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TO CONTRIBUTE ARTICLES/FEEDBACK

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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.



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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

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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

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:

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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

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Lee Gavegan CNC

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

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NSW STOMA LTD. CLINIC

Anne Marie Lyons STN..

Mobile: 0468 582 951

Email: 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.

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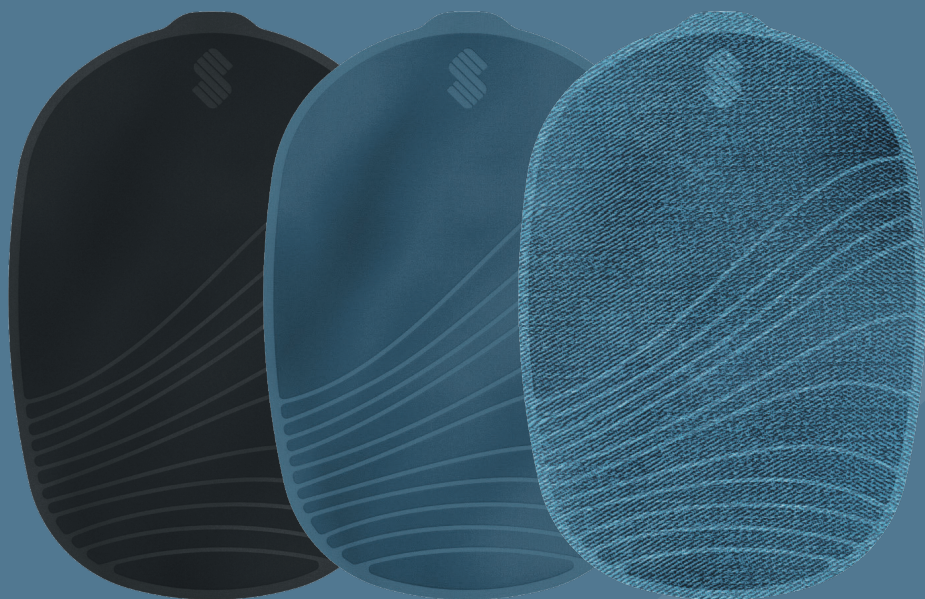
Anne Mamo CNS (mon/thurs/fri)

Deborah Dutchak CNS (wed-fri)

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

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STOMAL THERAPY SERVICES - (NSW & ACT)

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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

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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

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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)

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

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Mobile: 0414 421 021

Samantha Lawrie – STN, Rachael Browbank

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

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Helen Richards CNC

(Ward 4 South, Mon. only)

Phone: (02) 4286 1109

Fax: (02) 4286 1312

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Sharon Gibbins, Mary Cuzner

Emma Cutugno

GOSFORD PRIVATE HOSPITAL

Phone: (02) 4304 3297

Dee Coulton STN

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
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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

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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

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Jane Kulas STN

Phone: (02) 6641 8200

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

Aruma Grafton Community Nursing

Nadia Hartley

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29 Molesworth Street, Lismore.

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Fax: (02) 6620 2963

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Jane Kulas STN CNS

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

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Phone: (02) 5524 2439

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

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Tracey Eason STN

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TWEED HEADS COMMUNITY HEALTH CENTRE

Lisa Clare Stomal/Continance Advisor.

Phone: (07) 5506 7540

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

Siobhan Mills

Mobile: 0427 064 815

Covering Tweed Heads Hospital &
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Lavinia (Alvin) Hill

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Gerardine O'Brien

Amanda Forbes

ALBURY WODONGA PRIVATE HOSPITAL (AWPH/ASG)

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Gerardine O'Brien STN

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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

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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))

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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 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

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

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 will 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 will 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

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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

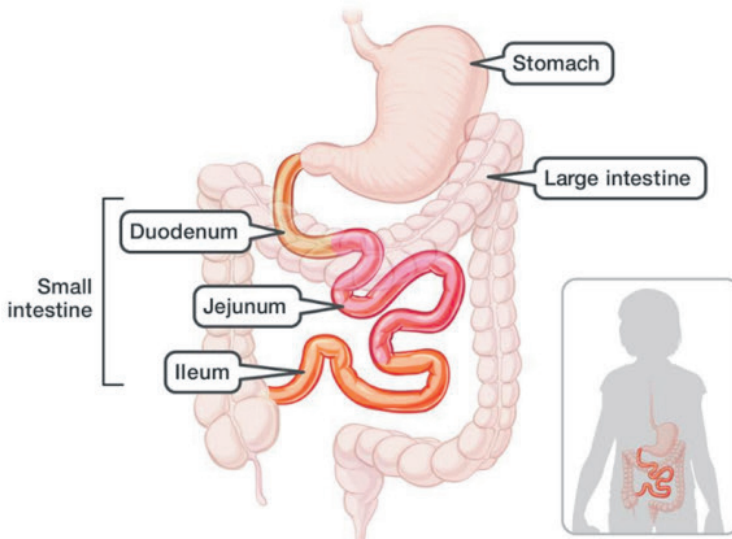
Small intestine: absorbs nutrients

Duodenum – 25cms long

Jejunum – 2.5m long

Ileum – 3.6m long

Large intestine: absorbs water - 1.5m long

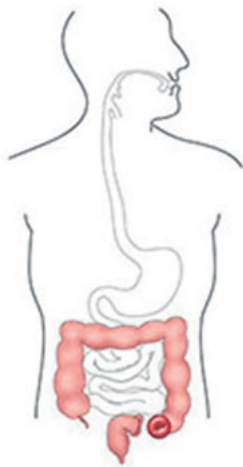


END STOMA

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)

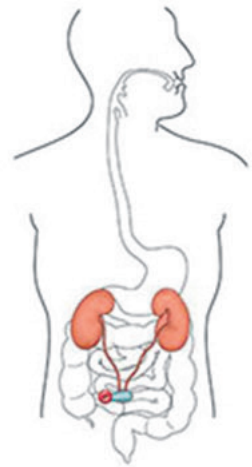
...in addition, a Fistula is an opening from one organ to another or to the surface of the skin.



Colostomy



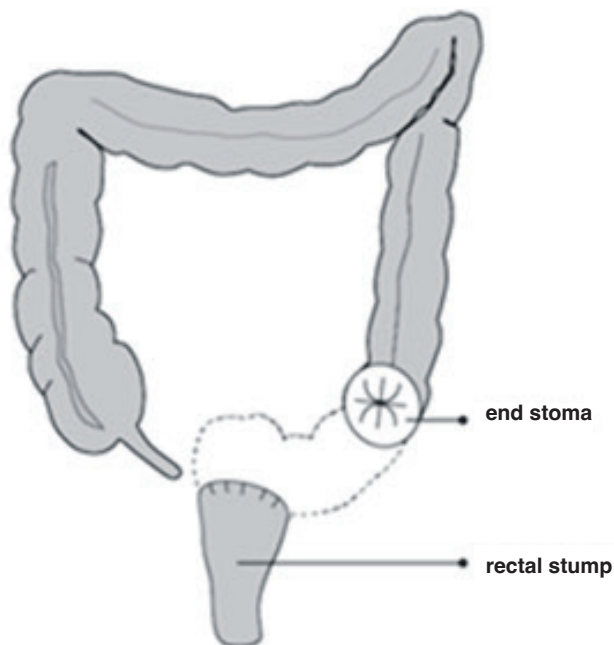
Ileostomy



Urostomy

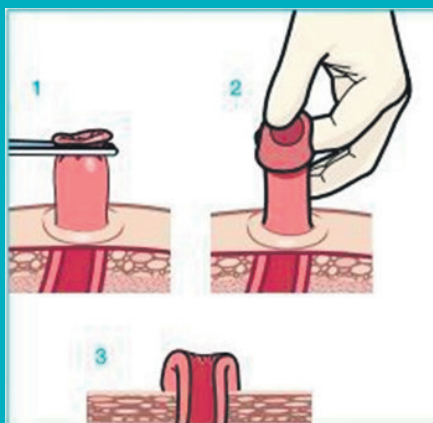
END STOMA

End Stoma with a Rectal Stump
(Hartmann Procedure)



© Canadian Cancer Society

Formation of an end stoma



LOOP STOMA



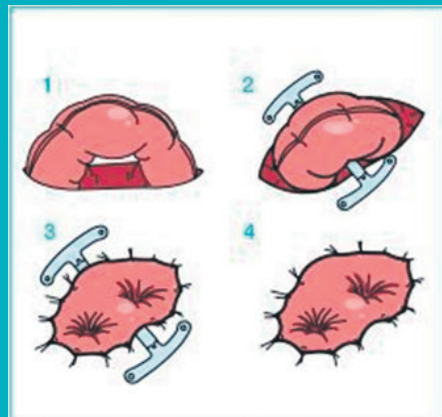
Figure 2
Loop Transverse Colostomy

■ Active portion of colon
□ Inactive portion of colon



Figure 3
Loop Transverse Colostomy

Formation of a loop stoma



COLOSTOMY

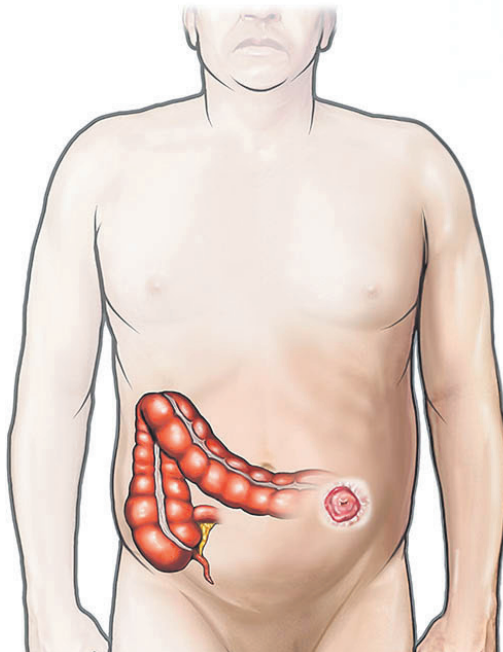
Surgically created opening to eliminate waste out of the body after a section of the large intestine has been removed or bypassed.

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

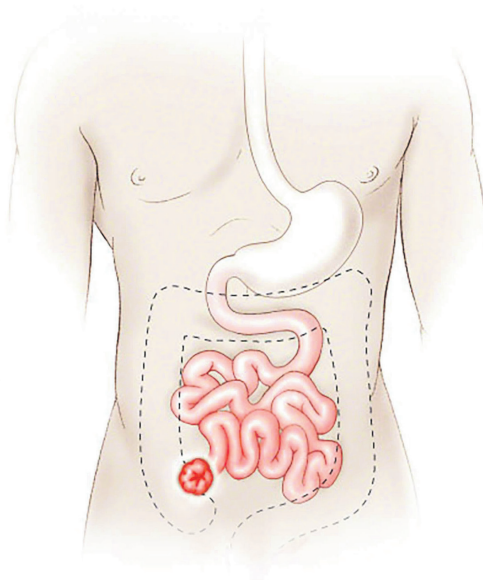
Surgically created opening to eliminate waste out of the body after a section of the small intestine, or the entire large intestine has been removed or bypassed.

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



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