



Ostomy Tasmania Incorporated

NEWSLETTER No. 217

April 2023

(Supplement to Ostomy Australia Volume 32 No 1)

SOME STOMA APPLIANCE SCHEME FACTS

- The Scheme was established in 1975 and supports ostomates (people with a stoma) by providing subsidises for around 4,000 stoma related products listed on the Scheme Schedule
- In 2021-22 there were around 50,000 ostomates using the Scheme
- The average annual cost per ostomate for products subsidised by the Scheme is over \$2000 per annum
- Total cost in 2021-22 to the Government for the Scheme was \$106.8 million.
 - \$103.6 million is the cost of the products
 - \$3.1 million is the 2.75% distribution cost paid to (20) stoma associations
- Sponsors (companies) apply to have their products listed on the Scheme Schedule
- The Stoma Product Assessment Panel evaluates new products for approval for listing on the Scheme Schedule
- 20 independent stoma associations distribute stoma products and support ostomates
- Services Australia administers and monitors compliance of the Scheme's claims payment process.

NEXT AGM & COMMITTEE MEETING

ANNUAL GENERAL MEETING & MANAGEMENT COMMITTEE MEETING

DATE & TIME: SATURDAY 16 SEPTEMBER 2023, 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. 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

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
- **Online:** at 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. – 12 noon** and **1.00 pm - 3.00 pm. Tuesdays to Fridays 9.00 am – 1.00 pm.**
- **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 return your call as soon as possible.

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 **total** 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 etc

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	\$17.50 box	60cc/ml Catheter Tip Syringe	\$2.00 each
NB: price increase for Dupont Towels		Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

ANNUAL FEES ARE DUE 1ST JULY 2023

All Australian ostomates are required to pay the Stoma Appliance Scheme Access Fee to be eligible for free appliances from the 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 2023/2024 period, the fee will remain at:

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

Your fee **MUST** be paid the first time you order appliances after 1 July 2023, 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.

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.

SUPPORT GROUP REPORTS by Adrian Kok

Ostomates Northern Support Group

The Northern Support Group held it's first meetings of the year with only 9 members attending each group, which was the lowest attendance since the group started. Bruce Anthony from the Dansac Company gave a most interesting and sometimes humorous presentation with several fine topics mentioned. The Dansac Company also provided afternoon tea, which was most appreciated by all. There were several topics for discussion, the main one being reversals. Adrian also mentioned that on Friday 13th October there will be a **state picnic** at Ross. More details to come. It is most important to note that from now on there will be only one meeting in Launceston, the next one being STOMAL AWARENESS WEEK, which will be held on **5th June** from **1.30 to 3.30pm**, at the **Cancer Support Centre**, Howick Street Launceston.

Ostomates North - West Support Group

The North West Coast Support Group meeting was held on 15th March with 15 members in attendance. Kerrie Dunn from Omnigon gave a fantastic presentation on several items of interest, one of which was on support garments. Kerrie also spoke on several other products which was very informative for the members. Omnigon donated morning tea and two lucky door prizes which was most appreciated by all. Bruce and Maryanne Johns kindly donated 2 containers of blueberries also for the lucky door prizes.

Adrian Kok also mentioned about the **state picnic** at Ross on Friday the 13th October. The next meeting will be STOMAL AWARENESS WEEK on **14th June** at the **Ulverstone Senior Citizens Club**, Edward Street Ulverstone, from **10.00 am to 12.00pm**.

There will be three guest speakers on the day plus a special presentation to retiring Stomal Nurse, Andrea Hicks.

Ostomates South Support Group

The Southern Support Group meet on 8th March with a great turn out, 14 members present, several of whom were new members. Denise Barr from Hollister gave a presentation on several topics of interest. After morning tea there was lots of discussion on various topics mention by Adrian with the new members sharing their thoughts and comments. The next meeting will be held on **7th June** at the **Cancer Council**, Princes Street, Sandy Bay, from **10.00 am to 12.00pm**. There will be two guest speakers. **Please note:- IN THE EVENT OF TOO MANY PEOPLE ATTENDING WE WILL BE HOLDING A SECOND MEETING FROM 1.00pm to 3.00pm.**

For further information re: 2023 meeting dates please **contact convener Adrian Kok** – Ph: **0498 196 059** or email: leahkok33@gmail.com. NB: info will also be posted on the “Notices” page on our website www.ostomytas.com.au as it becomes current.

