



WAOA Newsletter

December 2024
Volume 213

WAOA Business Hours

Monday 9:00am to 4:00pm
Tuesday 9:00am to 4:00pm
Wednesday 9:00am to 1:00pm
Thursday 9:00am to 4:00pm
Friday 9:00am to 1:00pm
Saturday* 9:00am to 1:00pm
**(4th Saturday of each month)*

Stomal Therapy Nurse (STN) clinic hours:

Monday to Friday and
4th Saturday of each month

APPOINTMENT USUALLY REQUIRED

WAOA Management Committee:

President - Quentin Hooper
Vice President - Warwick Leete
Treasurer - Andrew Burke
Secretary - Lorrie Gray
Emily Broad
Ray Hughes-Odgers
Jim Wallace

Newsletter Editor:

Shezanne Gibbs-Hooper

Western Australian Ostomy Association Inc

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www.waostomy.org.au

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Mount Lawley WA 6050

PO Box 706
Mount Lawley WA 6929

Phone 08 9272 1833 **Fax** 08 9271 4605

Business email
info@waostomy.org.au

Please quote your member number when you contact us.



CHRISTMAS CLOSURE...

WAOA will be CLOSED from 4pm THURSDAY
19th DECEMBER 2024 and will RE-OPEN at
9am MONDAY 6th JANUARY 2025



Please check your stock & ensure you have adequate supplies to see you through the holiday period.



WISHING EVERYONE A SAFE &
HAPPY FESTIVE SEASON!!

In this issue...

- We've got Updates & Reports from HQ, STN Tania, the President, the Albany Support Group and why Ostomy Awareness Matters
- Wellbeing Help, Holistic Information & Ostomy Web Searches
- Dates for Upcoming Support Group Meetings
- News of the World and...the STN Accessory Guide!

Enjoy the read...

Disability Toilet Access Cards

You can get your Card from WAOA.

These cards authorise Members to use Disabled Toilets in public places and must be shown if your use of these toilets is questioned.

The Australian Government has an online National Public Toilet Map online at <https://toiletmap.gov.au>

Temporary Ostomates

Fees must be paid for access to the Stoma Appliance Scheme (SAS).

They should be paid by the second month after surgery.

Products may be held until payment has been received.

If payment presents a difficulty, Members should contact WAOA, as instalment arrangements can be made.

Fees are payable by July 1st each year.

Order Additional Stoma Supplies

If you are using more products than usual for some reason, you need to be reviewed by your STN (or GP) to find the cause and ensure the correct products are being used. They will be able to complete an application form for additional supplies. The form Application for Additional Stoma Supplies-Clinical is available from your STN, WAOA HQ, or the Human Services website: www.humanservices.gov.au/organisations/health-professionals/forms/pb050

Once completed the form is valid for up to six months.

Members must organise a review with an STN or GP before the form expires if additional products are still needed. We suggest you mark this date on your calendar as a reminder.

You must indicate the extra supply needed when you place your order.

Reversals

If you have been given a date for your reversal:

- Arrange to see your STN before going to hospital for the procedure
- Consider if you need to order a full supply of products? Perhaps you need less stock?
- Make arrangements to notify WAOA after your procedure has been completed
- Return any unused products to WAOA
- Help can be given for your return to no-stoma status

Order Forms

We prefer members to place orders through our website: www.waostomy.org.au

Alternatively, you can request order forms be sent and post them back to us. You can also drop them off at HQ or in the mailbox at the door.

If you have to email your order, send to orders@waostomy.org.au
Submit your order 14 days in advance.

Membership Fee

Membership Fee for 2024/25:

- Full Member: \$90
- Concession Member: \$80

These fees are payable to WAOA before you receive products from the Stoma Appliance Scheme (SAS)

Payment is due before 1 July each year.

Postage

Your Management Committee has had to **increase the cost of postage to the flat rate of \$12 per parcel from October 2024.** This is a break-even rate and will be reviewed again in June.

Express parcels will remain unchanged.

NB: To make the most of your postage, double orders are encouraged. However, there are a few exceptions:

- If you haven't had your stoma for 6 months yet and it is still changing size/shape
- you're still trying to find a product that works for you
- your next STN review may cause you to change products
- you're anticipating reversal of your stoma shortly

Postage

To help reduce our administrative time, [please consider making payments for several orders at a time.](#)

Pay your postage credit in advance by:

- Online on our website
- Cash at WAOA HQ
- Money order
- Phone us with your credit card details

Keep Us Up to Date

Please advise us in writing (website, email, post or fax) of any changes to your details:

- Address
- Phone numbers
- Email address
- Medicare number and expiry date
- Concession card number
- If you have a reversal scheduled or you've had a stoma reversal



www.facebook.com/waostomy

Closed support group:

www.facebook.com/groups/WAOASupport

Access to the closed group will require answering some questions.

Please do not use Facebook to ask for assistance or place orders.

Holiday Supplies

- Members going on holidays can order a double supply in advance
- If you are travelling to other parts of Australia, you can order supplies from other Australian Associations using your member number if necessary. Ostomy Australia's national magazine has a Directory of Ostomy Associations
- For travel periods overseas longer than two months you must provide a copy of your itinerary with travel dates clearly identified with your supplies order. Up to six months of supplies can be ordered this way
- WAOA has a travel brochure transcribed into several languages describing what an Ostomy is which you may find helpful for security screening at overseas airports
- WAOA cannot send products overseas.

Australian Ostomy Associations

A directory of all Australian Ostomy Associations can be found in the national magazine or online at:

<http://www.australianstoma.com.au/associations>

Say "hello" to more confident living



Preparation



Application



Security



Removal

As many as **75% of ostomates** report skin complications.¹ **Convatec is your solution.**

...with our specially designed range of ostomy skincare accessories

- ✓ Everything you need to build a skincare routine tailored to your needs, while caring for and protecting your skin
- ✓ Our comprehensive range spans preparation, application, security and removal
- ✓ Covering leak protection, to odour control and Sting-Free Skincare, our range helps you say "Hello, World" with the confidence you deserve



For more information or to obtain a FREE sample, please call **1800 335 276** or email connection.au@convatec.com

Always read the label and follow directions for use.

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 06/20 September 2023

President's Report

By Quentin Hooper

Welcome everyone to the final newsletter for 2024 - a year that has just flown by. As we approach the festive season can I remind people that it is an important time of the year to look out for yourself and others. It can be a difficult time for some people as vacant chairs bring back memories of loss whilst over-indulgence means more focus on fitness in 2025. From my family to yours may I wish you a Safe and Happy festive season.

I look forward to seeing as many members as possible by physically and virtually at the Annual General Meeting on Saturday 30th November. It will be a time to highlight the wonderful achievements throughout the year, our continual strong financial position and our focus on our members.

Talking about some of the wonderful achievements it was great that WAOA was represented by Tania and Lorrie at the WCET®-ASCN UK 2024 Joint Congress in Glasgow in September / October. By all accounts it was a great conference and in particular demonstrated the vast differences around the world of stoma management and how lucky we are in Australia. It was also pleasing that whilst at the conference, Tania was recognised and subsequently won the Colorectal Surgeons of Australia and New Zealand Nurses' Publication Award category at their conference in Melbourne. Unfortunately, due to world events she was unable to collect the award in person, but I'm sure you would agree that we are all proud of her achievement.

Closer to home, it was enjoyable being a part of the crew that manned the Bunnings Sausage sizzle on the Telethon weekend in Subiaco. The crowd that came to enjoy the Aussie tradition left knowing a little bit more about the association thanks to our volunteers who shared stories and asked the right questions of our customers. It was a profitable venture for the association, made possible by the generous donations by our members in both financial and boots on the ground support. Special shout out to Christine who took the lead on the organisation. Again, I look forward to meeting many of you at the AGM and sharing with you how our association is progressing.



Quentin

WAOA is a recipient for **CONTAINERS FOR CHANGE** donations!

This means that you can nominate that your 10c refund is sent to us. Simply use our unique scheme ID when you recycle your containers at a refund point!

Alternatively, we now have 4 blue-topped bins for collection of cans and drink bottles (not wine or large plastic bottles), so if you wish to recycle yours to add to our collection, please do.

WAOA
Scheme ID:
C10326918



Then we would love to hear from you! If you have a story, recipe, photos or anything to share with fellow ostomates please send the Newsletter Editor an email at - editor@waostomy.org.au

Disclaimer:

WAOA disclaims all responsibility and liability for any material advertised in this magazine. Responsibility and liability for advertised content is assumed by the author of the material.

Advertisements are published as submitted by the author.

WAOA also takes no responsibility for any member contributions and reserves the right to not publish contributions that contain medical or health care advice.

Please see your doctor or medical professional to discuss your specific circumstances. Nothing published in this newsletter should be considered as medical advice.

Headquarters' Update

By Lorrie Gray

I am writing this half-way through October so well into spring and contemplating Christmas "just around the corner". Mine will be enjoyed quietly as usual, and I trust yours will be enjoyable too.

Postage

As you may be aware we have had to increase the cost of each parcel to \$12.

Survey

At the time of writing, we have had no feedback on the Dept of Health and Aging's survey related to the distribution of products on the Stoma Appliance Scheme. Business as usual!

Your ordering

"Order what you need - and use what you order" remains our request. We still need that 2 weeks' notice for your order because we live on this side of the continent!

Don't be anxiously awaiting your next delivery, but neither have more than a month's supply in reserve (we have had another LARGE stockpile returned). Protection of the Stoma Appliance Scheme is everyone's business, so **please check your storage area before ordering each time.**

Product changes on the Stoma Appliance Scheme (SAS)

On a regular basis, suppliers can offer new products to be included on the SAS (over 3,600 now), or request products be removed because these are no longer viable to produce or they have developed an improved version.

