



Newsletter - Autumn 2013

President's Message

Your Board of Directors are interested in how you, our members, perceive the service that your association provides. I can assure you that our dedicated team works hard to provide service of the highest standard; however there may be areas that you think we can do better. Please let us know. Email president@ostomynsw.org.au or telephone me on 9542 1300.

Our Manager, Bob Newman is actively improving our procedures and practices for the benefit of our members. Bob and our Directors will appreciate any constructive suggestions you may provide.

Please note the UOA regional meetings as detailed on this page. I hope to see many of our members at each get together.

Tom Flood

United Ostomy Associations of NSW (UOA) Regional Meetings are planned for Cardiff 9th April 2013

Bathurst 13th August 2013

Bega 10th September 2013

Cardiff - Ostomy get together – meet and chat day

Tuesday 9th of April 2013

10:30 am to 4:00 pm approximately

Cardiff Panthers Club

Cnr Munibung and Pendlebury Roads.

All ostomates and their families are welcome to attend. The day will include supplier company displays and demonstrations and a Q&A session. Lunch is available from the Club's bistro.

Heather's Q&A

*Many have requested the Apple Juice recipe that is being tested by Jackie Johnston (STN at St. Vincent's and a dietician) in relation to maintaining hydration. The recipe is:

240 mls apple juice

480 mls water

½ teaspoon salt

*An interesting question that arose from a colleague was: "I really enjoy having a sauna, but can any damage be done to a stoma?"

After corresponding with several STNs around the world and a professor of colorectal surgery, it seems, interestingly, that no-one has seen any articles pertaining to this question. However, there is literature showing that saunas do not help with weight loss; just cause dehydration. Everyone was confident that mucosal damage to the stoma would be unlikely, and were in agreement that people should be very aware of the possibility of becoming dehydrated; especially people with urostomies and ileostomies. The surgeon commented that a number of his patients use saunas regularly. People should be aware that excessive sweating and dehydration can potentially cause a drop in blood pressure. STNs and the surgeon consulted also pointed out that the adherence of the pouch (bag) or

base-plate could be undermined or weakened by the heat and sweating in a sauna.

Robin Skillman has been the Stomal Therapy/Wound Care nurse at Tamworth Hospital since moving from Coffs Harbour in 2003.



She is the only practicing Stomal therapy nurse within the New England area that captures the major towns of Tamworth, Gunnedah, Moree, Narrabri, Inverell and Armidale and surrounds. Most of her work is within the Tamworth Hospital however she arranges clinics at these other areas as needed. To cater for the population within this large area, she uses the telephone a lot; takes and receives digital photos of problems people are having with their stomas from hospitals and Community nurses, and now has a web cam to enable long distance consultations where she can see and talk to the person with a stoma.

She also provides a Wound Care service within Tamworth Hospital and a capsule endoscopy service as an outreach of the John Hunter Hospital, Newcastle. Capsule endoscopy is where a camera is swallowed within a pill and images are taken of the small intestine over an 8 hour period.

Robin loves her job for the people whom she nurses and the courage, capability and ingenuity they demonstrate. Her love of Stomal Therapy developed within her first year of nursing when she worked at Concord Hospital, Colorectal Surgical Unit. Heather Hill was the Stomal Therapy nurse who inspired her to continue within this area of

nursing and she undertook the course at St Vincent's Hospital, Sydney a number of years later. Under the tutelage of another inspiring Stomal Therapy nurse, Susan Dunne, the passion for nursing people who had undergone stoma forming surgery and facilitating their short and long term recovery, was cemented.

When not at work, Robin tends the garden of her 100 year old cottage in Tamworth; is taken for vigorous walks each day by her maramma cross kelpie; puts mosaic on anything from birdbaths to chairs, and plans the annual travel adventure with her husband.

Support Groups

If you would like details of an ostomate support group, please contact the ONL Office or your STN.

For example, the **Penrith Stomal Therapy – Educational Support Group** meets at Kingswood. Contact Naomi Houston at Nepean Hospital.

Cowra Ostomy Friendship Group is a recently formed group that meets the 1st Tuesday of each month. The Group is also active in raising funds to assist with Stomal Therapy Nurse education.

Georgie and her family have been active in the Cowra area, particularly over Christmas 2012 hopeful of building awareness and support for ostomates including access to stomal therapy nurses. She wants ostomates of whatever age to know that they are not alone.

For more information, please contact Georgie Hodder on 6342 4160 or 0422 678141.

Attention support Group organisers. Does ONL have your correct details, including place and date of regular meetings? Please email info@ostomynsw.org.au to keep us up to date.

STN Clinic at ONL

STN Janet Forsyth operates a clinic from ONL premises (Monro St entrance) on the second Tuesday of each month.

This is a free service for members as a supplement to services available through hospitals.

We are aware that some ostomates find it difficult to meet with an STN, particularly in remote areas.

ONL is therefore considering establishing a system so that members can consult with Janet Forsyth via Skype (a video consultation via computer) or by using mobile phone.

We would be interested in the opinion of our members on this and other suggestions for improving our member services.

If you have an opinion on using Skype or photos sent by smart-phone to consult with our STN, please email manager@ostomynsw.org.au or telephone Bob Newman.



Got something interesting to say?

Articles, questions, poems, jokes, or stories; please Email info@ostomynsw.org.au (attention Warren) or phone Bob at ONL. (02) 9542 1300

Contact Us

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Newsletter editor: Warren Nalty

Orders

Please post, fax or email to orders@ostomynsw.org.au

Board of Directors

Tom Flood, President

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Heather Hill, AM

Stephen Grange

Kevin Skerritt,

Perry Johnstone

Robert (Bob) Newman, Company Secretary and Manager

Your ONL Team

Operations Supervisor — Colleen

Office Team — Ros, Cheryl, Aye Aye, Frank, Norma, Kim, Natalie, Bev; Warehouse Team

— Jim, Barry, Janice, Matt, Charlene

Plus our dedicated volunteers

Hours of Operation

We are open four days a week Monday to Thursday - Counter hours are 9:00am to 2:00pm.

Dates to remember 2013

2013 Meet and Greet for Ostomy NSW members and guests will be held at the Bowlers Club, 95 York Street Sydney on Saturday the 16th of November 2013.