All members, including their spouses/carers and any new people are more than welcome to attend meetings at no cost. Please **contact Adrian on 0498 196 059** if you would like to attend future meetings. This also helps with catering needs.

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. People can call Support Services on 1300656585, or the Cancer Council helpline on 131120.

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.

STN PROFILE: TEENA CARYDAKIS



How long have you been an STN: I have been Nursing for 25 years. I have been a Stomal Therapy Nurse for 18 of those years.

Where do you work: I am the Stomal Therapy Nurse based at the Launceston General Hospital. I work full time in this position, Monday to Friday. I am fortunate to be able to provide a local outpatient onsite service for all people living with an ostomy.

Family: I have been married to my lovely husband Evan for 13 years this year.

Hobbies: I enjoy travel, culture, and cooking with a passion. I take time out to enjoy my weekends beachside with Evan and our beautiful dog. I adore animals and if given the chance I will share a fun story or two about our beautiful animals from over the years.

What I like about my job: I am passionate about my job. I find it extremely rewarding being able to support people throughout their journey living with a stoma whether this is temporary or lifelong. I enjoy a challenge and being able to think outside the box. Some people experience challenges with their stoma, and being accessible to provide expert advice, counselling and the hands-on support people need which allows them to live confidently with an ostomy makes it all worthwhile.

NEW PRESIDENT HANDS-ON

Our new President Ross de Little (pictured) is now volunteering in our office once per week. Ross is keen to increase his knowledge of the ostomy business and takes his responsibility as your President very seriously. As a relatively new ostomate himself, Ross understands many of the challenges facing new ostomates and has a passion to make life easier for those of you who may be feeling more than a little lost and overwhelmed by your new status.



ADVANTAGES OF A RUNNING ACCOUNT

Many of our clients are unaware that they can hold any amount of funds on their account with us (over and above the \$15 required for postage). This means that if you need to pay postage for delivery of your order you don't have to provide credit card details each and every time you place your order. Instead you can add any amount you wish to your running account (ie. larger than the minimum \$15), thus saving you the trouble of providing credit card details each time. This also helps us with our administration because we don't have to follow up for the \$15 postage if you do not have sufficient funds on your account to cover.

SOME OSTOMY TAS STATISTICS

Of interest to our members the following statistics apply to our membership in Tasmania – according to the latest figures from our database:

Colostomates 721 (50%)

Ileostomates 508 (35%)

Urostomates 217 (15%)

Other (mainly Fistulas, obscure procedures) 11 (0.008%)

Total 1457

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

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

NORTHERN REGION

Teena Carydakis*	Stomal Therapy Dept, LGH; (ph 6777 6832)
Carolynne Partridge	Specialist Clinic, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital
Elizabeth Cute *	Calvary Campus St Vincents (ph 6332 4835)
Leanne Bedwell	Calvary Campus St Vincents
Deborah Franklin	Regis Aged Care, (ph 0438 445 338)

NORTH WEST REGION

Michelle Emin *	N.W. Regional Hospital, Burnie; (ph 6493 6274)
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(* STNs occupying official Stomal Therapy positions are shown in **bold**. Sonia and Vanessa are job sharing at the RHH). **NB:** Andrea Hicks has resigned from her STN position (effective Jan 23)

MANAGEMENT COMMITTEE & STAFF

OFFICE BEARERS

PRESIDENT	Mr Ross De Little (mob: 0419 524 605)
VICE PRESIDENT	Mr Colman Dwyer
SECRETARY	Mrs Sue Hoyle, Kettering (mob: 0417 122 153)
TREASURER	Mr Chris Laughler
MINUTE SECRETARY	Ms Rebecca Thompson

COMMITTEE

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

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery