



# Ostomy Tasmania Incorporated

NEWSLETTER No. 199

**April 2017**

*(Supplement to Ostomy Australia Volume 26 No.1)*

## NEXT MEETING (including AGM)

**DATE & TIME: SATURDAY 16<sup>th</sup> SEPTEMBER 2017, 2.00 pm**

**PLACE:** Ostomy Tasmania Distribution Office, St Johns Park, New Town

All members and friends are invited to attend the AGM and the Management Committee meeting.

Company representatives are usually present, so come along and check out the new appliances. Afternoon tea will be provided.

## MANAGEMENT COMMITTEE & STAFF

### OFFICE BEARERS

PRESIDENT	Mr Terry Gill, Fern Tree (03) 6239 1124
VICE PRESIDENT	Mr Peter Clarke
SECRETARY/TREASURER	Mrs Sue Hoyle, Kettering (03) 6267 4837
MINUTE SECRETARY	vacant

### COMMITTEE

Mrs B. Clarke, Mrs M. Ferguson, Mrs H. Hortle, Mr A. Kok, Mr P. Lopez, Mr C. Spiegel, Ms R. Thompson, Mrs S. Hicks RN

### LIFE MEMBERS

Mrs E. Coombe, Mr E. Morling

### ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery, Mr Ben Clarke

**Please address all correspondence to:** The Secretary

**Mail:** P.O. Box 280, Moonah TAS 7009

**Phone:** (03) 6228 0799

**Fax:** (03) 6228 0744

**Email:** [admin@ostomytas.com.au](mailto:admin@ostomytas.com.au)

**Please cross all cheques and money orders and make payable to:** Ostomy Tasmania

## OUR STOMAL THERAPY NURSES

### SOUTHERN REGION

Madi Bradshaw	Gen Surgical Unit, Royal Hobart Hospital
Jane Woolley	Calvary Hospital, Lenah Valley (ph 6278 5229)
Annette Goulding	Gen Surgical Unit, Royal Hobart Hospital
<b>Sonia Hicks *</b>	<b>Stomal Therapy Dept (Ward 2B), RHH; (ph 6166 8283)</b>
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
<b>Heather Noga *</b>	<b>Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)</b>
<b>Vanessa Rhodes*</b>	<b>Stomal Therapy Dept (Ward 2B), RHH; (ph 6166 8283)</b>

### NORTHERN REGION

<b>Sue Delanty*</b>	<b>Stomal Therapy Dept, LGH; (ph 6777 6832)</b>
Carolynne Partridge	Specialist Clinic, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital
<b>Deborah Franklin</b>	<b>Calvary Health Care, Launceston, (ph 0438 445 338)</b>
Jennifer Heyward	Calvary Health Care, St Vincents Campus, Launceston

### NORTH WEST REGION

<b>Michelle Emin *</b>	<b>N.W. Regional Hospital, Burnie; (ph 64936274)</b>
<b>Andrea Hicks *</b>	<b>Mersey Community Hospital; (ph 64785387)</b>

(\* STNs occupying official Stomal therapy positions are shown in **bold**. Sue and Teena are job sharing at the LGH. Vanessa and Sonia are job sharing at the RHH).

## PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your parcel as soon as you receive it. Our volunteers make every effort to get your order right, but occasionally mistakes are made. If you receive the wrong appliances, we need to know as soon as possible and **definitely within the same month you received the parcel**, otherwise we are unable to make any exchange.

## ARE YOU WILLING TO GET INVOLVED?

Are you willing to become a committee member of Ostomy Tasmania Inc.?  
It is vital to have an informed, interested and capable committee to manage the Association's affairs. Our Constitution allows for ostomates and non-ostomates to be committee members. Ostomy Tasmania Inc. members and other interested persons are encouraged to air this opportunity amongst their social and business contacts. There are generally only 2 meetings held per year. Contact Sue Hoyle at the office or email [admin@ostomytas.com.au](mailto:admin@ostomytas.com.au) to express an interest. Your input would be most welcome.

## INFORMATION FOR MEMBERS

You **MUST** be a financial member before any appliances can be issued to you. If you are unable to pay your annual membership fee which is due on 1 July each year, please contact the Secretary for a Time Payment request.