A rigorous assessment process is undertaken by a specialist panel which includes an experienced ostomate and Stomal Therapy Nurses before permission is granted. Such permissions see changes and affected ostomates are usually notified by us. If help is needed for you to accommodate any change, please make an appointment with your STN – don't just groan!

WAOA AGM - was held on Saturday 30th November

The Association is travelling well overall. The increased annual fee to our overarching Australian Council of Stoma Associations (ACSA) which is responsible for the computer program under-pinning our functioning, security and the introduction of a Member Portal for improved ordering has meant that Membership fees may need to be increased for the 2025/6 year. Increased STN support has also been an additional investment for members' benefit.

Raising Awareness of Living with a Stoma

- STN Tania has requested member participation with activity photos - see her report on pages 18 - 20.
- A video of an alternative management option for people with a colostomy has been made and posted on our website, along with the other information videos at Useful Links - [Western Australian Ostomy Association Incorporated - Colostomy Irrigation \(waostomy.org.au\)](http://waostomy.org.au)
- I have given a talk to a Rotary Club about the Association and a group of them visited HQ. More of this targeted awareness may be the way to go, so if you have a group or club that you would like us to interact with, please let me know - I love doing this type of promotion.

Headquarters' Update

By Lorrie Gray

Raising Awareness of Living with a Stoma *(continued)*

- World Ostomy Awareness Day was on Saturday October 5th but we decided that WAOA would hold a Sausage Sizzle at Homebase Subiaco (Bunnings) on 20th October as an awareness activity, more than a fundraiser, but seeing that a very generous member donated the cost of the food and drinks we needed, the funds raised came to \$2,230.05. See the photos to the right and below.

I trust you and your family are doing OK and living life to the fullest possible. Until next time, stay safe,

Lorrie



OPENING HOURS @ WAOA HQ

Monday, Tuesday and Thursday: 9am - 4pm

Wednesday and Friday and 4th Saturday*: 9am - 1pm

(* 2nd Saturday in December)



STN CLINICS IN W.A.

WAOA HQ

Monday to Friday
& 4th Saturday of
each month
(Appointments usually
required)

Northam

For more
information
call
9272 1833

Mandurah

8am - 1pm
Third
Wednesday
each month

Bunbury

Call 0427 333 970

Albany

Call 9892 2465



Upcoming Support Group Meetings



Metropolitan Area

New Members' Support Group

*4th Saturday of every month
(2nd Saturday in December)*

**23 November 2024 / 14 December 2024 /
25 January 2025 / 22 February 2025 /
22 March 2025 / 26 April 2025**

12:00 noon to 1:30 pm
At WAOA HQ, 15 Guildford Rd Mount Lawley

Perth Social Group: Variable dates and venues - please contact WAOA

Mandurah Support Group

1st Wednesday of every month (except January)

**6 November 2024 / 4 December 2024 /
5 February 2025 / 5 March 2025 / 2 April 2025**

5:00 pm to 6:30 pm

Greenfields Family and Community Centre
2 Waldron Boulevard, Greenfields
(Cnr Murdoch Drive)

Regional Areas

Albany Support Group

6 December 2024 / 7 March 2025

1:30 pm > 1st Friday of each quarter

Free Reformed Church Meeting Room
North Road, Albany

Contact: Gerry - 0498 666 525

Bunbury Support Group

**15 November 2024 / 20 December 2024 /
17 January 2025 / 21 February 2025 /
21 March 2025**

12 noon to 1:30 pm > 3rd Friday of every month

Seniors & Community Centre, 1 Stirling St, Bunbury
Contact: Maria - 0408 165 959

Esperance Support Group

**26 November 2024 / 31 December 2024 /
25 February 2025 / 25 March 2025 /
29 April 2025**

10:00 am > Last Tuesday of every month
(except January)

Aurelia's Ice Creamery & Café
Contact: Len and Sari - 9075 9099

Geraldton Support Group

**26 November 2024 / 24 December 2024 /
28 January 2025 / 25 February 2025 /
25 March 2025**

1:00 pm to 3:00 pm > 4th Tuesday of every month

Regional Library
Contact: Rhonda Oliver - 0418 231 007



Upcoming Support Group Meetings



Regional Areas

Kalgoorlie Support Group

Dates to be advised -
Goldfields Women's Health Care Centre

Narrogin Support Group

1st Wednesday in March, June, September & December > Next - 4/12/24, 5/3/25

12noon - 1.30pm

Narrogin Senior Citizens Centre

Please contact - Lorraine Larment

0429 812 552 or lorraine@ozburials.com

Northam Support Group

2nd Saturday of every 2nd month at 10am

**14 December 2024 / 8 February 2025 /
12 April 2025**

Venue - The Dome

Please text/email Sharon if coming
0478 624 556 or sboxall1967@gmail.com

Facebook Support Groups

Bumps to Bubs Ostomy Support

Request to join via Facebook page -

<https://m.facebook.com/groups/994994968415617/?ref=share&mibextid=S66qvF>

Perth Young Ostomates' Support Group

Please contact WAOA HQ - 9272 1833 or
request to join via Facebook link -

<https://www.facebook.com/groups/365461825146299>

West Ossie Guttsy Kids

Request to join via Facebook page -

<https://www.facebook.com/groups/381866953308120/>



<https://www.facebook.com/share/g/jiLCkm64oFt9rTJ3/>

► WHO CAN HELP ME?

If you are a new ostomate, or about to become one, you are about to begin another chapter of your life. People who can help with your new beginning, your journey to recovery and wellbeing are - YOU, your family & friends, your doctors, STN's, stoma associations, ostomate support visitors, product companies, special needs groups, parents of young ostomates and cancer societies.

If you need more information please visit WAOA's website - www.waostomy.org.au

(Source: A New Beginning, an ACSA publication)

Don't let odours from your bag ruin your day!

Claim your FREE odour defence set today!

Designed to keep you feeling fresh and confident. The set includes:

- Brava® Lubricating Deodorant helps against odour when changing or emptying an appliance.
- Brava® Protective Seals that create a secure seal around your stoma.
- Brava® Skin Cleanser Wipes to help you stay clean and odour-free.

Reclaim your confidence and order your set today! Scan the QR code to request samples or call 1800 531 823.



① Always read the label and follow the directions for use. Prior to use, be sure to read the instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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Julian
Ostomy Care User



Brava®

 Coloplast

Albany Support Group Update...

By Gerry van der Wal

The President, Gerry van der Wal, opened the meeting in the Albany Free Reformed Church Hall at 1:30 pm and welcomed all present. There were 9 members present with 1 spouse attending as well, and we again welcomed our STN, Rachael.

One of our members put in his apologies for non-attendance by text from Birdsville, Queensland, where he was travelling across the Simpson Desert en route to Canberra on holidays. He shared with us that the 47 degrees temperature up there caused his seals and bags to fail catastrophically as a result of the heat and sweat. He drove on with a towel wrapped around his middle, resulting in a wet and smelly mess. He contacted the Albany STN, Rachael, by satellite phone, and she was able to provide a few suggestions that finally enabled the bag to stick to his skin for a longer period of time. He wrote that it was a very unpleasant situation, but the desert and the night sky and campfires made up for it! Good on you, Tony!

Our STN Rachael interacted with Tony's text message, informing us that there were products for purposes, and that the bags and seals that performed perfectly okay in the cooler weather experienced in Albany, were not designed to continue sealing efficiently in temperatures of 40 degrees plus. She encouraged members to consult with her if they were considering undertaking a trip similar to Tony's, or even if they had concerns about activities such as deep-sea diving or vigorous exercises that could possibly cause their bag to spring a leak. She was aware of how different seals could perform differently under differing circumstances and was prepared to research and advise on the most appropriate seal and bag for the particular situation required.

She also encouraged members to become familiar with how long their bag could remain attached before problems occurred, but not to leave it too long, and regularly change before a leak developed. She explained that different seals suited different skin types as well, so she recommended members to experiment with the various seals available to see which one worked best for them. Obviously, if their particular seal/bag combination worked well, then members should stick with that.

This resulted in an exchange of experiences; it was interesting to note the differing lengths of time that members were changing their bags at, with some changing every day whilst others able to keep their bags attached for 5 or more consecutive days without any problems. Two days was probably a happy medium.

Members also commented that travelling to Bali, for example, posed no problems at all, but it obviously did present a totally different scenario to 40 plus degrees in the Simpson desert, as activities in Bali revolved around relaxing in a pool, which meant that skin temperature would also be a lot more comfortable and less likely to adversely affect the adhesive qualities of the seal/bag combination.

Our STN then gave us a presentation on the desirability of having a stoma first aid kit when experiencing a problematic stoma. She displayed several items that would be valuable additions to such a kit, including barrier spray, stoma adhesive paste, stoma powder, and a range of extensions to increase the surface area of the adhesive coverage, to enable the member to increase their stoma adhesive efficiency, or in the case of an emergency to make do until a proper change could be made and/or STN support and advice could be sourced.

Her presentation and input was again very much appreciated; it is great to experience that she is also keen to make this a regular feature of our meetings.

The meeting donated the sum of \$32.60 to the kitty, bringing this up to a current total of \$139.70.

Coffee and cake and socialising was enjoyed again by all afterwards for what had been another relaxing and enjoyable and informative meeting.

Our next meeting is scheduled for the 6th December, same time same place, all things being equal.

