



# Ostomy Tasmania Incorporated

**NEWSLETTER No. 214**

**April 2022**

*(Supplement to Ostomy Australia Volume 31 No 1 )*

## **COVID & INCREASE IN OPENING HOURS**

Given the rapid rise of the Omicron variant in January we were forced into having contingency plans in case of an outbreak in our office, to avoid one or more of our volunteers & staff getting infected or becoming a close contact. At the time of writing two of our volunteers had contracted Covid and fortunately now have recovered after quarantining at home. One of our staff also contracted the virus early in January whilst travelling interstate (now recovered). Thankfully in all cases they were able to isolate before posing any risk to other volunteers, staff, or members.

Throughout the latest outbreak we have been able to maintain our usual Monday opening hours for those that wish to collect their supplies, with an option to book a collection on other weekday mornings. Now we are happy to report that we are officially open every weekday. Tuesday, Wednesday, Thursday, and Friday 9am – 1pm, as well as the usual Monday 9am – 3pm (excluding lunchtime). We prefer that members call Monday to Thursday if it's just the usual collection. The new opening times not only makes it more convenient for our members to collect their supplies, but also has the added benefit of helping to ease congestion at our counter, thereby reducing the virus risk for all concerned.

## **NEXT MANAGEMENT MEETING & AGM**

### **MANAGEMENT COMMITTEE MEETING and AGM**

**DATE & TIME:** SATURDAY 17 SEPTEMBER 2022, 2.00 pm

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

All members and friends are invited to attend the Management Committee meeting as observers, and the AGM to follow. Company representatives may be present, so you're welcome to come along and check out their new appliances.

**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

## 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 Stoma Appliance Scheme Access 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 THREE weeks for return delivery**, especially when ordering a two-month supply (including holiday orders).
- **POSTAGE, PACKAGE AND HANDLING - \$15.00 per parcel** (extra for parcels over 6kg)
- 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 (up to 12 months), thus saving costs of multiple cheques, money orders etc. In this case, you can submit your order by fax, email or online ordering. NB: ***Phone order availability limited***.
- 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 member's full name as a reference**.
- **Email:** [admin@ostomytas.com.au](mailto:admin@ostomytas.com.au)
- **Online:** at [www.ostomytas.com.au](http://www.ostomytas.com.au) NB: Credit card payment via "**Payment**" page
- **Fax:** 03 6228 0744
- **Mail:** P.O. Box 280, MOONAH, Tasmania 7009

### COLLECTIONS

- **CURRENT OPENING HOURS: Mondays** (excluding Public Holidays) **9.00 a.m. - 12noon** and **1.00 pm - 3.00pm. Tuesdays to Fridays 9am - 1pm.**
- **WHERE:** St Johns Park, New Town: Amenities Building, which is the second building on your left as you turn in to the St Johns Park complex (Woodhouse Road) 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.

## INFORMATION FOR MEMBERS ...continued

The phone number for the Distribution Office is 03 6228 0799. Calls may go to the answering machine. If so you can leave your **NAME, PHONE NUMBER** and the **REASON** for your call. We will endeavour to return your call as soon as we are able to.

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
Hostoma No Smells or Hosgon Room Spray (120 ml)	\$6.00 each	Hypafix tape 10cm x 10m	\$28.00 roll
DuPont Low Lint All-Purpose towels (35cm x 30cm) box/100	\$13.00 box	60cc/ml Catheter Tip Syringe	\$2.00 each
		Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

## ANNUAL FEES ARE DUE 1ST JULY 2022

All Australian ostomates are required to pay the Stoma Appliance Scheme Access Fee to be eligible for free appliances from the Stoma Appliance Scheme. This fee is mandatory, and it is not possible for us to waive it, nor to supply appliances to unfinancial members. Members who cannot pay the full fee at once can apply to pay by instalments by completing a Time Payment Request form available from the office. For the 2022/2023 period, the fee is:

- **\$70 per year for full members**
- **\$60 per year for concession card holders.**

**Reminder: Please make sure money orders and cheques are made payable to "Ostomy Tasmania Inc."**  
**Direct Credit payments must include member's name as reference.**

Your fee **MUST** be paid the first time you order appliances after 1 July 2022, 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.

