

# OSTOMY

AUTUMN 2020

NSW LTD





Stoma  
Skin  
Soul



Feeling comfortable  
in your own skin

Jen, Crohn's Hero

## The Full Range of NovaLife TRE Ostomy Barriers

These real people feel comfortable to show their stomas and are proud to say that their stoma doesn't define who they are. It helps to break down perceptions and taboos of the invisible illness they live with.

Being comfortable in your own skin and advocating the power of body confidence to inspire others that if you feel comfortable and confident, the stoma can go unnoticed and is just another part of who you are.



Flat • Soft Convex • Convex • 2 Piece\*

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

**For more information and to order a sample, please call  
Customer Care on 1800 880 851 or visit [www.dansac.com.au](http://www.dansac.com.au)**

\*Available in closed and drainable pouches

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**TO CONTRIBUTE ARTICLES/FEEDBACK**

Email to the editor (Manager) at [info@ostomynsw.org.au](mailto:info@ostomynsw.org.au)

**DEADLINES**

Winter Edition .....	4th May 2020
Spring Edition .....	10th August 2020
Summer Edition .....	9th November 2020

**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**

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**

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)

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Account Name: ONL

BSB: 112879 (St George Bank)

Account Number: 45 664 3389

Reference: Your Member Number and Surname

**POSTAGE RATES**

Standard NSW \$13; Interstate \$16

Express NSW \$20; Interstate \$30

Holiday/double orders NSW \$18; Interstate \$24

Holiday/double Express NSW \$25; Interstate \$35.

**OSTOMY NSW LTD STN CLINIC** – Janet Forsyth

Please phone 02 9542 1300 for appointment Second

Tuesday of each month. Unit 6, 18 Monro Ave Kirrawee

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**PLUS OUR DEDICATED  
VOLUNTEERS****DISCLAIMER**

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## RESPONDING TO THE BUSHFIRE EMERGENCY

It will take a long time to forget the “black summer” of 2019-20. The devastation brought by an unprecedented fire season caused havoc from September until February when rains, sometimes flooding, finally doused most of the fire fields. We were saddened by the loss of lives, particularly of those volunteers who put their lives at risk to help others. We were shocked by the devastation of the natural environment including wildlife and their ecosystems that may never fully recover. We know that it will also take a long time to make good the damage to structures, businesses and whole communities.

Emergency response systems across the country were severely tested this summer. Fortunately, emergency

responses for ostomates affected by the fires rose to the challenge. In early November, the Federal Department of Health responded to the need for members to get supplies under difficult circumstances. As Stoma Associations we were authorised to provide an additional supply to those members who were unable to access their already issued November supply because of property destruction or evacuation. At that stage it was northern NSW that was affected. By January, the Department of Health extended this arrangement to all areas that were affected by bushfires until the end of February.

At Ostomy NSW, we directly supported a small number of members who were affected by the bushfires. We assisted members in northern

NSW with additional orders and others in southern NSW with phone orders and deliveries to special addresses. We maintained a small staff presence in the office over the closed period to ensure that we could respond quickly if required. The opportunity for our members to be covered for their supplies was one less concern during a difficult time for them.

The horror of the bushfires brought out the best in many people in Australia and around the world, with recovery organisations overwhelmed by the practical and financial support that was given. Our ostomy suppliers were also generous in providing financial donations and product assistance to our members.

The Ostomy member associations in New Zealand offered their kind thoughts and support in a letter to ACSA President David Munro. It reads:

*Hello David, We over here in New Zealand are all very much aware of the terrible tragedy currently happening in your country. We all feel very helpless knowing there is not a lot we can do from this distance and we do know there will obviously be people in the Ostomy world who are affected. Please know that we are thinking of them all. Please be patient with family, friends and colleagues while this terrible tragedy is happening, everyone is hurting as we watch and listen to reports. Our hearts and prayers go out to everyone who is affected in any way.*

*Best Regards,*

**Jill Newton,**  
**President Ostomy New Zealand**

*Hollister Incorporated CEO, George Maliekel announced in early January, that the company has donated \$14,000 to St Vincent de Paul Society which is on the front line, supporting those affected and who will be impacted for some considerable time. The Australian bushfires have had a significant impact to people, communities, properties and wildlife, and the losses weigh heavy on the hearts of Liberty Medical and Hollister Incorporated employees around the globe. Liberty Medical is the global parent company for Hollister and Dansac ostomy supplies. Joe Ozzimo, Managing Director of Liberty Medical ANZ, said he was "humbled, not only by the donation from our global parent, but also from the many individuals and employee stories around their own personal donations to bushfire assistance".*

*Liberty Medical also let Australian ostomy associations that they would replace any Hollister or Dansac supplies that may have been destroyed or are inaccessible due to the fires.*

*Liberty Medical's donation went to the St Vincent de Paul Society which is key player in providing much needed support to bushfire affected Australians.*

# STOMAL THERAPY SERVICES - (NSW &

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

## **SYDNEY METRO AREA**

### **BANKSTOWN-LIDCOMBE, FAIRFIELD & BRAESIDE HOSPITALS**

Fiona Le STN (on maternity leave)  
Tracey McMorrow (cover for Fiona Le)  
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**

Lisa Howarth STN  
42 Parkside Crescent, Campbelltown.  
Phone: **(02) 4621 9111**

### **CONCORD HOSPITAL**

Ian Whiteley NP.  
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**

Linda Zhang STN (Mon-Wed)  
Trish Doherty CNS (Wed-Fri) (on maternity leave)  
**(02) 9579 7865**

### **KAREENA PRIVATE HOSPITAL**

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. (on Long Service Leave)  
Mobile: **0419 224 662**  
Dianne.hooper@health.nsw.gov.au  
Lu Wang CNS 2.  
Mobile: **0417 026 109**  
Erin Wagner STN

### **MACQUARIE UNIVERSITY HOSPITAL**

Colette Craft CNC STN  
Colette.craft@muh.org.au  
Phone: **(02) 9812 3484**  
Kenneth Salazar CNS STN  
Kenneth.salazar@muh.org.au  
**(02) 9812 3484**

### **MATER HOSPITAL**

Johanna Ward STN.  
johannaward24@gmail.com  
Mobile: **0401 532 108**  
Julie Choi STN  
Phone: **(02) 9900 7381**  
Email: Julie.choi@svha.org.au

### **NEPEAN PRIVATE HOSPITAL**

Nothabo Ndowneni STN  
Phone: **(02) 4732 7333**  
Phone the Banksia Ward and leave a message.

### **NEPEAN PUBLIC HOSPITAL**

Naomi Houston CNS STN.  
Phone: **(02) 4734 1245**  
Email: Naomi.Houston@health.nsw.gov.au  
IF URGENT: phone **(02) 4734 2000** and  
request a page.

### **HAWKESBURY HOSPITAL**

Sauna Smith STN.  
Phone: **(02) 4560 5555**

### **NORTH SHORE PRIVATE**

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

### **NORWEST PRIVATE HOSPITAL**

Sharon Mallary STN  
Phone: **(02) 8882 8882**  
Sharon.Mallary@healthscope.com.au  
Kieran Zaballa STN  
Kieran.zaballa@healthscope.com.au  
Phone: **(02) 8882 8882** for an appointment.

### **PRINCE OF WALES**

Carol Stott CNC (pager 44220)  
Lisa Graaf CNC (pager 44403)  
Jo Di Blasio CNC Mon & Tues (cover K. Wykes)  
Katherine Wykes (Maternity leave to Feb 2019)  
Office direct: **(02) 9382 3869**

## **SYDNEY CHILDREN'S HOSPITALS**

Alison Kennedy STN (pager 44253)  
Sydney Children's (02) 9382 1627  
\* For ALL pages ring: (02) 9382 2222

## **PRINCE OF WALES PRIVATE HOSPITAL**

Mandy Richardson CNC.  
Phone: (02) 9650 4470 for an appointment.  
Sharon Mallary Stomal Therapy / Wound Management CNS. (Maternity leave to Feb 2019)  
Phone: (02) 9650 4470 for an appointment.  
Sharon.Mallary@healthscope.com.au

## **ROYAL NORTH SHORE HOSPITAL**

Betty Brown CNC (Mon-Tue)  
betty.brown1@health.nsw.gov.au  
Kathryn Bolton CNC (Wed-Fri)  
Phone: (02) 9463 2824 (Pager 41244)  
Fax: (02) 9463 2082.  
Email: Kathryn.Bolton@health.nsw.gov.au

## **ROYAL WOMEN'S HOSPITAL**

Jenny Duggan STN  
0417944297

## **ROYAL PRINCE ALFRED HOSPITAL**

Colleen Mendes CNC/STN  
colleen.mendes@health.nsw.gov.au  
Betty Brown CNS (Wed-Fri)  
betty.brown1@health.nsw.gov.au  
Phone: (02) 9515 7280 (02) 9515 6111 (page)

## **RYDE HOSPITAL**

Tanya O'Hara Would/Stomal Therapy CNS.  
(on Long Service Leave)  
Lisa Naylon (cover for Tanya O'Hara)  
Mon and Thurs. Phone: (02) 9858 7987

## **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@health.nsw.gov.au

## **ST VINCENT'S PRIVATE HOSPITAL**

Office: (02) 8382 7010

## **ST VINCENT'S PUBLIC HOSPITAL**

Mark Murtagh CNC.  
Phone: (02) 8382 2671  
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 (pager 473)

## **SYDNEY ADVENTIST HOSPITAL**

Glenda Flew CNS  
Sandra Cryer CNC STN (Relieves when necessary)  
Kerrie Whitsome CNC STN 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) 8890 5555  
(page 22888 or 27904).

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  
Servicing Monaro, South Coast & Southern  
Tablelands.  
trena.Oshea@health.nsw.gov.au

# STOMAL THERAPY SERVICES - (NSW &

## WOLLONGONG HOSPITAL

Julia Kittscha CNC  
Phone: **(02) 4222 5303** or **0414 421 021**  
Julia.Kittscha@health.nsw.gov.au

## WOLLONGONG PRIVATE HOSPITAL WARD 4 SOUTH

Helen Richards CNC. Mondays only.  
Phone: **(02) 4286 1000** Fax: 4286 1312

## BEGA COMMUNITY HEALTH CENTRE

Julie Metcalf CNS STN.  
8:30am – 4pm Mon-Thurs.  
Phone: **(02) 6491 9800**  
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- Friday, Clinic).

## RAMSAY PRIVATE NOWRA

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

## CENTRAL COAST

### GOSFORD DISTRICT HOSPITAL

Debbie Day CNC.  
Sharon Gibbins  
Mary Cuzner  
Annika Leyshon, Emma Cutugno (relief)  
Phone: **(02) 4320 3323** 8am to 4pm Mon-Fri.

### GOSFORD PRIVATE HOSPITAL (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**  
stomalthrapy@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@healthcare.com.au

## LAKE MACQUARIE PRIVATE HOSPITAL VACANT

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

## LINGARD PRIVATE HOSPITAL

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

## MAITLAND PUBLIC HOSPITAL

Fabia Fiveash CNS STN  
Fabia.fiveash@hnehealth.nsw.gov.au  
Mimi Wilson STN.  
Remedis.wilson@hnehealth.nsw.gov.au  
Please Phone: **(02) 4939 2000**  
Available Mon to Fri.

## MAITLAND PRIVATE HOSPITAL VACANT

Phone: **(02) 4931 2304**

## NEWCASTLE PRIVATE HOSPITAL

Jill Fairhall STN CNC.  
Phone: **(02) 4941 8741**

## WALLSEND COMMUNITY HEALTH VACANT

Nash Street, Wallsend.  
Phone: **(02) 4924 6100**

## NORTH COAST

### COFFS HARBOUR COMMUNITY NURSING HEALTH CAMPUS

Mandy Hawkins CNC, STN/Continenence.  
Phone: **(02) 6656 7804**  
Serving the towns of Coffs Harbour, Dorrigo,  
Bellingen, Macksville and Woolgoolga.

### GRAFTON BASE HOSPITAL

Robyn Paterson STN.  
Phone: **(02) 6640 2222**  
Robyn.Paterson@health.nsw.gov.au

## **GRAFTON COMMUNITY HEALTH**

Anne Onions STN. Mon, Tues & Fri.  
Phone: **(02) 6641 8200**  
Anne.onions@health.nsw.gov.au

## **LISMORE BASE HOSPITAL**

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

## **LISMORE COMMUNITY HEALTH**

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**

Please contact Grafton or Lismore

## **MANNING HOSPITAL (TAREE)**

Karla MacTaggart STN.  
Naomi Case STN  
Phone: **(02) 6592 9469**  
Available: Tues, Wed and Thurs. Serving towns & communities between Wingham, Forster, Tuncurry, Taree, Harrington, Gloucester and Bulahdelah.

## **PORT MACQUARIE BASE HOSPITAL**

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

## **PORT MACQUARIE AND KEMPSEY COMMUNITY HEALTH CENTRES**

Maria Emerton-Bell STN CNC.  
Phone: **(02) 6561 2790**  
Casey Luke STN RN Phone: **(02) 6588 2731**  
Serving towns and communities between Laurieton, Port Macquarie, Kempsey, Wauchope, South West Rocks and Stuarts Point.

## **PORT MACQUARIE PRIVATE HOSPITAL**

Phone: **(02) 6582 9660**

## **ST VINCENT'S HOSPITAL (LISMORE)**

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@health.nsw.gov.au  
Covering Tweed Heads Hospital & Communities from the Tween NSW/QLD border to Bangalow.

## **NEW ENGLAND**

### **TAMWORTH BASE HOSPITAL**

Robin Skillman CNC  
Phone: **(02) 6767 7733** (office direct) or  
Phone: **(02) 6767 7700** & page 29604 for assistance or an appointment.  
Serving towns and communities between Tenterfield, Boggabilla, Mungindi, Moree, Wee Waa, Quirindi, Armidale, Walcha, Uralla, Guyra, Bundarra, Tingha, Glen Innes, Emmaville, Ashford, Warialda, Inverell, Bingara, Barraba, Boggabri, Manilla, Gunnedah, Tamworth, Werris Creek, Nundle.

### **NARRABRI COMMUNITY HEALTH**

Lavinia (Alvin) Hill  
**(02) 67992800**

## **WESTERN NSW**

### **BATHURST HEALTH SERVICE**

Louise Linke NP.  
Phone: **(02) 6330 5676** | Fax: **(02) 6330 5742**  
louise.linke@health.nsw.gov.au  
Howick Street Bathurst  
Serving Bathurst, Orange, Parkes, Forbes, Cowra, Lithgow, Condobolin and surrounds.

### **BROKEN HILL BASE HOSPITAL**

Shirley Victory (Resource person only)  
Phone: **(08) 8080 1642**

### **DUBBO BASE HOSPITAL**

Jill Archer STN  
Thulisile Moyo STN  
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Phone: **(02) 6841 5555** or **0427 150 649**  
Serving Dubbo, Cobar, Coonamble, Narromine, Nyngan, Trangie, Warren, Wellington, Baradine, Gulargambone, Coolah, Gilgandra, Coonabarabran, Dunedoo, Gulgong, Mudgee, Bourke, Brewarrina, Collarenebri, Goodooga, Lightning Ridge & Walgett.

# STOMAL THERAPY SERVICES - (NSW & ACT) DIRECTORY AS AT FEBRUARY 2020

## **GRIFFITH BASE HOSPITAL VACANT**

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@health.nsw.gov.au

## **ORANGE AND REGIONAL NURSING SERVICE**

Phone: **(02) 6362 6184**

## **WAGGA WAGGA RURAL REFFERAL HOSPITAL**

Naomi Smith

Phone: **(02) 5943 2444** or **0412 324 136**

## **YOUNG MERCY CENTRE**

Contact Community Nurses

Phone: **(02) 6382 8444**

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

## **CANBERRA AND DISTRICT**

### **ACT COMMUNITY HEALTH CARE**

Clare Love CNC.

Phone: **(02) 6205 2147**

### **BELCONNEN HEALTH**

Cheryl Jannaray CNC.

Phone: **(02) 6205 1201**

### **CALVARY HOSPITAL (CANBERRA)**

Marree Pegrem STN.

Phone: **(02) 6201 6045**

## **CANBERRA HOSPITAL**

Kellie Burke CNC.

Phone: **(02) 6244 2222** then page Stomal  
Therapist

## **COOMA HEALTH SERVICE**

Vicki Black STN

Phone: **(02) 6455 3222**

## **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.

## **ALBURY/WODONGA**

### **ALBURY WODONGA HEALTH SERVICE**

Rosaline Watson STN.

Both Albury (NSW) & Wodonga (VIC) Hospitals.  
Located Albury Hospital, 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

Gerardine O'Brien STN.

Phone: **(02) 6022 4350** or **(02) 6021 7111**

gerardine@albursurgical.com.au

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

## 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 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.

## OSTOMY NSW LIMITED CLINIC

Janet Forsyth STN

Phone: **(02) 9542 1300**

A free Clinic is held on the second Tuesday of each month commencing at 10:00am. Please ring ONL to make an appointment.

The rear entrance is Unit 6/18 Monro Avenue Kirrawee (between Oak and Bath Roads). This entrance has no steps so is suitable for people with disabilities.

### CASH SALES



TAPES	1/2"	1"	2"
White Micropore Tape	\$2.00	\$3.50	\$5.00
Tan Micropore Tape		\$3.50	
Red Leukoplast Tape		\$6.50	\$11.00
Blue Leukoplast Tape		\$11.50	
Leukopore Tape		\$3.50	\$6.00
Likeskin Tape	\$2.20	\$4.00	
Leukoflex Tape		\$7.00	



### ITEMS AVAILABLE



#### OTHER PRODUCTS

K-Y Gel	\$7.50
L-Gel	\$8.50
Rediwipe Silk (Box 100 wipes)	\$10.00
Scissors Curved	\$12.50
Scissors Straight	\$12.50
Syringes	\$4.00

#### ODOUR CONTROL

Daintree Spray 500ml	\$8.50
Host-to-Gel	\$47.00
Hostoma 1 Litre Pack	\$25.00
Hostoma 120ml Spray	\$8.00
Hostoma odour be gone 500ml	\$18.00

## ACSA PROFESSIONAL ACHIEVEMENT AWARD FOR TOM FLOOD



**Tom Flood**

*The Australian Council of Stoma Associations (ACSA) awarded three deserving recipients the Professional Achievement Award for their outstanding efforts in supporting ostomates. One of the recipients was Tom Flood member of Ostomy NSW Limited. You may know Tom as President of ONL, but you may not know his personal story of courage and commitment to assist those with a stoma or bladder irregularity.*

### **TOM'S STORY ...**

Tom was born in 1930 with bladder exstrophy, which is a rare birth defect in which the bladder develops outside the baby's body. The exposed bladder can't store urine or function normally, resulting in urine leakage (incontinence). In those days, babies such as Tom were not expected to survive, and treatment options were not readily available.

With wonderful support from his mother Tom was brought up as "normal". At the age of five he attended the local school and Sunday school; he was given no

special consideration and joined in everything. Nothing stopped Tom and he would be involved in everything, including school, camping trips, walking, playing tennis and swimming in the surf.

At school Tom says he was not allowed to drink too much fluid which was hard in the summer heat. Each day he would have to go home to have the "dressings" of cotton wool and towels changed when he was wet. Tom recalls this as being very uncomfortable and smelly, he says smelling all the time was the hardest.

He learnt to handle difficult situations and although he wished he didn't have such problems, Tom decided he was going to get on with life.

Tom left school after completing his Intermediate Certificate and for a short time worked at Anthony Horden's before getting a job at Lysaght Bros where he worked for 24 years. Tom rode his bike to work in all weathers.

When he was 19 or 20 Tom became a Sunday School Superintendent and through this he met Kate, a Sunday school teacher. Romance blossomed and they married in 1966 despite opposition from Tom's family because they did not think Kate would be able "handle the situation". Kate proved them wrong and joined Tom in cycling, walking and swimming in the surf, besides helping him in his endeavours to provide people with a better life.

The turning point for Tom came one evening in the 1970s. Until then all Tom's schooling, social events, and work life were undertaken wearing a towel, safety pins and cottonwool inside a thick pair of pants. Throughout the day Tom would have to keep changing these. Then he heard a radio interview of Betty Hughes and Hugh Rolfe from the NSW Ileostomy Association (as ONL was called then) and Tom was introduced to the ostomy scene! After becoming involved with the association and talking with many people Tom decided in December 1985 at the age of 55 to have an ileal conduit. Tom says "the morning after the operation I

awoke to the sight of a bag full of urine right beside my bed. Had I not been tethered to that bed with an assortment of drips, tubes etc. I would have jumped for joy and shouted, 'It's in the bag!' I felt so liberated and just could not wait to try this new life out!"

One of Tom's mottos that he lives by is "Don't let problems mar being a useful person". Tom became even more involved with the IA in NSW: manning the counter, working on the Newsletter, organising and attending the United Ostomy Associations, NSW country meetings and championing stoma support groups. Tom served on the ONL Board of Directors as Secretary, Vice-president and then President - a position he still holds today. Tom says that he loves being one of a team bringing peace of mind to others through support, reassurance and provision of information.

*In recognition of his service to community health through leadership and advocacy for people living with stomas Tom was awarded the 'Order of Australia Medal' (OAM) in the Queen's Birthday Honours of 2014.*

As you can see from his story, Tom has made an exceptional contribution over many years, and deeply deserves his most recent award from ACSA. ONL congratulates Tom and thanks him for his years of service.

## TRAVEL TALES AND TIPS FROM MEMBER CHRISTINE



Being diagnosed with Stage 4 Rectal Cancer in November 2016, one month prior to my 66th birthday was not what I had planned for my retirement - laying in the not-too-distant future. Nor was the next 31 months where I had radiation treatment, 10 surgeries/procedures, vacuum pumps fitted after two of the surgeries and 4 months of daily community nurse home visits followed by 3 months of clinic appointments to heal an open wound.

My surgeries included the initial operation to remove the cancer and site the original stoma (not reversible), plastic surgery for a wound that refused to heal, two parastomal hernia operations (a year apart) and two bowel perforations that necessitated two new sites for my stoma. Sounds bleak - yes, some months definitely were. I don't know how I would have fared without the unbelievable support from my family, my friends, my doctors, staff at Kareena Hospital and Southcare, and of course my Stoma Therapy Nurse (STN), Kelly. One particular friend would drive down each week from the Central Coast with a carload of pre-cooked meals and stay with my mother during my admissions to hospital and while I was recovering - she is an absolute gem! I consider myself one of the very lucky

ones and this is, in a small part, due to remaining "the eternal optimist".

Since having my stoma operation in 2017 I keep myself busy attending monthly meetings and outings with Probus, Bookclub and my Stoma Support Group. I go to plays/musicals using my theatre membership, catch up with friends for movies and meals and volunteer at Ostomy NSW (a wonderful group of staff and volunteers to work with). I live with and am the full-time carer for my 90-year-old mother, with help from DVA, and this Monday coming I am booked in for my very first Bridge lesson!

On the upside I have also managed to fit in one month in Penang (Malaysia), a cruise for 28 days from Durban to Venice and a cruise for 30 days from Copenhagen to New Orleans. All of these holidays included long distance plane travel and hotel stays.



I would like to pass on a few of my personal tips that, in the past, have given me a trouble-free overseas holiday. You may also find some of these tips useful.

1. **Check out these good on-line documents** of “Travelling Overseas” and “Travelling with a stoma” for specific travel tips which you can find at the addresses below.  
<http://www.australianstoma.com.au/index.php/general/travelling-overseas>  
[https://www.stomatherapy.com/documents/PEP\\_travelling\\_with\\_a\\_stoma\\_2017.pdf](https://www.stomatherapy.com/documents/PEP_travelling_with_a_stoma_2017.pdf)
2. **Obtain a letter from your doctor** stating that you are an Ostomate and therefore required to carry stoma supplies. This letter must also state that you are “fit to travel” and list any medications and medical issues e.g. stoma, parastomal hernia etc. Keep a copy of this letter with your passport, one in your luggage and leave the original at home.
3. **Purchase travel insurance** before paying the balance of your holiday – state all medical issues and medications. When full payment is required well in advance it may be necessary to re-contact the insurance provider if your health circumstances have changed to update policy. If anything

has changed since purchasing the insurance policy obtain a revised letter from the doctor.

4. **Ask your STN for contacts** in the countries you are visiting just in case you need assistance.
5. **Pack additional supplies.** I take an additional 25% of the bags I would normally use – just in case.
6. **Keep 75% of your stoma supplies with you** in your hand luggage when travelling on planes or boarding ships. The remaining 25% (the additional supplies) can be packed away in your checked-in luggage.
7. **When travelling by plane pre-cut some of your bags** to take as hand luggage so you can pack scissors (and liquids such as adhesive remover spray) in checked-in luggage only.
8. **Take drainable bags only.** It is often easier to “empty” than “change” when using public facilities overseas. Although, Asian/squat toilets can be very tricky!
9. **Use Elastic Tape** to ensure additional protection/adhesion.
10. **Write the Lot Number on each bag.** I have been caught with bags that did not stick and ones where the plastic backing could not be removed. This makes it easier to identify the faulty bags.

**11. Put together resealable plastic bags with supplies**

to enable 3 complete changes e.g. stoma bags, antiseptic wipes, seals, elastic tape, adhesive remover wipes (travel pack size), silk wipes (or similar cloths) and plastic bags for disposal of used supplies.

I just grab a “full” pack each day to carry with me in my handbag or backpack when on day tours.

I also carry a roll of adhesive tape (separate to the packs) to stick the disposable bag to the toilet wall if there are no adequate disabled facilities – a tip from Kelly my wonderful STN.

As the holiday proceeds I can amalgamate the packs as I use the supplies – I don’t make a pack for each day.

**12. If possible, pack each resealable bag with 3 stoma bags with different Lot Numbers** - just in case one Lot is faulty.

**13. Tell your travel companion**

before travelling that if you are missing on a bathroom visit for more than what they consider a reasonable time you may need some assistance. Unfortunately, I had a major bag leak at the Albion Park Races. Thankfully, I had a friend who came to check on me and give me the assistance I required. I travelled home on the train to Sydney minus my knickers and socks – I can laugh now!

**14. Remember** that other countries may not have the same level of hygiene in public facilities that we do in Australia so regular hand washing and using antiseptic wipes is imperative to stay healthy.

I hope my personal tips are of benefit to other Ostomates travelling overseas.

Bon Voyage,  
**Christine J**

*PS: My Central Coast friend and I have decided that 2020 is the year to support Australia after the bushfires so we are planning a road trip to visit the “Painted Silos” and a number of country towns in NSW and Victoria.*

*March 2021 is a 15-day Princess cruise to New Guinea.*



# Win a \$1,000 holiday voucher

## And Travel with Confidence Pack



We are giving **YOU** the opportunity to win a **\$1,000 holiday voucher** you can use towards your holiday.

Having an ostomy should not prevent you from pursuing and enjoying travelling. Opening your horizons to experience completely different cultures, landscapes and experiences is one of the greatest joys of travelling. Our Coloplast Care team are dedicated to empowering you to be confident in travelling and not letting your ostomy hold you back.

Coloplast is proud to partner with Crohn's & Colitis Australia to give YOU the opportunity to win the ultimate Travel with Confidence Prize.

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- Kindle (\$139 value)
- Travel Guide
- Poo Pourri
- Disposable Bags
- Brava® Skin Cleanser Wipes
- Brava® Protective Seals
- Brava® Adhesive Remover
- Brava® Skin Barrier Wipes
- Brava® Elastic Tape
- Brava® Lubricating Deodorant

Packed into a stylish custom designed Venture Case for your convenience.

To enter, visit our website [www.coloplast.com.au/travelwithconfidence](http://www.coloplast.com.au/travelwithconfidence) and complete the online form during the promotion period.

Crohn's & Colitis Australia (CCA) are the peak national body representing more than 85,000 Australians living with Crohn's disease and ulcerative colitis. CCA is dedicated to creating a future where no-one lives with or suffers from inflammatory bowel diseases, Crohn's disease and ulcerative colitis for which there is currently no cure.

Visit [www.crohnsandcolitis.com.au](http://www.crohnsandcolitis.com.au) to learn more about how CCA support the Crohn's and colitis community.

Entries open 01/11/19 at 12:00am AEST and close 31/07/20 at 11:59pm AEST. Open to all Australian residents aged 18+ only. Limit 1 entry per person. Total prize pool valued at \$1,450.00. Full terms and conditions are available at [www.coloplast.com.au/termsandconditions](http://www.coloplast.com.au/termsandconditions)



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...SOFT, FLEXIBLE, SECURE

## KAJ'S STORY

“ I spend a lot of my spare time looking after and driving classic cars so need to be able to manage my stoma easily.

I've had an ileostomy since 1978 due to ulcerative colitis.

After 40 years on a different brand I'm changing to **eakin dot® soft convex.**



I regularly get 5 days wear time with no leaks or skin problems. It feels softer and more comfortable to wear and it sticks really well and moulds to my hernia. I'd recommend it. ”

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[www.omnigon.com.au](http://www.omnigon.com.au)



# ARRANGING TRAVEL INSURANCE

*by Stephen Grange, ONL Board Member February 2020*

I write this article from personal experience as a Urostomate since 2006, dedicated to achieving my travel Bucket List. I also worked professionally in general insurance both in Australia and overseas.

I do not travel outside of Australia without travel health insurance.

I have no idea of your circumstance, so I am not giving personal advice (you will need to seek your own advice) but hope my experience will be general assistance to fellow ostomates.

## **Why you should get travel insurance**

If you become seriously ill or have an accident while overseas you will be in a very difficult and expensive situation if you do not have insurance. You will face treatment bills, costs of extra accommodation and the cost of new airfares and reservations etc.

In some countries hospital treatment may be refused if you don't pay up-front or hand over your insurance details – even if this means you may die. You may be blocked from exiting the country until you have paid your bills. The Australian Government will not pay them for you.

It's just not worth the risk of travelling without insurance.

## **What is a “Pre-existing medical condition” and do I have one?**

In travel insurance, a pre-existing medical condition is a diagnosed medical condition that you have had or for which you have received any sort of medical advice, treatment or medication before you bought the policy.

As ostomates, we all have at least one pre-existing condition.

Each insurance company has its own restrictions to do with pre-existing conditions. Some may simply exclude the condition from cover while others may cover the condition after assessment and payment of an extra premium. If you have multiple conditions they may just cover some of them.

The exclusion applies unless you request and are expressly granted cover in writing for your pre-existing condition/s.

## **What if I don't get insurance for my condition?**

If you have not declared a pre-existing condition, or you declare it but cover for the condition is declined, you will have no cover for a claim that is related (directly or indirectly) to that pre-existing condition, even in the case of an accident. For example, if you have not declared your stoma and a seat belt damages your stoma during a car accident you will not be covered for the costs of treatment of the stoma.

You would still have medical insurance for conditions unrelated to your pre-existing condition (eg if you break your leg in that car accident).

## **How your insurer finds out about your undeclared conditions**

Your insurer learns of your condition when the foreign hospital contacts your insurer, or you contact your insurer. Your insurer will ask the foreign hospital or doctor for information and also asks your Australian doctors. It will be obvious from those reports that you have an ongoing medical condition. So your disclosures when taking out the policy must align to your medical history - otherwise you are not covered.

### What about my relatives?

They are also affected by your excluded pre-existing medical conditions. If they have to change their travel arrangements to be with you while you are being treated their own policy will not cover their additional costs unless your condition has also been declared and expressly covered. It is advisable to take out your policies together, with the same insurer.

### Shopping for cover

Your approach to buying cover should be honest and well-planned. You will probably not get cover for pre-existing conditions unless you have had at least twelve months without a health problem. Consider your doctor's advice on whether you should travel.

Some insurers have an on-line process of assessment, some do it over the phone. Some will require submission of supporting documents.

It may be helpful to obtain a letter from your doctor explaining your pre-existing conditions, on-going care and how successfully you self-manage without adverse medical outcomes. You can use this to help you to declare everything and you may need to submit it during the assessment process. A very positive letter can be a key component to gaining insurance cover.

The sort of questions you will be asked include what is the condition, what treatment and specialist assessments have you had and when, what medications are you taking, has there been any subsequent spread of the condition, etc.

It is best to do the assessment process yourself but if you wish to use a travel agent make sure they have your doctor's letter with full list of conditions.

Once one insurer rejects your application others may well follow and you must

inform if asked.

Once assessed, you will receive a letter explaining what medical conditions are still pre-existing and therefore excluded, and which conditions are deemed not pre-existing - being those for which you are covered.

Be absolutely sure to understand the insurer's letter and the Product Disclosure Statement. If unsure, call them yourself to clarify.

I've been refused cover – what do I do?

If you have been assessed and you receive an exclusion for one or more of your pre-existing conditions you need to consider whether you are prepared to take the risk of travelling with an excluded condition.

To travel without insurance is incredibly risky as it could cost you \$250,000 for treatment; and you may be denied life-saving treatment if you cannot pay.

A few countries have Reciprocal Health Care Agreements with Australia — for details go to [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au) and search for travelling overseas. While this may assist with your direct public system medical treatment it would not cover medical evacuation or costs of extra accommodation, flights etc.

### Other health tips

Whilst overseas, it's best not to cancel or suspend your Australian private health insurance. You may have to come home earlier than expected and within a suspension period.

I personally don't travel to countries with poor hygiene or medical facilities, countries where a stoma is a rarity, or where food poisoning (diarrhoea) often occurs. Other ostomates may be prepared to take these risks.

Finally, relax and have fun!

**See ONL web site for full detailed article.**

## Tania's Journey – Regaining Her Life

My name is Tania and I am a 53 year old wife, mother, daughter and sister. I have four children, all grown up, and two grandchildren. Family is the most important thing to me in the world. We are all very close and love spending time together, having meals together and holidays together.



### First Diagnosis

Just over two years ago. I became very sick. I was in so much pain, my bowels felt like they were going to explode, I found it extremely difficult to eat and couldn't do anything.

I had an operation called a rectopexy, where the surgeon implants mesh on both sides of the rectum and secures it to the sacrum to hold the rectum up and stop it from blocking the exit. I had several other operations to try and help but nothing worked. The problem was that the mechanics of my colon had failed.

Since then I have been diagnosed with intestinal failure and gastroparesis. Gastroparesis is a delayed emptying of the stomach. So not only was it hard for everything to come out, it was also hard for it to get in!

### Ileostomy Surgery

The first decision to make was to have the ileostomy. The surgery went well except I developed a parastomal hernia the day the stoma was created. Here is probably a good place to mention that I have a condition called Ehlers-Danlos Syndrome, which affects the integrity of the connective tissue in my body. This is the reason for my prolapses and paralysis in my digestive system. It is also the reason for the hernia as my connective tissue is weak and difficult to stitch together. I have mesh all through my body because of hernias and prolapses.

When I first had the ileostomy formed the hospital used their regular Ostomy products on me and within days I was covered in a rash. It was awful. Within two weeks of getting my stoma the hernia had strangled and I had to have urgent surgery at Auckland Hospital. It was after that operation that I woke up with a two piece Hollister system on. That was over a year ago and I've never looked back!!

### Living with an Ileostomy

My skin loves Hollister products, especially the CeraPlus™ barrier. I love the two piece system. It is so easy to fit and put on. I've had a few hiccups with my stoma because of the Ehlers-Danlos which has meant several surgeries to put it back into place but we have finally got there.

## Advertising Feature

I am no longer in excruciating pain from the constipation and the prolapses and with the ease of using the Hollister products I will be sticking with a permanent ileostomy. It's amazing how much easier it has made life for me. I'm sleeping really well for the first time in as long as I can remember and the confidence I have in the Hollister products contribute to that.

### Ostomy Pouches I Use

The great thing about Hollister is that if one product doesn't suit your needs there is always something else that will. I have been using the CeraPlus™ flat flange and midi bag since I got my ileostomy, along with the CeraPlus™ ring and the Adapt™ powder. But recently I have had to change over to a convex flange as my stoma has decided to play hide and seek. This is where the bowel is really active and moves around a lot and the stoma goes with it. So mine will point in all directions and sometimes will almost flatten out. But with the convex flange, it encourages my stoma to stay put and to always be protruding. It was such an easy fix.

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*“My skin loves Hollister products, especially the CeraPlus™ barrier.”*

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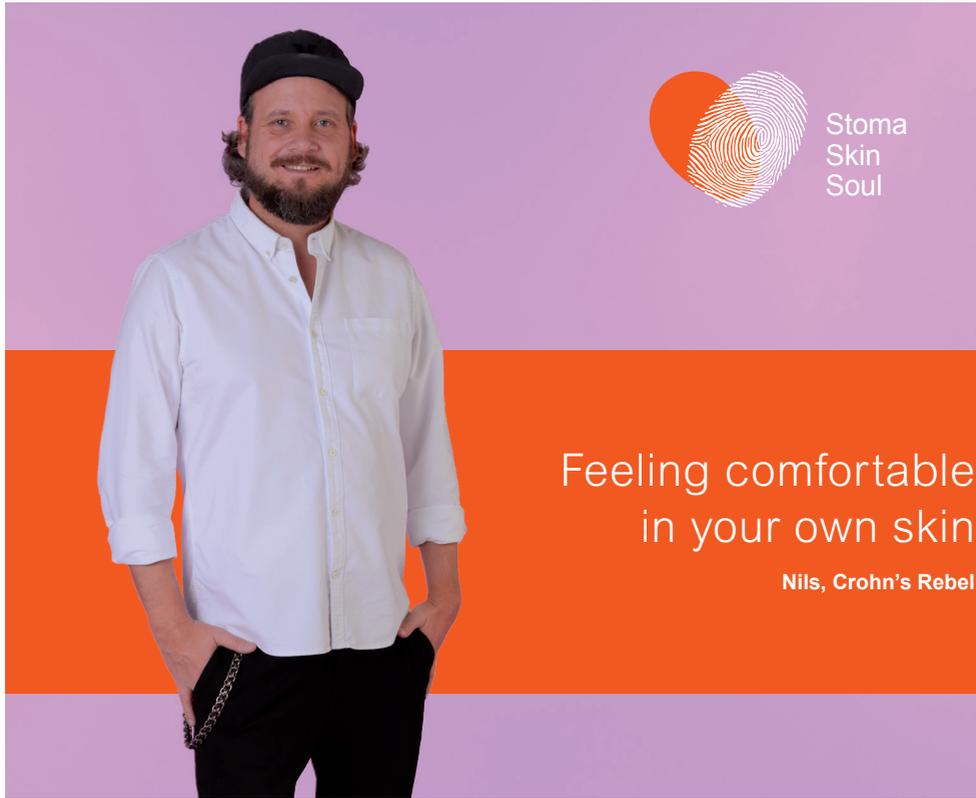
Getting a stoma for whatever reason can be a very scary and traumatic time, especially depending on your circumstances. But it doesn't have to be extremely difficult. We have tremendous people in our community to help us get through the stages of growing used to the changes in our bodies. Hollister are definitely one of them. I am so thankful to medical science, my surgeon, family and Hollister for supporting me all the way.



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

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\*Remois is a technology of Alcare Co., Ltd.  Remois



Stoma  
Skin  
Soul

Feeling comfortable  
in your own skin

Nils, Crohn's Rebel

## Dansac TRE seal is more than just a seal

With three levels of protection, the Dansac TRE seal has been designed to help keep healthy skin naturally healthy.

- Formulated to provide a secure, flexible seal to protect the skin from stoma fluid, while maintaining the pH balance of naturally healthy skin
- Designed to help make everyday life comfortable and deliver the confidence and reassurance you deserve
- Available in 3 sizes to cover a range of stomas



**Really, it's just about feeling comfortable in your own skin!**

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

**For more information and to order a sample, please call Customer Care on 1800 880 851 or visit [www.dansac.com.au](http://www.dansac.com.au)**

**DANSAC TRE SEAL**

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**dansac**

**AUTUMN 2020**

## WHAT PRODUCTS ARE AVAILABLE ON THE STOMA APPLIANCE SCHEME?

This is a question that is raised in our various member events and was a highlight of our Member Survey feedback in 2019. Many members request a full list of the products available. While there is a full schedule of products available from the Department of Health website, we don't recommend using it for a number of reasons.

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-stoma-schedule-index.htm>

The list of products from the November 2019 schedule was just over 3,700 items. While the list may be of some use to you, please note we recommend it is used with caution, due to:

- 1. Long list** – it contains 3718 different items, and although there are Groups, sub-Groups of like items and descriptions, how to make an informed decision for you cannot be made without clinical consultation.
- 2. How to read allowances** (by group and sub-group). Although each item has a monthly or annual allowance, products within Groups and across sub-groups cancel each other out. The Department of Health refers to this “for which the products serve the same purpose”. For instance, there are listed monthly allowances of two

remover sprays and two remover wipes, but not together in one month. You may only receive 100% of the allowance for like products. In most instances, a base plate is a base plate; a bag is a bag and seals are seals. Even though they may serve different purposes (convex, flat, closed or drainable) the monthly allowance is still only 100% of any combination.

- 3. The same is true of Support Garments** – the annual allowance is 6 briefs/boxers or 3 support belts, or a combination of both up to 100% of the allowance (for example 2 belts and 2 briefs is the maximum annual allowance).
- 4. All allowances are in units.** If the allowance is 30 and one box is 30, that is the maximum monthly allowance. If a box contains 10, you may be able to select a multiple of items, as long as the total allowance is still 100% or less.
- 5.** We will not split cartons to allow for combinations of items.
- 6. Restrictions** – some items have restrictions attached to them. These are designated by the letter “R” and a number (R1, R2, etc.). The explanation for these is given on the top of page 1.

*continued Page 27*



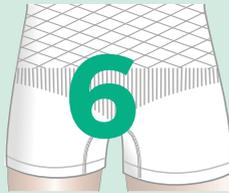
**OMNIGON**  
SUPPORT GARMENTS



# Did you know?

3 out of 10 people  
with a stoma will  
develop a hernia.

## Australian Stoma Appliance Scheme Entitlement



Support Pants

OR



Support Belts

**OR** a combination (1 support belt = 2 support pants)

**Call 1800 819 274 for your  
FREE Support Garment Guide  
and measuring tape**

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**OMNIGON**

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[www.omnigon.com.au](http://www.omnigon.com.au)

continued from Page 25

**7. Two-piece appliances** – not all bags and base plates fit each other, there are combinations for the attachment of each item within brands and within types of products.

Our advice is quite simple – for best results, consult with your Stomal Therapy Nurse or clinical professional. The staff and volunteers at Ostomy NSW are not trained professionals and cannot offer advice. If you need advice, contact our Stoma Nurse service (Janet Forsyth) by calling our office on (02) 9542 1300 or email to

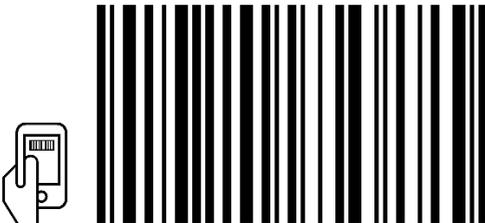
orders@ostomynsw.org.au to request a consultation. Our Stoma Nurse is currently available on the second Tuesday of each month, and we can also call her at other times as needed.

The Group 9 SAS Schedule classification broadly covers accessories used by patients with a stoma. Specifically, this classification includes; adhesive barriers, belts, clamps and clips, cleansers and solvents, convexity inserts, creams and ointments, deodorants, support belts and garments, night drainage, powders and pastes, protective films, and seals.

## MAKE DONATIONS WITH



**1.** Scan this barcode at the machine



**3.** Begin returning your cans/plastics or glass bottles.

**4.** Select

**PAYOUT**



**2.** The screen will acknowledge **“Welcome Stephen”**.  
*Stephen is the Manager at Ostomy NSW Limited.*



## BANKSTOWN AREA

- Dates:** Wednesdays  
6th May, 5th August,  
4th November
- Time:** 10:00-12:00 – Morning Tea
- Address:** Revesby Workers Club  
2B Brett Street,  
Revesby NSW 2212  
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 welcome.
- RSVP:** Please RSVP for catering  
purposes to your Bankstown  
Hospital STN or Clare Jacobs  
on 0400 921 901 or  
[aucldo@coloplast.com](mailto:aucldo@coloplast.com)  
for further information.

## ST GEORGE AREA

- Dates:** Tuesdays  
17 March, 21 April, 19 May  
(3rd Tuesday of every month)
- Time:** 10:00-12:00 – Morning Tea
- Address:** Ramsgate RSL Club  
Ramsgate Road and  
Chuter Avenue,  
Sans Souci NSW 2219
- Access:** Close to public transport and  
free parking
- About:** Everyone welcome – please  
RSVP for catering purposes to  
your STN or Clare Jacobs on  
0400 921 901.

## NEPEAN EDUCATION STOMA SUPPORT GROUP

- Dates:** Fridays 1st May, 17th July,  
25th September and  
27th November

- Time:** 2:00-3:30pm – Afternoon Tea
- Address:** 63 Derby Street, Penrith  
(University of Sydney Medical  
School)
- 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 2:00pm when  
you will be directed  
to the meeting room.
- Parking:** Either on the street or in  
the multi-storey 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  
4734 1245

## SHOALHAVEN SUPPORT GROUP

- Dates:** Wednesday 29th April  
Nowra Community  
Health Centre
- Wednesday 24 June  
Ulladulla Civic Centre
- Wednesday 26 August  
Nowra Community  
Health Centre
- Wednesday 25 November  
Nowra Community  
Health Centre,  
(*Christmas meeting*)
- Wednesday 9 December  
Ulladulla Civic Centre,  
(*Christmas meeting*)
- Time:** 2:00pm
- Address:** Nowra Community  
Health Centre,  
5 - 7 Lawrence Avenue Nowra
- About:** The STN is Brenda Christiansen  
Ph. 02 44246300  
[brenda.christiansen@health.nsw.gov.au](mailto:brenda.christiansen@health.nsw.gov.au)

# INFORMATION MEETINGS

## SOUTH WEST SYDNEY STOMA SUPPORT GROUP

**Dates:** Thursdays 23rd April, 18th June, 20th August, 8th October, 17th December  
**Time:** 1:00pm to 3:00pm  
**Address:** Camden Hospital, Heritage Auditorium, 61 Menangle Road, Camden  
**Contact:** Erin or Lu on (02) 8738 4308

## GOULBURN COMMUNITY STOMA SERVICE

**Dates:** Wednesdays 20th May, 19th August, 18th November  
**Time:** 9:00am to 3:00pm  
**Address:** Goulburn Workers Club, 1 McKell Place, Goulburn, (02) 4821 3355  
**About:** The STN is Kelly Taylor RN STN m. 0402 250 475 [kelly@communitystomaservice.com](mailto:kelly@communitystomaservice.com)  
Kelly will provide individual consultations by appointment.

## CANBERRA ACT SUPPORT GROUP

**Dates:** Tuesdays 10th March, 14th April, 12th May  
**Time:** 10:00am to 12:00pm  
**Address:** Hellenic Club – Woden, Matilda St Phillip, ACT, (02)6281 0899  
**Contact:** Your Stomal Therapy Nurse or Clare Jacobs on 0400 921 901 or [aucldo@coloplast.com](mailto:aucldo@coloplast.com) for further Information. Everyone is welcome ... Please RSVP for catering purposes.

## ILLAWARRA OSTOMY INFORMATION GROUP

**Dates:** Wednesdays 15th April, 10th June, 12th August, 14th October, 16th December (Xmas luncheon. Venue to be advised)  
**Time:** 10:00am to 12:00pm

**Address:** Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree  
**Contact:** Helen Richards CNC STN Wollongong Private Hospital Ph: 42861109  
Julia Kittscha CNC STN Wollongong Hospital Ph: 0414421021  
office: 42551594

## LIVERPOOL AREA SUPPORT GROUP - NEW!!

**Dates:** Thursdays 26th September, 28th November  
**Time:** 1:00pm to 3:00pm  
**Address:** Cabra Vale Diggers Club, 1 Bartley Street, Canley Vale 2166  
**Contact:** Erin or Lu on (02) 8738 4308

## BOWRAL STOMA SUPPORT GROUP

**Dates:** Fridays 13th March, 26th June, 18th September, 11th December  
**Time:** 1:00pm to 2:30pm  
**Address:** Bowral Bowling Club, 40 Shepherd St, Bowral.  
**Contact:** Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital— (02) 87384308 or Clare Jacobs 0400 921 901 [aucldo@coloplast.com](mailto:aucldo@coloplast.com). Everyone is welcome!! Please RSVP 1 week prior.

## BEAT BLADDER CANCER

**Dates:** Last Tuesday of every month  
**Time:** 7pm to 8:30pm  
**Address:** Macquarie University Hospital 3 Technology Place, Macquarie University.  
**Contact:** Adam Lynch, President BEAT Bladder Cancer 0421 626 016



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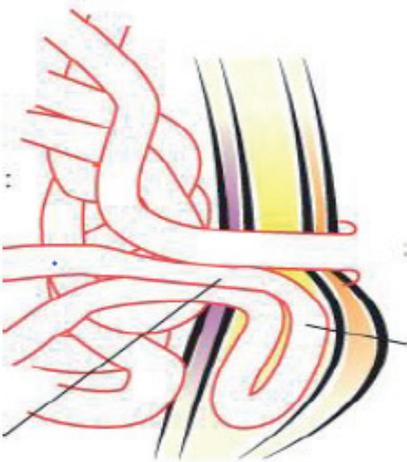


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## PARASTOMAL HERNIAS



A potential risk after stoma surgery is development of a parastomal hernia. Parastomal means “around the stoma” so a parastomal hernia is where some part of the abdominal contents, usually the intestine, pokes through the opening in the abdominal muscles at the site of surgery and usually appears as a lump.

This is a topic of great relevance and importance to ostomates. It can be challenging to manage a hernia. You may need different appliances and you may feel you can't do your usual activities or be relaxed about your appearance.

At ONL we try to regularly talk about hernias in support meetings

and in our journal. At the Annual General Meeting in October 2019 we had a very informative presentation from Lee Gavegan, Clinical Nurse Consultant Stomal Therapy at Westmead Hospital. We will be inviting Lee to attend future meetings and we hope you will have the opportunity to attend one and hear Lee talk in person. Below we outline some of the key information that Lee discussed.

*It is thought that a hernia will develop in 25-50% of ostomates at some time after surgery, so it's important to know about the sort of activities that can give rise to, or worsen, a hernia.*

These include any condition that increases the pressure of the abdominal cavity such as:

- being over-weight and/or having poor nutrition
- heavy lifting or heavy exercise,
- straining during a bowel movement or urination,

- coughing and sneezing – in some cases due to chronic lung disease,
- fluid in the abdominal cavity,
- pregnancy and childbirth
- medications e.g. steroids
- post-operative blood clot

### Signs That You May Be Developing a Parastomal Hernia Could Be:

- new lumps,
- lumps preceded by pain, or that become painful
- lumps that increases in size when standing & sitting
- a tender, swollen bulge of tissue that won't push back into the abdomen
- Abdominal or pelvic pain
- Discomfort may be worse at the end of the day, with a heavier or "dragging" feeling
- Difficulty getting appliances to stick and seal
- Skin becomes tight, thin & cracked or peeling

If you have concerns about a hernia you should seek advice from your STN, GP or Surgeon. Your STN can talk to you about the symptoms and help you manage the situation. The STN may measure you up for a support garment and give you advice on diet and exercise or refer you on for other services. If you have severe pain you should seek emergency help.

With the right support and appliances you can usually manage a hernia without surgery. Surgical repair might be considered if these conservative measures are not helping and you are experiencing prolonged stoma inactivity, on-going pain due to obstruction or strangulation, management issues such as difficulty with colostomy irrigation, or psychological distress. Surgical options are relocating the stoma on a different part of the abdomen or repairing the hernia and repair of hernia with or without mesh. These options are not without risk so its preferable to be diligent about preventing and managing a hernia.

*It is recommended that ostomates avoid strain to the abdomen by staying strong through suitable exercises that are recommended by an STN, wearing a properly fitted support garment and keeping on top of health issues such as chronic coughing or straining. Stay healthy through maintaining optimal weight and good diet.*

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HEALTHCARE



If you have a hernia you should have a review by your STN every year to monitor its condition and to make sure your garments are still right for you.

## Prevention and Management Strategies

- Seek advice on what exercises are good for you to do and do them
- Lose excess weight if you can
- Wear an appropriate sized support garment or belt for general support and especially when doing exercise
- Give up smoking

**Source:** North J. *Early Intervention, parastomal hernia and quality of life: a research study. British Journal of Nursing, 2014 (Stoma supplement) Vol 23, No 5*

## Abdominal Exercises for Hernia Prevention

You may have been taught these exercises while you were in hospital for your stoma surgery. It's recommended to keep them up and incorporate them into a life-long daily routine.

Start all abdominal exercises by lying with your head on a pillow, knees bent and feet flat on your bed or the floor.

### 1. Abdominal exercise

Gently place your hands on your lower tummy. Breathe in through your nose and as you breathe out, gently pull your tummy button

down towards your spine. Feel the muscles tighten, try to hold for a count of 3 and then relax. Breathe in and out normally.

### 2. Pelvic tilting

Place your hands in the hollow of your back. Tighten your tummy muscles (as for exercise 1), flatten your lower back onto your hands, and tilt your bottom. Breathe normally. Hold for 3 seconds and release gently.

### 3. Knee rolling

Tighten your tummy muscles (as for exercise 1) and gently lower both knees to one side as far as is comfortable. Bring them back to the middle and relax. Repeat to the other side. This exercise has the added benefit of releasing trapped wind.

Aim to do these exercises three times a day with five repetitions each. Increase the repetitions as you feel able.

### Source:

*Oxford Radcliffes Hospitals 2013*

ONL members can see their local health area STN or make an appointment at the ONL STN clinic in Kirrawee to see Janet Forsyth STN. Janet is available by appointment on the second Tuesday of each month. Please phone 02 95421300.

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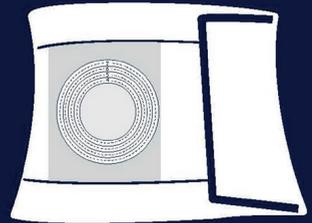
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