Editor's note: Many thanks to Gerry for these updates about what support groups discuss and can offer ostomates - it is greatly appreciated 😊

Why World Ostomy Day Matters

Even though the date has passed it is still important to recognise that every year on the first Saturday of October, people worldwide come together to celebrate **World Ostomy Awareness Day**.

This day serves as a reminder of the resilience, strength, and courage millions of individuals display each year living with an ostomy.

It's a day to raise awareness, break stigmas, and empower those living with ostomies to lead fulfilling lives.

World Ostomy Day is an opportunity to celebrate and advocate for ostomy patients worldwide. The significance of this International Day of Awareness includes:

Raising awareness - This internationally-recognized holiday serves to raise awareness about ostomy surgery and its impact on individual lives. You can support this initiative by raising awareness in your social circles, helping to reduce stigma, and dispelling misconceptions.

Empowerment - World Ostomy Day may empower ostomy patients by encouraging them to open up about their stories, struggles, and triumphs. By giving ostomates a platform, we can nurture a new narrative for ostomates. Because of ostomies, countless lives are saved each year.

Education & Advocacy - Celebrating World Ostomy Day is a great way to help educate the public, healthcare professionals, and policymakers about the needs and rights of ostomy patients. By advocating for essential supplies and support services for ostomates, we can begin to improve healthcare and ostomy-related issues.

Community building - World Ostomy Day allows for a sense of community among ostomy patients. Support groups, events, and social media campaigns may provide better opportunities to connect and share experiences.

With the right support, ostomy patients can lead normal and fulfilling lives. By getting involved with World Ostomy Awareness Day, we can make a positive difference for those living with ostomies each and every day!

On the next page are some inspiring WA ostomates with their own amazing quotes!



Why World Ostomy Day Matters



NEW!
Support
belt

KomfortLite Light

Designed to help
manage the prevention
of a parastomal hernia

Breathable
fabric

Doesn't
resemble
a medical
device

Goes
unnoticed
under light or
thin clothing

Disguises your stoma
and your pouch when
worn under clothing



May
minimise
noises and
muffle
sounds

Strong
hook and
loop closure
is secure and
stays in place

Your
allowance is
4 per year

	Description	17cm	21.5cm
S	Light 75 - 90cm	KLB301	KLB401
M	Light 90 - 105cm	KLB302	KLB402
L	Light 105 - 120cm	KLB303	KLB403
XL	Light 120 - 135cm	KLB304	KLB404
XXL	Light 135 - 150cm	KLB305	KLB405

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purchase directly
from Omnigon



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SUPPORT GARMENTS

Available now! Order through your Association.

Supporting Ostomates: A Journey Towards Psychological Wellbeing...

By Kim Jennings,

Accredited Psychotherapist & Mental Health Social Worker

WA Ostomy Association's recent survey found a notable interest among Ostomates in receiving professional psychological support. This finding underscores the importance of psychological support as a crucial, yet often an overlooked element in both pre- and post-operative care. Ostomates face unique physical and psychological complexities. As both a psychotherapist and an Ostomate, I am committed to providing specialised psychological support tailored to the needs of Ostomates.

A Personal Journey and Professional Expertise

As an Accredited Psychotherapist and Mental Health Social Worker, I am dedicated to bridging this psychological gap in Ostomate care. My professional background in Psychotherapy includes extensive work in hospital social work, counselling, family systems therapy and managing mental health and NDIS services within government and various cultural community settings. This experience has equipped me with a comprehensive understanding of the complexities Ostomates and their caregivers face, both medically and psychologically.

My personal journey is deeply intertwined with my professional expertise. With over 20 years of lived experience as an Ostomate, I understand firsthand the physical, emotional, and psychological complexities that accompany life when living with chronic health issues and adapting to life with a stoma. Realising that specialised psychological support and genuine understanding for Ostomates was lacking motivated me to address this gap. This personal insight informs my practice, ensuring that I provide informed, compassionate support tailored to each individual's unique circumstances promoting wellness and recovery. Wherever you are on your journey, know that support is available, and you do not need to face things alone.

Holistic and Effective Therapeutic Approaches

I emphasise a trauma-informed, person-centered approach, ensuring that every client feels respected, understood, heard and supported. I use evidence-based therapies such as Cognitive Behavioural Therapy (CBT) to help reframe negative thought patterns, Acceptance Commitment Therapy (ACT) to embrace life's challenges, Mindfulness practices to encourage presence, and Dialectical Behaviour Therapy (DBT) to support emotional regulation. These approaches are tailored to help you navigate challenges ranging from adapting to a new lifestyle to managing chronic health conditions.

Creating a Safe and Supportive Environment

I create a safe space for Ostomates and their caregivers where you can openly explore concerns, fears, and aspirations without judgment. Whether you're a child or teenager navigating identity formation, a parent or an older adult adapting to the complexities of life with a stoma, I am here to provide compassionate guidance and effective therapeutic strategies. Together, we can work to foster resilience and growth in your journey towards healing and empowerment.

Referral Process

- Referrals are accepted directly from individual Ostomates or their caregivers, WA Ostomy Association, Stoma Nurses, GPs, or treating teams. Please call or email to make a referral or an appointment.
- Counselling is available for children aged 5-14 with a guardian present. For clients aged 14-16, sessions can be held with guardian consent. Those 16 and older can attend sessions independently.

Funding and Fees

- Fees: As a Mental Health Accredited Service JIWA Wellbeing has a Medicare Provider Number, entitling clients to Medicare Rebate under a GP Health Care Plan. Other funding options include Private Health Insurance, Department of Veterans Affairs funding, the National Disability Insurance Scheme (NDIS plan-managed), or privately funded at \$150 per session.

Session Availability

- Counselling sessions are up to 55 minutes.
- For accessibility, counselling sessions are provided online, via a secure platform, or by telephone.
- Sessions are available Monday or Thursday, between 8:00 am and 6:00 pm.

Connecting with you to bring hope

If you or someone you know may benefit from psychological support, I encourage you to contact me today, whether for yourself or someone you care about. Together we can explore how I can support you on your path to wellbeing. Feel free to contact me via phone or email as noted to the right.

Living with a stoma can be challenging, but with the right psychological support, it can also be an incredibly empowering journey. Together, we can navigate your journey toward healing and empowerment whilst fostering resilience to cultivate a fulfilling life.



Ph - 0493 490 849
E - admin@jiwawellbeing.com

DISABILITY TOILET ACCESS CARDS

Did you know that when you become an ostomate you are given a disability toilet access pass card?

The card identifies you as someone who requires urgent access to a toilet due to a medical condition.

These cards authorise Members to use Disabled Toilets in public places and can be shown if your use of these toilets is questioned.

Ostomates sometimes report being challenged as they enter or leave a disabled toilet because they don't look like the wheelchair logo displayed on disabled toilet doors.

Hopefully, this card will help you respond to such a challenge.



WESTERN AUSTRALIAN OSTOMY ASSOCIATION



The holder of this card has a disability of a stoma and may require the use of a disabled toilet for the management of their condition. This may be confirmed by contacting:

**WA Ostomy Association
08 9272 1833**

Contact the WA Ostomy Association on 9272 1833 or visit the website www.waostomy.org.au for more information!!



www.poopswa.org.au

HAVE YOU HEARD OF POOPS WA?

Pets of Older Persons (POOPS) is a volunteer run not-for-profit that provides a free pet care service for elderly or disabled pet owners.

Their clients are pet owners over the age of 65, palliative care patients of any age, or people with disabilities who need assistance with caring for their pets and unable to pay for support.

If you or your friends or family require assistance to care for their pets, reach out to POOPS via their website.

INTRODUCING **CONFIDENCE** BE go™

Now you can feel



Through listening to people with a stoma, Confidence BE go™ addresses your unmet needs. For the first time, Confidence BE go™ gives you the option of a 'naked bag' and a collection of reusable, washable covers in a choice of six colours.



The product is designed to support you with your well-being and quality of life, helping you to feel confident and get back to normality. With the flexibility and freedom to suit any outfit, activity, or mood, you will be able to truly express yourself and live life to the full.

Wherever you are, whatever you want to do, you can go for it with Confidence BE go™.

free to **BE** yourself



*"A choice that other bags cannot give, you can change the colour to your mood or clothing."**



For free samples call Ainscorp at 1300 784 737
or visit us at www.saltshealthcare.com



Note: Convexity products should only be used after prior assessment by a healthcare professional. ®Registered trade marks of Salts Healthcare Ltd. ©Salts Healthcare Ltd 2024. Products and trade marks of Salts Healthcare Ltd are protected by UK and foreign patents, registered designs and trade marks. For further details, please visit www.salts.co.uk. *Reference: Confidence #2 go™ Focus Group 2024, Australia, Nurses and Patient, V2



Ainscorp

Stomal Therapy Nurse News...

By Tania Norman

It always seems odd to be wishing all a Happy Xmas when writing this in advance in October, but the end of the year is fast approaching.

On reflection it has been a productive year for the STN service at both the headquarters and rurally.

The full-time hours continue to be well utilised with the Monday to Friday STN clinics. Our survey earlier this year of over 600 ostomates demonstrated a high level of satisfaction with the care received when having accessed our service which is reassuring to know that we are meeting our ostomates' needs.

We are continuing to provide education to our medical students with another education session provided to the UWA 4th year students in September and we are looking forward to hosting more year 3 students from Curtin next year.

Lorrie and I attended the Aboriginal Health Conference in August (see picture below) which was again so useful/interesting and enlightening. As with many of our conferences that we attend its an opportunity to network with other services, meet new and existing Health Care Professionals to reinforce the work that we do and services that we offer to our Indigenous ostomates.

