

Annual General Meeting for 2011

The Annual General Meeting of ONL will be held on Saturday, 19th November 2011.

The meeting is to be held in the Red Room, 1st floor, City Bowlers Club, 95-99 York Street, Sydney, commencing at 2.00 p.m.

Formal notice of the meeting and the resolutions to be passed are being sent to each ONL member with this Newsletter.

All members are encouraged to attend and participate in this major event for the year.

The meeting will be preceded by

a Happy Hour and Luncheon and, again, all members are most welcome.

The Happy Hour is free and will start at 12.00 noon.

Cost of the Luncheon is the same as last year, that is, \$40 per head and bookings are essential.

Contact our Member Service Officers for bookings and payment options.

Also included with this Newsletter is the Annual Report to Members which includes a snapshot of results for 2010-2011.

Major Raffle

Tickets for the major annual fundraising raffle are included with this Newsletter.

Great cash prizes are on offer:

- 1st \$1,000
- 2nd \$ 500
- 3rd \$ 250

Ticket prices are \$2 for a single ticket or \$20 for a book of 12, that is, 2 free tickets.



Typical beginning of the month—orders ready for dispatch

In this issue:

ONL Annual General Meeting

Saturday, 19th November 2011 at City Bowlers Club.

Major Raffle

On sale now and to be drawn at the AGM. Great cash prizes and ticket package deals.

Dental Assistance from Medicare

Information on how to find out if you are eligible.

Handy Hints

Hints and tips from Lesley Everingham aimed at helping ostomates manage leakages.

Parenteral Nutrition Down Under

What it's about and how to join

Medicare Chronic Disease Dental Scheme

If you are a person with a chronic and complex medical condition, you may be eligible to receive up to \$4,250 in Medicare benefits under the Medicare Chronic Disease Dental Scheme.

Certain eligibility criteria must be met and you have to be referred by your GP under a GP Management Plan and Team Care Arrangements.

If you have a health care plan with your GP in regard to any long term health problems (whether or not it is related to a stoma), you should ask your GP about the Scheme which may offset some of your dental expenses.

For more information go to:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/Dental+Care+Services>

Handy Hints for Ostomates by Lesley Everingham, Clinical Nurse Consultant, Stomal Therapy Department, Royal Prince Alfred Hospital

Introduction

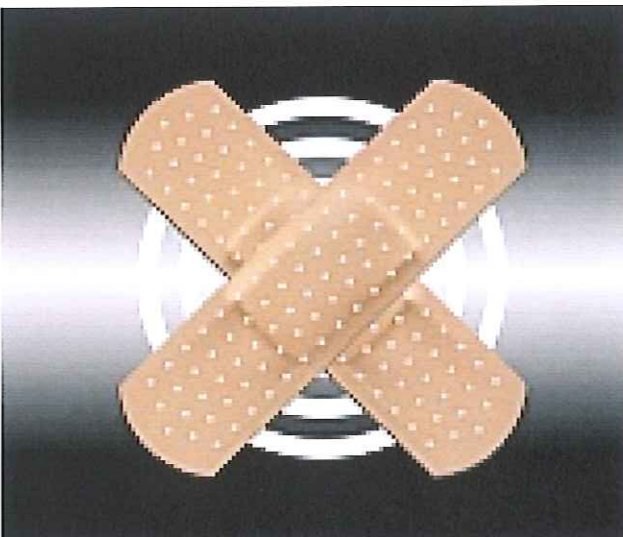
Some people with stomas may experience an occasional leakage problem with their appliance, but if repeated or continual leakages occur, advice from a Stomal Therapy Nurse should be sought.

This article has been prepared by Lesley Everingham from the Stomal Therapy Department at Royal Prince Alfred Hospital in Sydney and is aimed at helping ostomates manage the problem

Causes of Leakage

Over time stomas and abdomens will change shape and size and appliances need to be adjusted accordingly. Causes of leakages may include:

- inadequate cleaning or drying of the skin around the stoma;
- allowing the appliance to become too full;
- leaving an appliance on for too long;
- a stoma that is "flush" with the skin or below skin level;
- skin indentations, creases or folds near the stoma;
- macerated or excoriated skin;
- incorrect positioning of the appliance;
- inappropriate appliance;
- faulty equipment.



Cleanse the skin

If using a remover wipe to assist with the removal of an appliance or any residual adhesive on the skin, it is important to wash the skin thoroughly after use otherwise any remover solution left on the skin may interfere with the next appliance adhering.