### POSTAL ORDERS

- **ALL ORDERS** should be addressed to **P.O. Box 280, Moonah, 7009.**
- Please state your order clearly, **quoting the brand name, code no., size and number of appliances you require.** Remember to **include your name and address.**
- Please DON'T ask for "*my usual order.*" Although we have a record of your usual appliances, we don't always know what your usual accessory items are. The best way to ensure you get what you want is to *quote the brand and code no.*
- Make sure to **allow at least two weeks for return delivery**, especially when ordering a two-month supply (including holiday orders).
- **POSTAGE, PACKAGE AND HANDLING - \$12.50 per parcel**
- You can pay bulk postage up to 12 months in advance if you wish.
- Please include this payment with your order. Remember to **cross all cheques and money orders** and make them payable to **Ostomy Tasmania.** **Write your name and address on the back of money orders.**
- We have the facility to run a postage account for you if you would like to pay a bulk amount of postage money, thus saving costs of multiple cheques, money orders etc. In this case, you can submit your order by phone, fax, email or online ordering.
- You can make an internet transfer to our bank account (BSB 807 009, Account No. 5109 4661, Name of account: Ostomy Tasmania Inc.)  
**Make sure you include your full name as a reference.**
- You can phone the office and pay by credit card (**\$2 transaction fee applies**).

### COLLECTIONS

- **OPENING HOURS:**  
**Mondays** (excluding Public Holidays) **9.00 a.m. - 12 noon and 1.00 pm - 3.00 pm**  
**Tuesdays 9.00 am - 1.00 pm.**
- **WHERE:**  
**St Johns Park, New Town:** the former Amenities Building, which is the second building on your left as you drive in to the St Johns Park complex from Creek Road. Look for the "Ostomy Tasmania" signs on the building. A few parking spaces are available outside the building (look for the signs).
- **Bring a box end** (with code number) along so we can see what you require.  
**Credit card and EFTPOS facilities** are available at the Distribution Centre.  
A transaction fee of \$2.00 applies to card payments to help offset our costs.

## INFORMATION FOR MEMBERS ...continued

**The phone number for the Distribution Office is 6228 0799.** If you get the answering machine, please leave your **NAME, PHONE NUMBER** and the **REASON** for your call. Do remember that the Office isn't staffed on Wednesdays and Fridays or weekends, so it is unlikely that you'll get an answer to your call on any of these days. If you call during busy times (Monday & Tuesday) and your call isn't answered, please call back.

**\*\* the answering machine is turned off when the office is staffed.**

Submit **Online Order Forms** via <http://www.ostomytas.com.au/online-order-form>  
Postage must be paid before parcels can be despatched.

### CERTIFICATES

**APPLICATION FOR ADDITIONAL STOMA SUPPLIES certificates** (from your Stomal Therapy Nurse or your Doctor) are required for all issues in excess of the maximum monthly allowances.

- Certificates **must** be on Australian Government form PB050, "Application for Additional Stoma Supplies" and be signed by you **and** the STN or Doctor.
- certificates **must** be for a valid medical reason
- they **must** state the number of appliances required
- **you** will need to contact your STN or GP to renew your certificate every 6 months if the extra product is still required; our office staff can't do it for you.

### PLEASE NOTIFY THE OFFICE

- If you have changed your address
- If you are the relation of a member who has died
- If you've had a reversal of your ostomy
- **Don't expect that your Stomal Therapy Nurse will let us know.**

## PRICE LIST FOR TAPES, SPRAYS & WIPES

The following items are available for purchase:

Product	Cost	Product	Cost
Micropore 1" (without dispenser)	\$1.50 roll	Micropore 1" (with dispenser)	\$3.00 roll
Micropore 2" (without dispenser)	\$2.50 roll	Micropore 2" (with dispenser)	\$4.50 roll
Hosgon Room Spray (120 ml)	\$6.00 each	Hypafix tape 10cm x 10m	\$28.00 roll
Hostoma No Smells Room Spray (120 ml)	\$6.00 each	60cc/ml Catheter Tip Syringe	\$2.00 each
DuPont Low Lint All-Purpose towels (35cm x 30cm) box/100	\$12.00 box	Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

## MEMBERSHIP FEES DUE 1 JULY 17

All Australian ostomates are required to pay a uniform fee to be eligible for free appliances from the Stoma Appliance Scheme. This National Access Fee is mandatory and it is not possible for us to waive it, nor to supply appliances to unfinancial members.