Lorrie and I attended the keynote speaker session by Mechelle Turvey who is 2024 WA Australian of the Year. Mechelle was given the award following her work to prevent violence and improve the treatment of victims of crime having lost her son who died after being attacked on his way home from school.

It wasn't the loss of her son that Mechelle spoke about during her session it was how she cared for her husband who died of cancer around the same time. Mechelle didn't know her husband had cancer until she answered a call for him to change an appointment time from the hospital. I can only imagine what it would feel like to lose a child and a husband in such a short space of time but to make something positive out of these tragedies is awe inspiring.

Support Groups

We are excited to be holding our first South of the river support group with over 20 members signed up for the 9th of October. In addition, we are also hoping to have a group for the Busselton and Dunsborough members to be held in Vasse in the very near future. Please contact us for more information.

Calling for Peer Support Workers

We are setting up a group of ostomates with different types of ostomies who would be willing to support those undergoing ostomy surgery and able to follow them through their journey.

You will need to have a positive disposition and be willing to be interviewed for and able to undertake a half day education session. Please contact us for further information.



Ph - 08 9272 1833

E - info@waostomy.org.au



Stomal Therapy Nurse News...

By Tania Norman

Calling for Models for Window Display

Many members who completed the recent survey from WAOA expressed a wish to increase public awareness around ostomies. To address this we propose to have posters that explain what a stoma is while demonstrating that you can live a normal active life, displayed in our windows of our adjoining building. These posters will be seen by passersby both on foot and in their cars especially during rush hour.

We are asking for volunteers to be in the posters doing varying activities. If you are interested, please contact us on info@waostomy.org.au

Bowel & Stoma Health WA News

by Tania Norman

In August I travelled to Port Hedland, Roebourne and Karratha, it was a very worthwhile trip and it was good to see some familiar faces meaning some staff had stayed in position ensuring consistency in care. It was also exciting to find the nurse that worked alongside me in Karratha is keen to undertake the STN course next year.

In early September I travelled to Kondinin to provide education to staff who are looking after a gentleman in the community with a stoma -many staff were not familiar with ostomies, so it was an opportune moment to visit and provide an emergency stoma kit to assist with management.

It was then on to Narrogin to run a STN clinic alongside Emma who is on the homeward stretch with her STN course and has been given lots of opportunities to practice her new skills with some new ostomates to the area. The support group meeting was well attended by both the regular ostomates and some of the new.

The yellow of the canola fields on the drive down was a true sign that Spring had finally arrived.

In mid-September I travelled to Kununurra where clinics and education sessions were provided to hospital, residential aged care and aboriginal health services.

I am excited to have found a nurse who works at the Ord Valley Aboriginal Health Service who is very keen to undertake the STN course next year - this would be fantastic for the community to have a nurse trained in stoma, continence and wound care particularly given the huge shortage in continence nurses around the state.



*[*South Hedland Health Campus >](#)*

Bowel & Stoma Health WA News

by Tania Norman

Other Activities

Both Lorrie and I travelled to the joint World Council of Enterostomal Nurses and Association of Stoma Care Nurses UK conference in Glasgow from the 28th of Sept to 2nd of October.

I presented the work I have done on my Master of Nursing Research, which is a study looking at peristomal skin complications, I am looking forward to being able to share the results with everyone particularly those ostomates who were involved.

The conference was such a fantastic opportunity to not only network with colleagues but also learn about the latest innovations and other research undertaken from around the world.

In addition to my research, I also had presented a poster (pictured to the right) that I formatted for display to demonstrate my work in Bowel and Stoma Health.

**Editor's note: Many thanks to Tania for her updates and also congratulations on all you are researching and achieving for ostomates - it is greatly appreciated 😊*

A Novel Stomal Therapy Service in Rural and Remote Western Australia

WA has a population of approx. 2.84 million, there are 4000 ostomates 1500 live rurally without direct access to a STN

It is 2,232 Km from Esperance in the far south to Broome in the north, and would take approx 25 hours to drive



Those who live in rural areas have poorer health outcomes

- Only 25 STNs are employed in WA in the specialist role
- None employed further north than Geraldton
- Public hospital STNs offer a limited telehealth service via the WA Country Health Service

Bowel and Stoma Health WA set up in 2015 to address the shortfall

The state has been divided up into 12 regions

- STN visits on an annual basis
- Runs clinics and provide education to local nurses
- Sets up support groups where there is a need.

Achievements

- 658 ostomates have been reviewed
- 797 Health Care Professionals educated
- 7 STNs working in rural hospitals or the community

- A list of all rural contacts has been distributed to STNs in Perth
- 11 ostomy support groups active
- Links have been established with: Aboriginal clinics, the Cancer Council, WA's Country Health Service & Rural Health West



Are you drinking enough water?



