



Ostomy Newfoundland & Labrador Fall & Winter Edition September 2023

President's Message



Welcome to Fall And Winter 2023

It seems as if it was only yesterday that we said “See you in September” Time flies for sure. We have a few new members over the summer. I would like to welcome them to our group. Over the summer we got together as an executive to discuss our plans for the fall and winter. We have a few speakers planed as well. If you would like to discuss a certain topic at one of our meeting, please just pass along our topic and we will see what we can do to work it out. Again, welcome back.

Carol

YOU ARE NOT ALONE...

Learning you will be having ostomy surgery can be very scary, however, you should not feel that you are alone. Along with the great support you will receive from doctors and NSWOC nurses, we can help you adjust to living life with your new ostomy.



Norrad News

CHARTER OF OSTOMATES' RIGHTS

We believe that, as someone who has or will undergo ostomy related surgery, you have the right to:

- Receive pre-operative counseling to ensure that you are fully aware of the benefits of and the essential facts about living with a stoma.
- Have a well-constructed stoma placed at an appropriate site with full and proper consideration to your comfort.
- Receive professional medical support and in the pre-operative and post-operative period, both in hospital and in your community.
- Receive support and information for the benefit of the family, personal caregivers, and friends, to increase their understanding of your new life with a stoma.
- Receive full and impartial information about all relevant supplies and products available.
- Have unrestricted access to a variety of affordable ostomy products
- Learn about the services and support that we can provide you and your loved ones.
- Be protected against all forms of discrimination.
- Receive assurance that personal information regarding your ostomy surgery will be treated with discretion and confidentiality to maintain privacy.

Norrad News

Meeting Dates for 2023 For St. John's Chapter

Meetings will take place the 1st
Tuesday of each month at 7:30pm
Royal Canadian Legion, Branch #
1. Blackmarsh Road

There will be no meetings in July
or August of 2023

Tuesday, September 5th, 2023

Tuesday, October 3rd, 2023

Tuesday, November 7th, 2023

Sunday, Dec. 10th, 2023 Xmas Din-
ner .

Tuesday, February 6th, 2024

Tuesday, March 5th, 2024

Tuesday, April 2nd, 2024

Tuesday May 7th, 2024

Tuesday June 4th, 2024 BBQ

Tuesday September 3rd, 2024

Tuesday October 1st, 2024

Tuesday November 5th, 2024

Sunday December 15, 2024 Christmas
Dinner

Meeting Dates for 2023 For Humber Valley Satellite Chapter, Corner Brook

Meetings will take place the 2nd
Monday of each month at 7:30pm
at The Glynmill Inn, Cobb's Lane

There will be no meetings in July
or August of 2023

Monday, September 11th, 2023

Monday, October 9th, 2023

Monday, November 13th, 2023

December Christmas Dinner date will
be announced in November.

Welcome New Members!

Mr. Raymond Noseworthy Mr. Leslie Frizzell

Mr. Jason Cross Ms. Patricia Burton

Ms. Carla Burton Ms. Cecilia Hyslop

Mr. James Perry Ms. Annette Butler

Mr. Coady Dempsey Ms. Kristin HOWELL

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VISITING SERVICES

Upon the request of a patient, the Ostomy NL will provide a visitor for ostomy patients or their partners. The visits can be pre- or post-operative or both. The visitor will have special training and will be chosen according to the patient's age, gender, and type of surgery. A visit may be arranged by calling Carol Wells, our President, at 709-745-2097, or by asking your Doctor or NSWOC Nurse. There is no charge for this service.

2023 Tax Time

Remember it will soon be tax time. If you have not applied for your Disability Tax Credit you still have time to do so. As a person with an ostomy you do qualify.

People who have been diagnosed with Diabetes and are on some form of insulin may qualify as well.

People who have been diagnosed with Crohn's also qualify.

Information available from your provincial chapter.

Disability Tax Applications

If you are having trouble getting your Disability Tax Credit Applications signed by your doctor, here is another option.

Nurse Practitioners are now able to sign forms for you. A few of our members have gone to Body Quest, Topsail Road, NL to have their papers filled out.

There is a Nurse Practitioner there who is more when willing to help you fill them out.

Mr. Trent McDonald
Nurse Practitioner
Body Quest
1655 Topsail Road, Paradise
709-782-1118

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CHAPTER NEWS

- Meeting dates and times are posted on page 2 of this Newsletter.
- If meetings are canceled, it will be posted on our Facebook page, or Carol Wells will send an email to members. You can also reach her at 709-745-2097. Please leave a message if there isn't any answer, and she will get back to you.
- Currently we are in the process of setting up our own Website, and members will be notified when this is completed.
- We are planning a Visitors Education session in the spring for the St. John's Chapter and the Humber Valley Satellite Chapter in Corner Brook
- The annual Barbecue has been set up for June 6th, 2023. This is our main fundraiser for the year. Hope you can attend.
- We welcome your suggestions regarding meetings, guest speakers, topics, and items for the Newsletter. Please notify Carol Wells at carol.wells@bellaliant.net.

Bequests & Donations

We are a non-profit association and welcome bequests, donations and gifts.

Acknowledgment Cards are sent to next-of-kin when memorial donations are received. Receipts for tax purposes will also be provided . Donations should be made payable and addressed to

Ostomy Newfoundland & Labrador
8 Centennial Square
PO Box 321 Centennial Square
Mount Pearl, NL
A1C 2C3

Norrad News

Chapter Executive Ostomy NL Chapter # 604

President

Carol Wells 745-2097
carol.wells@bellaliant.net

Vice President

Angela McGinn
Angela.mcginn@outlook.com

Treasurer

Andy Borrill
Andyborrill@gmail.com

Secretary

Dawn Borrill
sdawnborrill@gmail.com

Visiting Coordinator

Membership Coordinator

Austin Wells
Austin.wells@bellaliant.net

St. John's Ostomy Clinic

Ostomy Clinic is held on the 1st and 3rd Friday of each month from 9:00 a.m - 12:00 noon at the Dr. H.B. Murphy Cancer Clinic. Please call for an appointment at 709-777-7176.

Humber Valley Satellite Chapter

Chairperson

Ann Gosse
amgosse@gmail.com

Treasurer

Jeff Drover
jeff.drover@bellaliant.net

Secretary

Carla Wells
carlawells@gmail.com

Directors

Marlene Rowsell
Susan Peckford

NL NSWOC Nurses

Lana Mah: BScN, RN, BN , NSWOC Eastern Health

Nicole Pitcher: MCISc, WH, BScN, WSWOC Central Health

Charlene Adams: BN, RN, NSWOC Central Health

Jeanette Augot: RN, NSWOC Central Health

Susan Peckford: Dip, ADDC, BA, BN, RN, MN, NSWOC, WOCC. (C) Western Health

Vanessa Bartlett RN, NSWOC

Membership Fees

\$25.00, which entitles members to receive 4 issues of *Norrad News* and 2 issues of UOA of Canada Inc. national publication, *Ostomy Canada*.

Norrad News

In Memory



Do you know anyone who might benefit from joining Ostomy Canada? In addition to the support and camaraderie of meetings, newsletters, and *Ostomy Canada* magazine, you can get a discount on ostomy supplies at partici-

Membership Application - Ostomy Canada Society Inc. – Ostomy Newfoundland & Labrador

Name: _____ Address: _____

City: _____ Province: _____ Postal Code: _____ Phone: _____

E-mail: _____ Date: _____

Please check all that apply:

I have Colostomy Ileostomy Urostomy (Ileal Conduit) Pelvic Pouch

or I am a Spouse/Relative Friend Other (please specify) _____

Membership includes annual subscription to Chapter newsletter *Norrad News*, published quarterly, and the official UOAC publication, *Ostomy Canada*. Annual membership fee is **\$25.00**.

Please make cheque payable to

**The Treasurer, Ostomy NL, Chapter #604
8 Centennial Square
PO Box 321 CENTENNIAL SQUARE
Mount Pearl, NL A1N 2C3**

Norrad News

Ask The Expert



Lori Zozzolto, RN, NSWOC
Clinical Specialist, ConvaTec
Cambridge, ON

2019 - Regional Clinical Specialist for
ConvaTec

2018 completed the WOC-EP from
NSWOC and worked as an NSWOC for a
community nursing agency

2012 McMaster University -Registered
Nurse (RN)

2008 Sheridan College - Registered
Practical Nurse (RPN)

Other:

Birth and postpartum doula for three years.

Ryerson University - Journalism

Identical twin boys, enjoys creative writing,
reading, crafts, running and lifting weights.

Ms. Lori Zozzolto RN, NSWOC has agreed to answer all questions that people with ostomies have. Your questions will be forwarded to Ms .Zozzolto and the answered will be in the next copy or out newsletter.