Reminder: Please make sure money orders and cheques are payable to "Ostomy Tasmania Inc."

Members who cannot pay the full fee at once can apply to pay by instalments by completing a Time Payment Request available from the office. For the 2017/2018 period, our combined fee is **\$60 per year for ordinary members** and **\$50 per year for concession card holders**.

Your fee **MUST** be paid the first time you order appliances after 1 July 2017, or an agreement to pay the fee by instalments must be entered into. Concessional categories include full and part Centrelink pension and Healthcare card holders.

## TIP: PREVENTING INFECTIONS?

c/- [living-with-a-stoma.co.uk](http://living-with-a-stoma.co.uk)

Some urostomates may suffer from urinary tract infections.

A glass of cranberry juice or a daily cranberry tablet may help prevent such infections. Cranberry juice is widely available in supermarkets. Cranberry tablets are more convenient, especially when travelling, and can be obtained from healthcare products companies. (Cranberry juice or tablets should not be taken by those patients on Warfarin).

## CONGRATULATIONS TO OAM RECIPIENTS

One of our past Secretaries, Mrs Esme Coombe and also one of our long term volunteers, Mr Robert McManus, both received Medals of the Order of Australia in the Australia Day Honours List 2017 for service to a range of community organisations.

Many congratulations to Esme and Robert; keep up the good work!

## SEMI COLONS CANCER SUPPORT GROUP

Semi Colons Cancer Support Group offers support and information for men and women (with or without ostomies) in southern Tasmania who have been impacted by Colorectal Cancer. Meetings are held in Hobart on the third Thursday of every month from 2.00pm to 3.30pm. Ostomates are welcome to attend.

For more information please call Cynthia on 6169 1915.

# 2017 ENTERTAINMENT BOOKS

2017 Entertainment books and/or Digital Memberships will soon be available to purchase from Ostomy Tasmania. Purchases made through Ostomy Tasmania Inc. will assist us as we receive \$13 for each book sold. You can purchase via a link on the front page of our website, mail the form below, or come into our office and purchase over the counter during opening hours. Thanks for your support.

## Ostomy Tasmania

Contact: Suzanne Hoyle Phone: 0362280799 Email: admin@ostomytas.com.au

To order your Book or your Digital Membership securely online visit:

<http://www.entbook.com.au/243074>

Alternatively, please complete your details below and send to:

P.O. Box 280 MOONAH TAS 7009

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Hobart and Surrounds Edition \$65 including GST: # \_\_\_ Book(s) # \_\_\_ Digital Membership(s)

**TOTAL ENCLOSED \$** \_\_\_\_\_

Launceston and Surrounds Edition \$65 Including GST: # \_\_\_ Book(s) # \_\_\_ Digital Membership(s)

Payment type: [ ] Cash [ ] Cheque [ ] Mastercard [ ] Visa (NOTE: Cheques Payable to: Entertainment Publications)

Credit Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_ CVV\*: \_\_\_\_\_

\*CVV is the 3 digits on the back of your credit card

Cardholder's name: \_\_\_\_\_

Signature: \_\_\_\_\_

Pre- Purchase before 3<sup>rd</sup> of May 2017 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)

*20% from every  
membership sold  
contributes to supporting  
Ostomy Tasmania*

## STAFF CHANGES

Ben Clarke recently joined the administration team at Ostomy Tasmania Inc.

Ben has been an active volunteer with us since 2007, and now has taken up the position of Administrative Assistant in the office. You may encounter Ben at the front counter or speak to him over the phone when you are collecting or ordering your supplies.

We welcome Ben on board and wish him every success in his new role.

Maree Mills, who was our Senior Administration Officer for over 11 years and also a member of our Management Committee since 2009, has left us to enjoy an early retirement. We thank her for her valuable contribution to this association and wish her all the best for the future.



## SUPPORT GROUP REPORTS

**Northern Ostomates Support Group** held their first meeting of the year with 25 members attending, two Dansac reps and one from a new medical company, Southern Medical who provided morning tea, which was greatly appreciated by all members. Our guest speaker was Ian Knight from our group, who gave an incredibly interesting and informative talk on his butterfly collection and his time on the Torres Strait Islands. Many thanks to Ian for his wonderful talk.