Minimise skin problems

To minimise the risk of skin problems, in particular skin break down (excoriation / maceration), it is important that the opening in the appliance should fit the stoma snugly (but not tightly). This is especially relevant with an ileostomy as the output is high in corrosive enzymes

When a stoma is first constructed they are often swollen or oedematous as a result of the surgery and over the next 4 to 8 weeks the stoma will reduce in size, therefore it is necessary that the opening in the appliance is reduced accordingly.

Some techniques

Placing a layer or two of toilet paper over the water surface in the toilet bowl just prior to emptying an appliance, may reduce the "splashing" effect when a person with an ileostomy empties their appliance.

Two pegs or bulldog clips, attached to each end of a piece of cord or ribbon, is a gadget that can be used to prevent clothing from getting in the way when a person with a stoma is changing an appliance

Handy Hints for Ostomates (continued)

The cord is placed around the back of the neck and the pegs or bull dog clips are then clipped to the rolled up clothing in the front. This eliminates having to try and hold clothes out of the way whilst at the same time trying to change an appliance. It is particularly helpful when needing to change an appliance in public toilets.



Carry a prepared kit

It is recommended to always carry a kit with you of your requirements for an appliance change. That way, if your appliance was to leak whilst you are away from home you can change the appliance.

It is also advisable to periodically replace the appliance in the kit as over time the adhesive will deteriorate, this is especially so if the kit is left in a car for prolonged periods.

Effects of medication

Some medications or nutritional supplements may alter the colour, odour or consistency of stool or urine. If commencing a new medication always remind your doctor that you have a stoma and enquire as to what effect it may have on the stomal output.

The efficacy of some medications is reduced if you have an ileostomy, particularly those designed to be sustained or extended release. These packages are often marked SR, MR or ER.

Crystals - formation and reduction

Urinary crystals on or around a urostomy are usually associated with alkaline urine. The crystals will have a white, gritty appearance and may contribute to stoma irritation or stoma bleeding

Keeping the urine acidic can be achieved by thorough cleaning of the stoma and ensuring the opening in the appliance fits the stoma correctly thus protecting the peristomal skin and reducing or preventing crystals.

The urine can be acidified by drinking at least 6 to 8 glasses of water per day and /or including cranberry juice in your fluid intake

Cleaning

When cleaning the urinary stoma, washing with solution of 1 part white vinegar to 4 parts water may help prevent crystal formation.

If the crystals are already present, a gauze compress soaked in a solution made from equal parts of white vinegar and water can be applied over the stoma for a few minutes when the appliance is changed.

The vinegar may cause the stoma to have a temporary, non harmful, white appearance.


Storage of supplies


Stoma supplies should be stored in a cool, dry place away from direct sunlight. When you receive your new supplies, rotate the stock so that the new supplies are put to the back and the older supplies are used first. If you find you are accumulating too many supplies either order smaller quantities or order less often.

Disclaimer—The information contained in this article should in no way be construed as clinical advice from ONL. The article is provided by ONL as information on behalf of Lesley Everingham.


Contact Us

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Hours of Operation

We are open 4 days a week Monday to Thursday.

Counter hours are 9:00am to 2:00pm.

Parenteral Nutrition Down Under

Parenteral Nutrition Down Under (PN-DU) is a self-funded, not-for-profit support group for consumers and carers in Australia and New Zealand on Parenteral Nutrition (PN).

PN is food in a liquid form which is delivered via a catheter in a vein close to the heart, when it is not possible to eat regular food because there is a problem with the digestive system.

The number of people in this part of the world on HPN is small – approximately 150 children and adults. Many of those on HPN also have small or large bowel stomas.

PN-DU was established in early 2009 by a consumer who is passionate about support, best practice and equality for all HPN consumers.

PN-DU welcomes new members – not only consumers and carers but also clinicians, industry representatives and others interested.

Contact details are:

Mail The Secretary
Parenteral Nutrition Down Under
4/24 Albert Street
Hornsby NSW 2077

Phone (02) 9987 1978

Email contactpndu@gmail.com

<http://parenteral-nutrition-down->

Board of Directors

Tom Flood, President
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Heather Hill, AM, Secretary
Gerard Watts, Treasurer
Stephen Grange, Director
Bob Newman, Director

Company Secretary & General Manager

Michael Peebles, AM

Your ONL Team

Operations Supervisor — Colleen Lamond
Office Team — Ros Hartenstein, Cheryl Mellor,
Aye Aye Myint, Frank Yu, Norma Nicholas, Kim Swain, Kelly McGee, Natalie Wilks
Warehouse Team — Barry Shaw, Janice Shaw, Jim O'Sullivan

Member Orders

Orders can be mailed, faxed or emailed .
The email address is orders@ostomynsw.org.au
Orders can be collected at ONL or sent via Australia Post.