## SUPPORT GROUP REPORTS by Adrian Kok

### NORTHERN SUPPORT GROUP

The group met on 7 March and for the first time was split into two, because the attendance was getting too large for the complex. It turned out great, as we had sufficient parking for all. 14 members attended each session with 9 apologies. Perri Stevens from AINSCORP was present for her first support group meeting in over 2 years. Perri gave a very interesting and informative presentation on several topics and showed lots of products. The company was kind enough to donate afternoon tea for both sessions, a lucky door prize for both groups, and all were most appreciative. Several members approached Perri to ask questions during the tea break. The next support group meeting will be on the **6th June** (Stomal Awareness Week) LGH STN Teena Carydakakis will be our guest speaker along with Thea Loiterton from Coloplast. Meeting times are 12.30-2pm and 2.30-4pm. Old and new members are most welcome and there is NO COST to attend. Afternoon tea will be supplied. Venue is the Cancer Support Centre, Howick St, Launceston. The September meet is on the 5th at the same time and venue. The Christmas function will be on 25th Nov (venue-TBA).

### SOUTHERN SUPPORT GROUP

The Southern support group held its March meeting at Cancer Council offices, Sandy Bay with 11 members present. Thea Loiterton from Coloplast gave a very interesting talk on "Irrigation " and answered questions from the group. Coloplast kindly donated a lucky door prize. Adrian Kok then spoke about the next meeting on **June 8th** (Stomal Awareness Week) mentioning that Tess, STN from the District Nurses centre in Moonah would be our guest speaker and Kerrie Dunn from Omnigon will also attend. The meeting will commence at 10am to 12 noon. All present and new members are most welcome at no cost. The September meeting will occur on the 7th

at the same venue and time. The Christmas function will be held on 23rd November, venue TBA.

### **NORTH WEST SUPPORT GROUP**

The March meeting of the NW support group had 14 members in attendance along with STN Michelle Emin and company reps Kerrie Dunn from Omnigon and Melanie Flores from Dansac. Melanie started off the session with a very informative talk on new products and answered questions from those present. Dansac provided the morning tea, after which Kerrie gave a presentation on several topics, in particular support garments and belts. Omnigon kindly donated some lucky door prizes along with some packs of Blueberries from one of our members. The next meeting will be on **15th June** at the Ulverstone Senior Citizen's Club, King Edward St, 10am--12noon. Special guest will be Michelle Emin and also a rep from Hollister. All new and present members are most welcome to come at no cost. This meeting is part of Stomal Awareness Week. Christmas function will be at the Ulverstone Senior Citizen's Club on 30 Nov, 12 noon until approx. 3pm.

**For further information** re: 2022 meeting dates please **contact convener Adrian Kok** - Ph: **0498196059** or email: [Adriankok@outlook.com.au](mailto:Adriankok@outlook.com.au). NB: info will also be posted on the "Notices" page on our website [www.ostomytas.com.au](http://www.ostomytas.com.au)

## **DIETARY ADVICE FOR OSTOMATES**

The following 'Tasty Treats' are courtesy of Coloplast recommendations – more info may be found on their website. We hope it is of benefit to members.

To Thicken flow try eating more: Bananas, Boiled Milk, Noodles, Tapioca, Cheese, Rice, Sago, White Bread (not fresh), Mashed Potatoes, Boiled Rice, Pasta.

To Soften flow: Beans, Liquorice, Whole grain, Fluid, Leafy vegs, Cabbage, Caffeine, Stone & Melon Fruit, Beer, Prune Juice, Spicy foods.

To Reduce Odour: Apples (no skin), Buttermilk, Cranberry Juice, Green Leafy Veggies, Whole Foods, Yogurt/Live Cultured, Fresh Parsley, Yakult.

Foods that may cause Gas/Wind: Beer, Broccoli, Melons, Milk Products, Yeast, Cucumber, Legumes, Soft Drinks, Spicy Foods, Corn, Peas, Cabbage, Cauliflower, Chewing Gum, Onions.

Foods that may cause Blockage: Bean Shoots, Nuts, Oranges, Pineapple, Tomatoes/Seeds and Skin, Mandarins, Stir Fry Veggies, Whole Grain Foods, Zucchini Skin, Celery, Coconut, Corn, Fruit with seeds.

Foods that may increase Odour: Asparagus, Beans, Beer, Medications, Cabbage, Cheese, Coffee, Fish, Onions, Eggs.

## **PLEASE CHECK YOUR PARCEL**

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your parcel as soon as you receive it. We 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.