Norrad News

ASK THE EXPERT

Lori Zozzolto

Please note all of the answers are just suggestions based on Best Practice Guidelines and not a replacement for assessment by a healthcare provider (HCP). Always follow up with your HCP or stoma nurse if you have further questions or concern.

Question # 1

I am looking for some advise on how to get longer use for the one piece appliance No matter what I use either one piece or two use

I can only get 3 days at the most. I am getting frustrated thinking I am doing something wrong. Any advice would be greatly appreciated.

ANSWER # 1

Wear time is a frequently asked question among people with an ostomy. While many ostomates strive to get 7 days wear time, that is not actually feasible for many people for a number of issues. Acceptable wear time is around 3-5 days, but some ostomates may have to change their appliances every 2 days. The average wear time is 4.8 days according to the research literature on the topic

(https://journals.lww.com/jwocnonline/abstract/2008/09000/ostomy_pouch_wear_time_in_the_united_states.8.aspx). Wear time can be affected by the condition of your peristomal skin, the texture of your effluent, and your abdominal profile. Even the summer weather can affect wear time because perspiration and humidity may affect the tack of the appliance adhesive; some ostomates switch to an extended wear wafer during the summer months for this reason. Caring for your peristomal skin will encourage the best wear time. To encourage the best adherence the gentle removal of the pouch with use of an adhesive remover is suggested; this can prevent mechanical skin damage from "pulling" the wafer off. When you remove your appliance, be a detective and take a look at the back of the old appliance. If there is an area that is more worn out than the rest that might be a cue to use a paste or ring to build up that area as it is more prone to breakdown

Continued on Page 10

Ask The Expert

Answer #1

When cleansing the stoma/peristomal area use paper towel and water; avoid soaps and products that contain alcohol because they will strip the skin making it fragile, which in turn affects adherence of the ostomy appliance. Ensure a good seal on your appliance by filling in any crevices/lumps or bumps in the peristomal skin area, and by properly sizing the opening in your wafer (aim for 1/8" clearance around the stoma).

And try applying the ostomy appliance from a sitting or standing position for better placement of the appliance. When you are standing or sitting you will be able to assess your abdomen better and see if there are any indentations, skin folds etc. that you need to fill in before applying the ostomy appliance. Lastly, change your ostomy appliance if you feel burning or itching under the flange.

Even if it is not leaking those feelings mean there is stool/urine under that flange and it can start damaging your peristomal skin in a matter of hours.

Also, consider reaching out to your local ostomy nurse, or to the manufacturer of your appliance for any tips and tricks that can help you

Question # 2

Hi everyone, I am new to this group and I am looking for some help. I have had my ileostomy since 2020 and I have and it is and it is now sorer no had persistent problems with a sore stoma.

I have seen my nurse 3-4 times and she has tried 3 or 4 times recently and she has tried changing the size, type of system, debridement and silver nitrate. I change my appliance every two days and always use Canesten Powder. Nothing has helped and it is sorer and more itchy then ever. Do you know anything else that I can try.

Answer # 2

Having an ileostomy can be quite challenging as the liquid output is hard on the skin as well as your ostomy appliance. It is suggested that ileostomates use diet to help control the consistency of their effluent. Food such as apple sauce, bananas, marshmallows, oatmeal, rice etc., can help thicken your effluent which in turn can help with the adherence with your pouch. You can check with your local dietitian or your nurse for further details on diet. It sounds like your nurse is doing a great job trying to assess your issues, but you have not stated what they are: it could be you have a challenging abdominal plane that may have folds or lumps that needs to be addressed or a stoma that does not protrude well. Your skin may also be sore because effluent is getting under your flange and injuring your skin. customer specialist for any tips they may have. I am unsure of what skin issues you are having, but if they continue it may be worthwhile to get a referral to see a dermatologist.

Ask the Expert

In those cases the use of accessories such as paste and rings could be helpful, as well as ensuring the hole cut for your stoma opening is not too large. I suggest discussing that with your nurse or calling the manufacturer of your appliance and speaking to their customer specialist for any tips they may have. I am unsure of what skin issues you are having, but if they continue it may be worthwhile to get a referral to see a dermatologist

CANADA WALKS FOR BLADDER CANCER

SEPTEMBER 23 AND 24, 2023

HELP CREATE A WORLD WHERE BLADDER CANCER IS JUST A MEMORY.

Participate in our 2023 Walk!

This year get ready to raise awareness and rock your walk. During registration, you will be given the option to pay a \$25 fee to join our 2023 Fundraising Incentive Program. This completely optional program will recognize your fundraising efforts with exclusive Canada Walks for Bladder Cancer gear at designated fundraising milestones. Although we encourage everyone to take part in all aspects of the walk, you do not have to join the Incentive Program to participate in Canada Walks for Bladder Cancer.

We cannot wait for you to join us as we come together to support bladder cancer patients, raise awareness, and fund innovative research.

Register today and join us across Canada! Together we can create a world where bladder cancer is just a memory.

Norrad News



Our Annual Christmas Dinner will be held on Sunday, Dec. 10, 2023, at 5:00p.m. at the Royal Canadian Legion on Blackmarsh Road, St. John's

Menu — Full Christmas Turkey Dinner including dessert and tea or coffee.

Price per person: \$30.00

Come and bring a friend

RSVP: Carol 745-2097, by November 26, 2023

All Tickets to be bought by this date to ensure availability of food



Norrad News

Recipe Corner



Glazed Pork Tenderloin

Tenderloins x 2 (well trimmed)
 1 tsp chili powder
 1 tsp. sugar
 1 cup apricot jam
 1 tsp. grated ginger root
 1/4 tsp. hot pepper sauce

1 tsp garlic
 1 1/2 tsp sugar
 1/2 tsp pepper\
 1/3 cup BBQ sauce
 1/4 tsp. garlic powder.
 3 tbsp. lime juice

Combine garlic powder chili powder, sugar salt and pepper, rub into tenderloin, cover, refrigerate 4—24 hours.

Melt jam over medium. Add remaining ingredients. Remove 1/2 cup for basting; reserve remaining sauce.

Bake tenderloins at 400 degrees F or 200 degrees .C for 15 minutes. Baste on all. Bake for another 10 minutes bake again . Baste again .

Bake until internal temp is 160 degrees F (70 degrees C) about 5 minutes.

Remove from oven, tent loosely with foil for 5-10 minutes before slicing. Slice and serve with reserved sauce as an appetizer or drizzled with sauce as a main dish.

YIELD: 12 appetizer or 6 main dishes

Does Anyone Else Know How to Care for Your Ostomy? Source: Vancouver Ostomy High Life Jan/Feb. 2017

Many of us have been looking after our ostomies for years and have the routine down pat. Even if your ostomy requires some extra effort (seals, patching, powder, skin prep and so on) after enough practise you'll perform even a complicated change without difficult. But what if you suddenly could not do this for yourself? There are myriad of injuries or conditions that could suddenly prevent us from performing our usual ostomy routines. What if you suddenly did not have the use of your arms or hands? What if you were unable to speak? In most cases, our families and friends have little or no idea what are doing in the bathroom. It would be a wise precaution to have a detailed list prepared in case of sudden emergencies. Some points to include: Brand name and product number of preferred barrier and pouch Specific instructions on how to remove and apply the barrier Whether one or two piece Step by step instructions how to prepare the skin for application of the barrier Proper closure of a drainable bag How often should things be emptied How to hook up a night drainage system How to tell if the system is leaking Where are these supplies kept? Where do you order these supplies if they run out? What is your healthcare number and ID? Can you be placed on your abdomen if necessary for an extended period of time? Do you usually irrigate? What medications do you usually take? What is the name of your ET nurse and how can that person be reached? What specific issues need to be monitored? How do you clean any of the equipment used? Proper storage of equipment How long is the pouching system usually left on? Specific allergies to any other brands It would also be wise to prepare a 'go kit' in case of sudden hospitalizations. Such a kit should include enough barriers, pouches and related products to last at least a week. (Having a 'go kit' is a good idea in general in case of fire or similar emergencies). Make sure your family or caregiver knows where this kit is kept. And include your how to care for my ostomy' list in this kit.

I REALIZE THIS IS AN OLD STORY BUT IT IS ALSO AN IMPORTANT ONE

Lawtons Home HealthCare

With more than 25 years in the ostomy supply business, we are happy to assist you with all your ostomy needs.

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27 Elizabeth Ave 753-4590

496 Topsail Rd 364-0188

Toll Free 1 800 463-3366

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"There is hope and there is light. Being happy is a choice that you can make. It's your choice."

Dana

 ConvaTec



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