**PLEASE NOTE THE CHANGE OF DAY FOR NEXT MEETING.**

The next meeting will be on **TUESDAY 6<sup>th</sup> JUNE** 10.00am to 12.00 noon at the Cancer Support Centre 69 Howick Street, Launceston.

**Hobart Ostomates Support Group** - On 8<sup>th</sup> March the first meeting for the Southern Ostomates support group was held. It was disappointing to have only four people attend, as so many had expressed interest in coming. It was however, a very worthwhile and informative meeting for the four people who attended.

Thea Loiterton from Dansac was there to present and give away products and also answer several questions. Dansac also provided the morning tea. Thank you once again to Thea and Dansac for their time and contribution to the Ostomates support group. I hope this group can continue, but for this to happen there needs to be more people in the southern region attending to make it worthwhile. The company reps travel from the mainland and the stoma nurses give up their valuable time to attend these meetings. They are there to support you and to inform you of new products. The next meeting will be on **WEDNESDAY 7<sup>th</sup> JUNE** at the Glenorchy RSL, Main Road Glenorchy commencing at 10.00am and finishing 12.00 noon. There is plenty of parking, morning tea will be supplied and 2 company reps along with the Stoma Nurse will be in attendance. Please come along, I'm sure you will find it very beneficial and informative.

To RSVP please contact:- Adrian Kok (Volunteer) on 0498 196 059 or 6326 4664.

**North West Coast Ostomates Support Group** - On Wednesday 15<sup>th</sup> March, 26 members attended the meeting at Ulverstone.

Unfortunately, the company reps and stoma nurses were not available due to a conference, but we had two guest speakers. Kris Rastovich from the North West Cancer Council described what was available at the Cancer Centre and advised that they now have an office at the Burnie hospital. After morning tea Ianthe Boden talked about the benefits of remaining healthy and the importance of exercising.

She covered information particularly for people with a stoma, bowel blockages and hernias and concluded by answering members' questions.

The next meeting will be **WEDESDAY 14<sup>th</sup> June** 10 to 12.00 noon at the Ulverstone Senior Citizens King Edward Street, Ulverstone.

## SHOWERING: TO BE OR NOT TO BE NAKED?

The following is taken from Western Australia Ostomy Association newsletter (c/-Erin):

“Pardon the nudity but one of the things I most miss is the feeling of being truly naked. Not sure if this works for all ostomates but as an ileostomate I love nothing more than removing my bag before showering. Some tips:

1. Don't make the shower too hot as your stoma can get burnt even though you wouldn't feel it.
2. Be prepared, have your change over kit all set out and by the sink etc for when you get out of the shower.
3. Have something ready to cover your stoma while you dry yourself with a towel (I use paper towel as it sticks to the excess water and I don't necessarily have to hold it while drying).
4. Shower when you know your stoma is least active to avoid pooping on your feet.
5. If your stoma is active remember poop happens, just wash it off and stay in the shower until it slows and you can exit.
6. And last but not least, remember to try and have a sense of humour about it all. It doesn't matter if you're an ostomate for a short or a long time, it's nice to take some control back and showering naked was one of the ways I did it.”

STN Tania says also it's best not to use soap around the stoma, chux wipes might be handy, be gentle wiping over your stoma, and do not shower with bag off until the wound is completely healed (for new ostomates).

## EMPTYING A POUCH

c/- living-with-a-stoma.co.uk

If possible, it is advisable to empty a pouch when it is one third to one half full. Do not wait until the pouch is completely full, because this could put pressure on the seal, causing a leak. If using a two-piece, the pouch itself may also become detached, causing the pouch contents to spill out. Emptying a pouch in this way will also mean that the pouch will not bulge under clothes, thus making it less noticeable.

Before emptying the pouch, place some toilet paper into the toilet to reduce splashback and noise.

Some ostomates prefer to kneel on the floor when emptying a pouch, so that they can hang the pouch over the toilet rim.

## MONDAY CUT-OFF FOR ORDERING

If you've been advised that we don't hold stock of your products and you need to order the week before you need them, **we now need to have your order by close of business on the Monday**, to ensure we can order your products and have them available the following week. This is because the companies have imposed earlier cut-off times on us to meet their delivery schedules. Thanks for your cooperation.