Packing & Handling Recoveries

These include postage and are currently \$11 for NSW & ACT and \$14 for other States, per parcel. These will increase on 1 Jan 2012 to \$12 and \$15, respectively.

Member Accounts

You may find it cheaper and easier to maintain a member account, paying an amount once or twice a year in advance for delivery, membership, raffle tickets, non-PBS items or donations.

Payments

Payments for all services can be made by cheque, money order, credit card (minimum amount \$33) or electronic funds transfer to BSB 112-879, Account No. 456643389, quoting your membership number and the reason for the payment (e.g. postage).

Please note that cash and EFTPOS are only available if you are paying in person at Kirrawee.

Do not send cash with orders.

Do you have questions regarding ostomy care?
Do you have experiences that may benefit others?
Would you like to expand your support network?



Join our conversation.

Ostomates.com.au

Ostomates.com.au is an online virtual community network for people with a stoma. Share your story, find support and talk to clinical experts online.

Ostomates.com.au is sponsored by Coloplast.

Having trouble with your current Ostomy appliance? Looking for samples?
Go to www.coloplast.com.au/ostomycare/ostsamples

NEW Flexima[®] Uro Silk

NO MORE DRIPS

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GREAT RANGE OF OPTIONS

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FOR EVERY
POUCH!!**



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AND SEE FOR
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For more information and samples please
contact Omnigon Customer Service on:

Freecall 1800 819 274
or samples@omnigon.com.au

DOES THE SKIN AROUND YOUR STOMA SOMETIMES BECOME SLIGHTLY RED OR IRRITATED?



Eakin® Cohesive® is the gold standard in skin care and protection. Eakin Cohesive will provide a complete seal around your stoma and prevent leakage and skin irritation. By preventing leakage Eakin Cohesive will make your pouch more secure and your skin more comfortable.

Take the Eakin Cohesive Healthy Skin Test

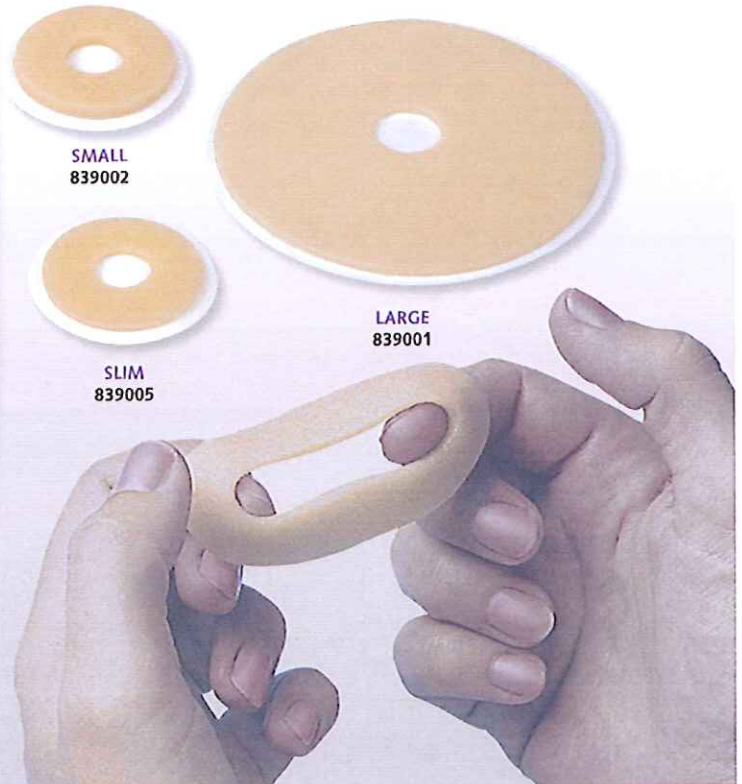
Do you have:	Yes	No
Slightly red or red skin	<input type="checkbox"/>	<input type="checkbox"/>
Sore skin	<input type="checkbox"/>	<input type="checkbox"/>
Itchy skin	<input type="checkbox"/>	<input type="checkbox"/>
Irritated skin	<input type="checkbox"/>	<input type="checkbox"/>
"Weepy" skin	<input type="checkbox"/>	<input type="checkbox"/>

If you ticked yes for any of the above please contact Omnigon Customer Service for more information and a free sample of Eakin Cohesive seals.

Your skin will thank you.



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DIAMOND PLUS

The Next Generation in Support Garments



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WOMEN'S BRIEFS

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- Two way stretch to mould to the body

Skin Friendly:

- Revolutionary breathable fabric for maximum comfort
- Ideal for any climate