## END OF YEAR CELEBRATION!



Ostomy Tasmania's end of year Christmas function was again held at the Waterfront Hotel at Bellerive. A good attendance of volunteers, staff and their partners enjoyed a delicious lunch, and were able to relax after another *challenging* year having to adapt to the ever-changing demands due to COVID restrictions. Pictured from Left to Right (going round the table) Lyn, Robert (obscured), Chris R, Yvonne, Chris L, Rebecca, Melissa, Peter, Barbara, and Glenn.



Pictured is long standing volunteer John Harman, and volunteer Secretary/Manager Sue Hoyle, sharing a well-deserved "tipple" to finish off the year.

## STN PROFILE: SONIA HICKS



**How long have you been an STN:** 26 ½ years.

**Where do you work:** Since August 1995 I have been at the Royal Hobart Hospital.

From 1992-1995 I worked at Mersey Community Hospital Latrobe as the Stomal Therapy Nurse till services were changed for the North-West.

**Married:** Yes, 32 years this December. Have a very supportive husband Roger and 2 sons aged 18 (Brandon) and 21 years (Conor) - who are currently studying at University of Tasmania: Bachelor of Arts & Primary School Teaching.

**Memorable moment with patient:** Every day

I learn something new. I have met so many amazing patients who have so much resilience. I'm lucky to care for all types of stomas, and the age group of newborn to elderly with the oldest patient 96 years of age. I have had many laughs with patients, if only the walls could talk!!!

What has made my job easier is the great range of ostomy products that is available on the Stoma Appliance Scheme and the Ostomy supply companies for all their innovation with appliances, taking note of Stomal Therapy Nursing and Patient input.

**Hobbies:** I like to garden and have many plants from my mum's garden, however I'm not winning the war on the Weeds!

I enjoy walking along the beach and checking out other peoples' gardens.

I am so lucky to have found a job which gives me so much satisfaction. I have a great colleague in Vanessa with whom I job share with (including at the Hobart Private Hospital); unfortunately I am not as savvy on the IT technology! I'm very proud of all the Tasmanian Stomal Therapy Nurses who work well together, I consider our group to be the quiet achievers.

And finally I wish to thank all staff & volunteers at Ostomy Tas who provide an excellent service with distribution of stoma products to our patients.

## 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.

Note: support group meetings have recommenced and are scheduled on the third Friday of every month - 10am to 12noon (*NB: new meeting times*), at 15 Princes St Sandy Bay. NB: People can also call via the Psychosocial Phone Support on 1300656585, or Cancer Council helpline on 131120.

# OUR STOMAL THERAPY NURSES

## SOUTHERN REGION

Madi Bradshaw	Royal Hobart Hospital (Ward K9W)
Tesse Bonde	The District Nurses (ph 6208 0500)
Annette Goulding	Royal Hobart Hospital (Ward K9W)
<b>Sonia Hicks *</b>	<b>Stomal Therapy Dept, RHH; (ph 6166 8283)</b>
<b>Heather Noga *</b>	<b>Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)</b>
<b>Vanessa Rhodes *</b>	<b>Stomal Therapy Dept, RHH; (ph 6166 8283)</b>
Megan Twaits	Royal Hobart Hospital (Ward K9W)

## NORTHERN REGION

<b>Teena Carydakis*</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>Elizabeth Cute *</b>	<b>Calvary Campus St Vincents (ph 6332 4835)</b>
Leanne Bedwell	Calvary Campus St Vincents
Deborah Franklin	Regis Aged Care, (ph 0438 445 338)

## NORTH WEST REGION

<b>Michelle Emin *</b>	<b>N.W. Regional Hospital, Burnie; (ph 6493 6274)</b>
<b>Andrea Hicks *</b>	<b>Mersey Community Hospital; (ph 6478 5387)</b>

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

# MANAGEMENT COMMITTEE & STAFF

## OFFICE BEARERS

PRESIDENT	Mr Peter Clarke, Lenah Valley 0418 146 142
VICE PRESIDENT	Mr Colman Dwyer
SECRETARY	Mrs Sue Hoyle, Kettering 0417 122 153
TREASURER	Mr Chris Laughher
MINUTE SECRETARY	Ms Rebecca Thompson

## COMMITTEE

Mrs B. Clarke, Mrs M. Ferguson, Mrs S. Hicks RN, Mr A. Kok, Mr P. Emery,  
Mrs T. Bonde RN

## ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery