVATE HOSPITAL

Alison Lincoln STN

**Phone:** (02) 4969 6799 for an appointment

**Email:** alison.lincoln@healthecare.com.au

### MAITLAND PUBLIC HOSPITAL

**Phone:** (02) 4936 5507

Annika Leyshon (Mon-Tues & Thurs-Fr)

**Email:** annika.leyshon@health.nsw.gov.au

**Phone:** (02) 4939 2000

### MAITLAND PRIVATE HOSPITAL

No on site STN covered by  
Fabia Fiveash – Skin and Wound Care  
Consultancy

**Phone:** (02) 4931 2304

### NEWCASTLE PRIVATE HOSPITAL

**Phone:** (02) 4941 8741 Cecelia King STN

**Email:** cecilia.king@healthscope.com.au

Melissa Williams STN

### WALLSEND COMMUNITY HEALTH

Please refer back to the hospital where you  
had your surgery  
Nash Street, Wallsend.

**Phone:** (02) 4924 6100:

## NORTH COAST

### COFFS HARBOUR COMMUNITY NURSING HEALTH CAMPUS

Mandy Hawkins CNC, STN Stoma Continence

**Phone:** (02) 6656 7804

**Email:** mandy.hawkins@health.nsw.gov.au

Alyssa Higoe CNS, STN Stoma Continence

**Email:** Alyssa.higoe@health.nsw.gov.au

**Phone:** (02) 6656 5467

Darren Fitzgerald RN Stoma Continence

**Email:** darren.fitzgerald@health.nsw.gov.au

**Phone:** (02) 6656 5468

Serving the towns of Coffs Harbour, Dorrigo,  
Bellingen, Macksville and Woolgoolga.

### GRAFTON BASE HOSPITAL

Jane Kulas STN CNS

**Phone:** (02) 6640 2222

**Email:** jane.kulas@health.nsw.gov.au

### GRAFTON COMMUNITY HEALTH

Jane Kulas STN

**Phone:** (02) 6641 8200

**Email:** jane.kulas@health.nsw.gov.au

**Aruma Grafton Community Nursing**

Nadia Hartley

### LISMORE BASE HOSPITAL

**Phone:** (02) 6620 2850

Ed Cooke STN for all out-of-hospital ostomy  
patients Edgar.Cooke@health.nsw.gov.au

**Phone:** (02) 6621 3252 Outpatient service  
also available on Tuesday and Friday

### LISMORE COMMUNITY HEALTH

Jane Kulas STN

29 Molesworth Street, Lismore.

**Phone:** (02) 6620 2097

**Fax:** (02) 6620 2963

### MACLEAN DISTRICT HOSPITAL AND COMMUNITY HEALTH

Jane Kulas STN CNS

**Email:** jane.kulas@health.nsw.gov.au

### MANNING HOSPITAL (TAREE)

**Phone:** (02) 6592 9469

Karla MacTaggart STN (Mon - Tue)

**Mobile:** 0419 859 281

Serving towns & communities between  
Wingham, Forster, Tuncurry, Taree,  
Harrington, Gloucester and Bulahdelah..

# STOMAL THERAPY SERVICES - (NSW & A

## PORT MACQUARIE BASE HOSPITAL

Kate Hallett

**Mobile:** 0427 795 765

**Phone:** (02) 5524 2439

**Email:** kate.hallett@health.nsw.gov.au

## PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRE

Maria Emerton-Bell STN CNC

**Phone:** (02) 6561 2790

Casey Luke STN

Serving towns and communities between  
Laurieton, Port Macquarie, Kempsey,  
Wauchope, South West Rocks and Stuarts  
Point.

## ST VINCENT'S HOSPITAL (LISMORE)

Tracey Eason STN

**Phone:** (02) 6627 9448 or (02) 6627 9449

## TWEED HEADS COMMUNITY HEALTH CENTRE

Lisa Clare Stomal/Continence Advisor.

**Phone:** (07) 5506 7540

**Email:** Lisa.Clare@health.nsw.gov.au

Siobhan Mills

**Mobile:** 0427 064 815

Covering Tweed Heads Hospital &  
Communities from the Tweed Heads NSW/  
QLD border to Bangalow.

## NEW ENGLAND

### TAMWORTH BASE HOSPITAL

Robin Skillman CNC

**Phone:** (02) 6767 7733

Serving towns and communities between  
Tenterfield, Boggabilla, Mungindi, Moree,  
Wee Waa, Quirindi, Armidale, Walcha,  
Uralla, Guyra, Bundarra, Tingha, Glen Innes,  
Emmaville, Ashford, Wyallda, Inverell,  
Bingara, Barraba, Boggabri, Manilla,  
Gunnedah, Tamworth, Werris Creek, Nundle.

### NARRABRI COMMUNITY HEALTH

Lavinia (Alvin) Hill

**Phone:** (02) 6799 2800

## WESTERN NSW

### ALBURY WONDONGA HEALTH SERVICE

**Phone:** (02) 6058 1800

**Mobile:** 0457 522 000

Gerardine O'Brien

Amanda Forbes

### ALBURY WODONGA PRIVATE HOSPITAL (AWPH/ASG)

1125 Pemberton St., Albury 2640

Gerardine O'Brien STN

**Phone:** (02) 6022 4350

**Email:** gerardine@alburysurgical.com.au

### BATHURST HEALTH SERVICE

Louise Linke NP STN

**Phone:** (02) 6330 5676

**Fax:** (02) 6330 5742

**Email:** louise.linke@health.nsw.gov.au

Serving Bathurst, Orange, Parkes, Forbes,  
Cowra, Lithgow, Condobolin and surrounds.

### BROKEN HILL BASE HOSPITAL

Megan Jordan STN in the Hospital

0437 064 618 or 08 8080 2236

Shirley Victory (Community nurse resources  
person only)

**Phone:** (08) 8080 1642

### DUBBO BASE HOSPITAL

Renee Chandler RN

**Phone:** (02) 6809 6000

**Mobile:** 0427 150 649

Hannah Mines

**Phone:** (02) 6908 6809

Serving Dubbo, Cobar, Coonamble,  
Narromine, Nyngan, Trangie, Warren,  
Wellington, Baradine, Gulargambone, Coolah,  
Gilgandra, Coonabarabran, Dunedoo,  
Gulgong, Mudgee, Bourke, Brewarrina,  
Collarenebri, Goodooga, Lightning Ridge &  
Walgett.

### GRIFFITH BASE HOSPITAL

Naomi Smith

**Phone:** (02) 6969 5555 (ext. 695)

### GRIFFITH COMMUNITY HEALTH

**Phone:** (02) 6922 9903

# & ACT) DIRECTORY AS AT SEPTEMBER 2024

## ORANGE HEALTH SERVICES

Joe Webster STN

**Phone:** (02) 6369 7455

**Email:** Joseph.Webster@health.nsw.gov.au

## WAGGA WAGGA BASE HOSPITAL

Naomi Smith

**Mobile:** 0412 324 136

**Email:** naomi.smith@health.nsw.gov.au

Irene Cozens

**Phone:** (02) 5943 1545

**Email:** irene.cozens@health.nsw.gov.au

## CALVARY PRIVATE

### WAGGA WAGGA HOSPITAL

Naomi Smith

**Mobile:** 0412 324 136

## YOUNG MERCY CENTRE

Contact Community Nurses

**Phone:** (02) 6382 8444

Serving Young, Harden, Cootamundra,  
Boorowa, Grenfell and district.

## CANBERRA AND DISTRICT

### CANBERRA HEALTH SERVICES

**Phone:** (02) 5124 0000

### STOMAL THERAPY SERVICE

You can make an appointment by calling  
Central Health Intake on (02) 5124 9977.

### CANBERRA HOSPITAL

Anju Mamachan

**Phone:** (02) 5124 4255 Pager 50959

**Email:** anju.mamachan@act.gov.au

## BELCONNEN HEALTH

Olivia Dyriw CNC

**Phone:** (02) 6205 1201

## THE NORTH CANBERRA HOSPITAL

Marree Pegrem STN.

**Phone:** (02) 6201 6060 –

ask for surgical ward

**Phone:** (02) 6244 2222

(then page stomal therapist))

## QUEANBEYAN COMMUNITY HEALTH CENTRE

Skye Millowick STN

**Phone:** (02) 6150 7144 or (02) 6150 7670

Visits patients in Queanbeyan & Yarralumla  
areas.

## COOMA HEALTH SERVICE

Vicki Black STN

**Phone:** (02) 6455 3222

## COOTAMUNDRA HOSPITAL

Ray Godbier STN

ray.godbier@health.nsw.gov.au

**Phone:** (02) 6942 1861

**Mobile:** 0419 123 508

## ALBURY WODONGA HEALTH

Albury Community Health Centre,

Gerardine O'Brien

**Phone:** (02) 6058 1800

**Email:** stomaltherapy@awh.org.au

## ALBURY WONDONGA PRIVATE HOSPITAL

Gerardine O'Brien

**Phone:** (02) 6022 4350

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



# NSW / ACT SUPPORT

## BANKSTOWN AREA

- Dates:** 2nd Wednesday every 3rd month commencing Wednesday 13th March 2024; 12th June 2024, 11th September 2024 and 11th December 2024
- Time:** 10:00am to 12:00pm – morning tea
- Address:** Revesby Workers Club, 2B Brett St, Revesby, Ph 02 9772 2100
- Access:** Close to public transport and lots of free parking
- About:** A stoma support group hosted by Bankstown Hospital STNs for you and your family. Everyone is welcome but must be double vaccinated.
- RSVP:** Please RSVP for catering purposes to your Bankstown Hospital STN or Mariam Elfoul on 0400 921 901, email: aumael@coloplast.com.

## ST GEORGE AREA

- Dates:** Thursday 7th March, 13th June, 12th September and 5th December 2024,
- Time:** 11:00am - 1:00pm – morning tea
- Address:** Ramsgate RSL Club  
Corner Ramsgate Rd and Chuter Ave, Sans Souci NSW 2219
- Access:** Close to public transport and free parking
- About:** Everyone welcome – please RSVP for catering purposes to your STN or Mariam Elfoul on 0400 921 901, email: aumael@coloplast.com

## SHOALHAVEN SUPPORT GROUP

- Dates:** 28th Feb. Nowra Community Health Centre, 5-7 Lawrence Avenue Nowra.  
27th March. Ulladulla Community Health Centre, Cnr Princes Hwy & South St Ulladulla.  
26th June. Nowra Community Health Centre.  
30th October. Nowra Community Health Centre.  
26th November (Tues.) Ulladulla Community Health centre.
- Time:** 2pm
- Address:** Nowra school of Arts Annex: adjacent to School of Arts, 12 Berry Street, Nowra.  
Car parking surrounds the building. Ulladulla Community Health Centre:  
Corner of South Street and Princes Hwy, Ulladulla. Street parking..
- About:** The contact is Brenda Christiansen STN CNC. Ph. 02 44246300  
e. [brenda.christiansen@health.nsw.gov.au](mailto:brenda.christiansen@health.nsw.gov.au)

## NEPEAN EDUCATION STOMA SUPPORT GROUP

- Dates:** Fridays every second month, commencing on 23rd February 2024, 3rd May 2024, 26th July 2024, 18th October 2024 and 6th December 2024.
- Time:** 2-3:30pm – afternoon tea
- Address:** Medical School – Outpatients department, 62 Derby Street, Kingswood. NSW 2747
- Access:** The building is opposite Nepean Hospital's Emergency Department. Enter via the side path to the Clinical School's Outpatient waiting room. Please wait until 2:00 pm when you will be directed to the meeting room.  
Car Parking: Either on the street or in the multi-story car park on Somerset Street, Kingswood (free for pensioners for the first 3 hours)
- About:** Family and friends are most welcome.  
Any enquiries please contact Naomi Houston on 02 4734 1245
- RSVP:** [nbmlhd-stoma@health.nsw.gov.au](mailto:nbmlhd-stoma@health.nsw.gov.au)

# GROUP MEETINGS 2024

## **SOUTH WEST SYDNEY AND LIVERPOOL STOMA SUPPORT GROUP**

**Dates:** **Thursday every second month (1st Thurs in December)  
15th Feb 2024, 18th April, 20th June, 22nd Aug, 24th Oct and 5th Dec.**  
**Time:** 1:30pm to 3:30pm  
**Address:** Campbelltown Catholic Club, 20/22 Camden Rd, Campbelltown NSW 2560  
**RSVP:** Erin 0419 224 662 or Lu 0417 026 109 for catering purposes please.

## **ILLAWARRA OSTOMY INFORMATION GROUP**

**Dates:** **14th Feb, 10th April, 12th June, 14th August, 9th Oct,  
11th Dec (Christmas luncheon. Venue to be advised)**  
**Time:** 10am to 12pm  
**Address:** Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree  
**Contact:** For Further Information contact:  
Helen Richards CNC STN Wollongong Private Hospital phone: 42861109  
richardsh@ramsayhealth.com.au Julia, Sam & Rachael Stomal Therapy Nurses  
Wollongong Hospital mob: 0414421021  
isld-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

## **BOWRAL STOMA SUPPORT GROUP**

**Dates:** **Tuesday 5th March, 4th June, 3rd September and 3rd December 2024**  
**Time:** 11:00am to 12:00pm Everyone is welcome!! Please RSVP 1 week prior.  
**Address:** Bowral Bowling Club, 40 Shepherd St, Bowral.  
**Contact:** Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308 Or  
Mariam Elfoul on 0400 921 901, aumael@coloplast.com  
Plenty of car parking for everyone! Tea/Coffee with be available; Finger food will be available

## **GOULBURN STOMA SUPPORT GROUP 2024**

**Dates:** **8th May, 7th August and 6th November 2024**  
**Time:** 10:00am to 12:00pm Everyone is welcome!! Please RSVP 1 week prior.  
**Address:** Goulburn Workers Club, 1 McKell Place, Goulburn, NSW 2580.  
**Contact:** Mariam Elfoul on 0400 921 901, or email: aumael@coloplast.com  
Hope to see you, your friends and loved ones there. Plenty of car parking for everyone!  
Tea/Coffee with be available; Finger food will be available

## **CANBERRA ACT SUPPORT GROUP \*\*NOT UPDATED FOR 2024 AT TIME OF PUBLISHING\*\***

**Dates:** 2nd Tuesday every month – commencing from Tuesday 11th July 2023,  
12th September, 14th November..  
**Times:** 10am to 12pm  
**Address:** Act & Districts Stoma Association {the old stoma association room}  
2nd Floor, City Health Building, 1 Moore St, (Cnr Moore & Alinga St), Canberra  
**Contact:** Your Stomal Therapy Nurse, or Geoff Rhodes {actual ostomate happy to chat with you}  
on 0416 206 871 or email Geoff at grhodes@homemail.com.au for further Information.  
Everyone is welcome but must be COVID vaccinated to attend.  
RSVP for this meeting is required by ACT Health so we can comply with  
COVID numbers and restrictions.  
\*CLINICAL ADVICE CANNOT BE GIVEN, PLEASE CONTACT YOUR STOMAL THERAPY NURSE\*



# SUPPORT GROUP MEETINGS

## BEAT BLADDER CANCER

**Dates:** Last Tuesday of every month

**Time:** 7:00pm to 8:30pm

**Address:** Macquarie University Hospital, 3 Technology Place, Macquarie University

**Contact:** Adam Lynch, President BEAT Bladder Cancer 0421 626 016

## GOULBURN STOMA SUPPORT GROUP 2024

**Dates:** 8th May, 7th August and 6th November 2024

**Time:** 10:00am to 12:00pm Everyone is welcome!! Please RSVP 1 week prior.

**Address:** Goulburn Workers Club, 1 McKell Place, Goulburn, NSW 2580

**Contact:** Mariam Elfoul on 0400 921 901, or email: aumael@coloplast.com

Hope to see you, your friends and loved ones there. Plenty of car parking for everyone!  
Tea/Coffee will be available; Finger food will be available

## COFFS OSTOMY GROUP 2024

**Dates:** 4th Thursday of every second month –meeting dates 22nd February 2024, 25th April 2024 (may be changed – Anzac Day), 27th June 2024, 22nd August 2024, 24th October 2024.

**Time:** 2pm-4pm

**Address:** Sawtell RSL, First Avenue SAWTELL 2452. Upstairs

**Contact:** Mandy Hawkins CNC Stoma Continence Coffs Harbour Health Campus

**Phone:** (02) 66567804 Email: mandy.hawkins@health.nsw.gov.au

## MANNING AND GREAT LAKES OSTOMY SUPPORT GROUP.

**Dates:** The first Wednesday of every 2nd Month: 7th February 2024, 3rd April 2024, 5th June 2024, 7th August 2024, 2nd October 2024 and 4th December 2024.

**Time:** 10.30 am

**Address:** Taree Group Three Leagues- Downstairs meeting room, 43 Cowper St, Taree.

**Contact:** Karla McTaggart, CNC Stoma | Wound | Gastrostomy, Hunter New England Local Health District T (02) 6592 9169 email: karla.mactaggart@health.nsw.gov.au

## JOHN HUNTER HOSPITAL OUTREACH CLINICS

**Dates:** Muswellbrook Hospital 5th June 2024, 4th December 2024

Singleton Hospital 15th August 2024

Tomaree Community Hospital 17th April 2024, 23rd October 2024

**Contact:** To make an appointment, phone John Hunter Hospital switch 02 4921 3000

pager 36206, or Email: HNELHD-JHHStomal@health.nsw.gov.au

Priority will be given to patients who have not been reviewed by a

Stomal Therapy Nurse in the past 5 years.

## CENTRAL COAST STOMAL THERAPY SUPPORT GROUP

**Dates:** Thursday May 23rd 2024 at Wyong, Tuesday 26th November Venue TBC

**Time:** 1:30pm to 3:30pm Everyone is welcome!!

**Address:** Wyong Community Health Centre- Group room, Level 1, 38A Pacific Hwy, Wyong NSW 2259

**Register:** To your local Stoma nurse via email by May 1st

**Email:** CCLHD-Stomaltherapy@health.nsw.gov.au or Phone: 4320 3323

**Contacts:** We look forward to meeting you, seeing you & supporting you  
Stomal Therapy Team. Emma, Mary, Sharon, Nichole

## GRAFTON/CLARENCE VALLEY 2024

**Dates:** 2nd Tuesday Bi-monthly commencing Tuesday 13th February 2024, 14th May 2024, 14th August 2024 and 12th November 2024

**Time:** 10am to 11:00am Everyone is welcome!!

**Address:** Aruma Community Health, 175 Queen St, Grafton NSW 2460

**Register:** Jane Kulas 0459 943 062

**Contact:** Jane Kulas 0459 943 062 or Gary Tobin 0400 675 277

# Say "hello" to more confident living



Preparation



Application



Security



Removal

As many as **75% of ostomates** report skin complications.<sup>1</sup> **Convatec is your solution.**

**...with our specially designed range of ostomy skincare accessories**

- ✓ Everything you need to build a skincare routine tailored to your needs, while caring for and protecting your skin
- ✓ Our comprehensive range spans preparation, application, security and removal
- ✓ Covering leak protection, to odour control and Sting-Free Skincare, our range helps you say "Hello, World" with the confidence you deserve



For more information or to obtain a **FREE** sample, please call **1800 335 276** or email **connection.au@convatec.com**

Always read the label and follow directions for use.

1. Salvadalena et al. "Lessons Learned About Peristomal Skin Complications Secondary Analysis of the ADVOCATE Trial". J Wound Ostomy Continence Nurs 2020;47(4):357-63. ©2023 Convatec Inc. All trademarks are the property of their respective owners. AP-64644-AUS-ENG-v2 0640 September 2023

# TYPES OF STOMA

COMPILED FROM A PRESENTATION BY  
**Vivian Nguyen CNC STN and Lee Gavegan CNC STN**

Understanding the type of stoma(s) you have is important for the care you need to provide yourself and to share with health professionals.

A stoma is a Greek word for “mouth or opening”. In your case, it is a surgical operation which results in a section of the bowel being brought to the outer surface of the abdominal wall.

Through this opening exits urine or faecal matter.  
Stomas may be temporary or permanent.

**Gastrointestinal tract** (see the diagram)

**Oesophagus:** transports food

**Stomach:** mixes and digests food

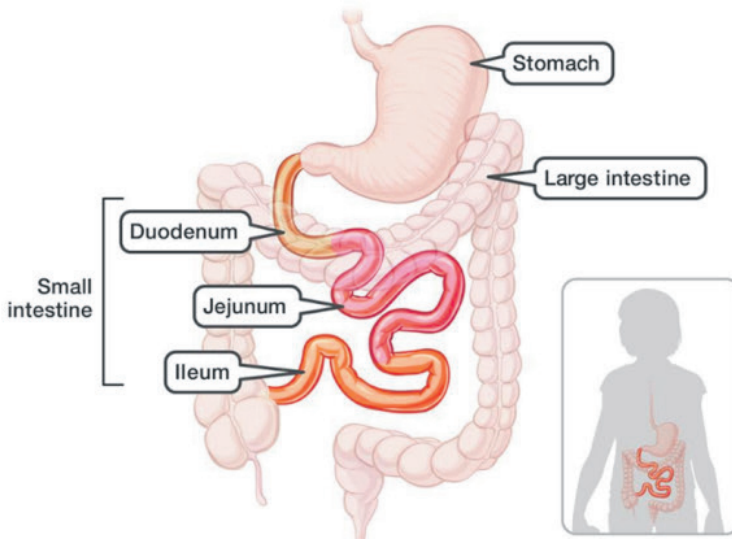
**Small intestine:** absorbs nutrients

Duodenum – 25cms long

Jejunum – 2.5m long

Ileum – 3.6m long

**Large intestine:** absorbs water - 1.5m long

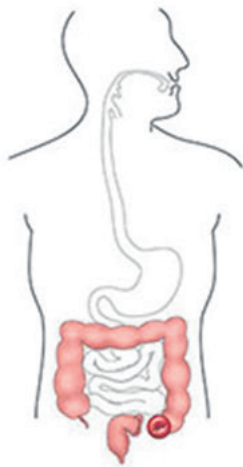


# END STOMA

There are 3 main types of abdominal stomas that are created surgically

- **Colostomy** (colon or large bowel)
- **Ileostomy** (ileum or small bowel)
- **Urostomy** (urinary system)

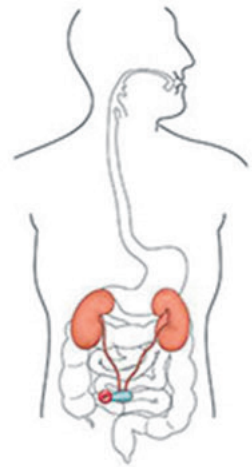
...in addition, a Fistula is an opening from one organ to another or to the surface of the skin.



**Colostomy**



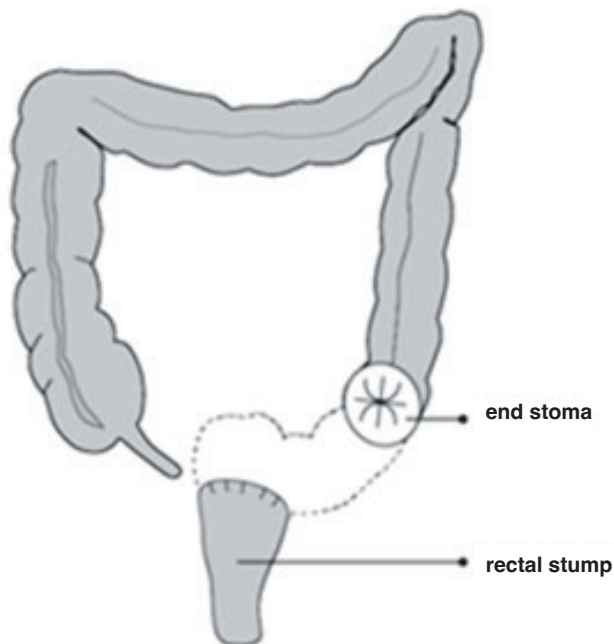
**Ileostomy**



**Urostomy**

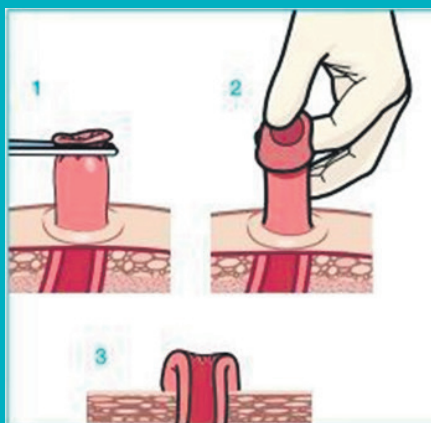
# END STOMA

End Stoma with a Rectal Stump  
(Hartmann Procedure)



© Canadian Cancer Society

## Formation of an end stoma





# LOOP STOMA



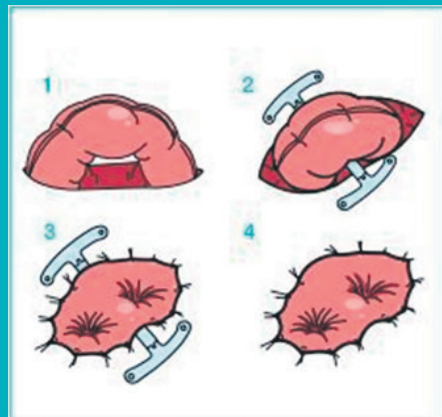
**Figure 2**  
*Loop Transverse Colostomy*

■ Active portion of colon  
□ Inactive portion of colon



**Figure 3**  
*Loop Transverse Colostomy*

## Formation of a loop stoma



# COLOSTOMY

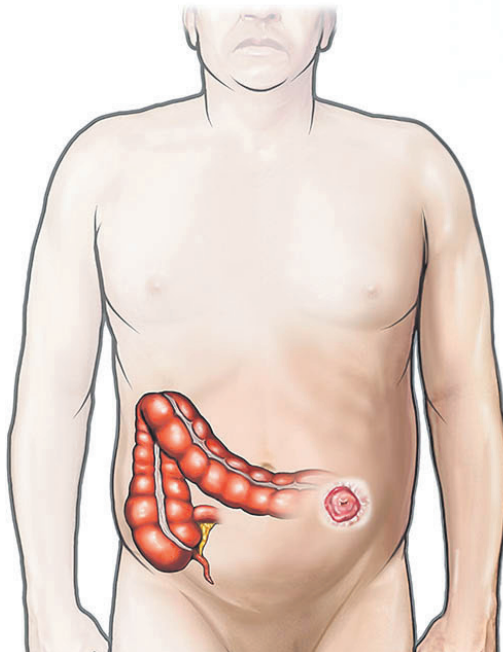
Surgically created opening to eliminate waste out of the body after a section of the large intestine has been removed or bypassed.

There are no sphincter muscles to voluntarily control waste, it collects into an ostomy pouch.

## **The most common indication is for carcinoma**

Other indications:

- Diverticular disease • Crohn's disease
- Irradiation damage • Bowel ischaemia
  - Faecal incontinence • Trauma
- Congenital abnormalities • Fistula
  - Hirschsprung's disease



# ILEOSTOMY

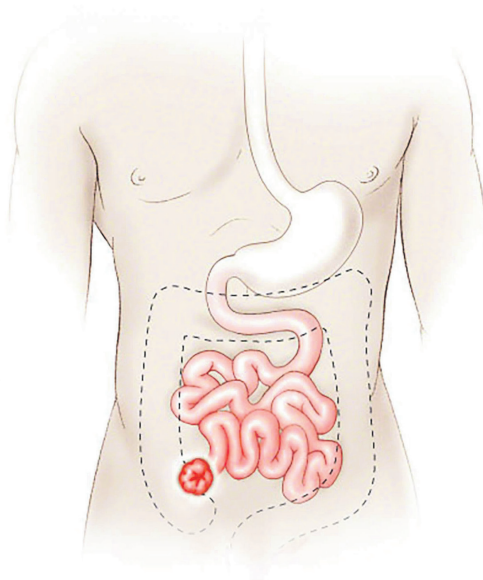
Surgically created opening to eliminate waste out of the body after a section of the small intestine, or the entire large intestine has been removed or bypassed.

There are no sphincter muscles to voluntarily control waste, it collects into an ostomy pouch

Most common is for protection of an anastomosis (join).

Other indications include:

- Inflammatory bowel diseases such as Crohn's disease (GI tract) and ulcerative colitis (large bowel)
  - Carcinoma
- Familial adenoma polyposis
  - Irradiation damage
  - Trauma
- Slow transit constipation



# UROSTOMY

Also known as an ileal conduit/urinary diversion, it is a surgically created opening to drain urine out of the body, usually after the bladder has been removed.

There are no sphincter muscles to voluntarily control waste, it collects into an ostomy pouch. Most common indication is for bladder cancer

## **Other indications include:**

- Irradiation damage following radiation treatment for a hysterectomy or prostatectomy
  - Trauma/Spinal cord injury
  - Urinary incontinence
- Malfunctioning of the bladder
  - Congenital abnormalities

# FISTULAS

Enterocutaneous fistula: can be a complication of surgery or disease. As a result, the contents of the stomach or intestines leak through to the skin. Common faecal fistula are:

Enterocutaneous = small bowel contents exit onto the skin.

Colocutaneous = large bowel contents exit onto the skin.

Spontaneous closure can occur within 6-8 weeks.

Management:

- Maintenance of fluid and electrolyte balance
- Minimise fistula output (NBM/medications)
  - Controlling infection
  - Nutritional support
- Skin protection and containment
  - Surgical closure

# TYPES OF POUCHES



1-PIECE  
DRAINABLE



2-PIECE  
DRAINABLE



1-PIECE  
CLOSED



2-PIECE  
CLOSED



UROSTOMY DRAINABLE AND NIGHT BAG



O' what a difference for your patients



**Flexima® Active O'convex**  
Soft. Flexible. Gentle.<sup>1</sup>

Now available in 1 piece closed,  
drainable and urostomy.

For FREE Samples scan QR  
or Call: 0447 992 528



**B|BRAUN**  
SHARING EXPERTISE

Level 5, 7-9 Irvine Place, Bella Vista NSW, Australia  
Tel: 1800 251 705 | [info.au@bbraun.com](mailto:info.au@bbraun.com) | [www.bbraun.com.au](http://www.bbraun.com.au)

1. Rat P, Robert N, Fernandes I, Edmond D, Mauvais F. Evaluation of a one-piece soft convex ostomy appliance: a prospective, multicentre, open-label