As the weather heats up here are some tips for the prevention and management of DEHYDRATION in adults* -

It is important that you have a well-balanced diet and adequate fluid intake to maintain your body's hydration balance i.e. >

Fluids lost from the body = fluids taken into the body

Fluid losses: Urine, Water vapour from breathing, Stool, Sweat (visible and invisible)

Fluid gains: Drinks, Foods

What is dehydration?

- A condition where fluids lost exceed fluids taken into the body
- Can be mild, moderate or severe (life-threatening)
- Some essential salts will also be lost in these fluids

Causes:

High temperatures, Heat exposure, too much exercise, Vomiting / diarrhoea, Urine infections, Diabetes, Insufficient fluid intake, Some medications (especially diuretics)

For people with stomas:

- Removal or bypassing of the large bowel reduces the body's ability to conserve water from the stool
- Stoma output that exceeds 1 litre in 24 hours

**Source -*

If you would like to read the whole pamphlet please visit:
<https://stomaltherapy.au/>





LeeAnne, CeraPlus™ Product User

"I am passionate about yoga, and to do what I love, I need an ostomy product that will protect my skin and that I can rely on. In my experience, CeraPlus Products give me that security and keep my skin healthy."

I'm protected where it matters most

Providing the protection and confidence you deserve doesn't have to be complicated. The CeraPlus™ Portfolio* provides a wide range of options to enhance security and skin health for all body types and stomas.

Infused with ceramide, the body's own defense against damage and dryness, CeraPlus™ Ostomy Products protect skin from Day 1.

For further information or to request a sample, contact Customer Care on 1800 880 851.



The testimonials, statements, and opinions presented are applicable to the people depicted. These testimonials are representative of their experiences, but the exact results and experience will be unique and individual to each person.

Prior to use be sure to read the Instructions For Use for information regarding avoided Use, Contraindications, Warnings, Precautions, and Instructions.

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*CeraPlus Skin Barriers contain the Remois Technology of Alcon Co., Ltd



CeraPlus™
Ostomy Products



Ostomy Care
Healthy skin. Positive outcomes.



Holistic Clinical Care



At HCC, we prioritize specialist nursing care, similar to medical specialists. The vision of HCC was that whilst nurses are amazing generally in managing such a wide variety of conditions, similar to GPs in the medical field, sometimes people need specialist nurses, like the medical system requires medical and surgical specialists to whom the GP refer.

Our specialist team of nurses have a wide variety of specialties including continence, neurogenic bladder / bowel dysfunction, community care, stoma management and wound care. They backed by post-graduate training in their specialty as well as extensive experience and a genuine interest, positioning us as leaders in these areas along with general nursing support.

We are dedicated to offering compassionate, specialist nursing support for individuals with complex medical conditions. With post-graduate training in specialized areas, our team ensures each client is matched with the nurse best suited to their unique needs, providing care that truly makes a difference.

Our Nursing Service has 3 branches -



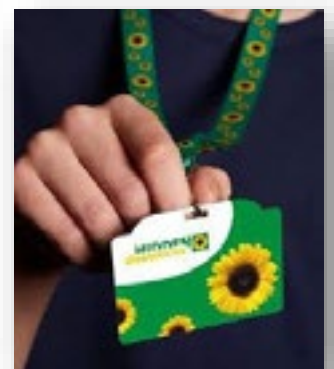
Contact us on - carly@holisticclinicalcare.com.au or via our website www.holisticclinicalcare.com.au to see how we can help support you.



The **Hidden Disabilities Sunflower** is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent and that you may need a helping hand!

Lanyards are available from WAOA on request, donation appreciated.

Visit www.hdsunflower.com.au for further information.





Using WAOA's Website & Useful Links



If you have never explored the WA Ostomy Association's website or only use it for ordering your supplies, do yourself a favour next time you have spare 5 minutes and visit the 'useful links' page. There are quite a few available and all with varying information, tips, articles and so much more. I have highlighted the 'useful links' component of the website below and on the next few pages will give you an insight into some of them!

^ Here you will discover information videos featuring WAOA staff that you can watch via YouTube!

^ You can also find helpful things like how to access the National Public Toilet Map and information on the Stoma Appliance Scheme!



Using WAOA's Website & Useful Links



Young Ostomates United (YOU) Inc was formed in October 1989. We are an Australian-based, non-profit organisation that aims to encourage support and friendship between young people with a stoma, their families and friends and to provide resource material to both new and well-established ostomates.

Our activities include regular informal social gatherings, educational meetings, provision of a peer counselling (visiting) service for people about to undergo ostomy surgery (pre and post operative), the support of ostomy projects - World Ostomy Day, Stomal Therapy Week, etc. - and liaising with Ostomy Associations. **Visit - youinc.org.au**

Welcome to Nutrition for Ostomates.

Dedicated to the varied yet specific nutritional needs and concerns of all Ostomates, this site aims to educate, inform and empower all Ostomates in order for you to experience greater health, peace of mind and freedom in the new circumstances.

Please feel free to browse the site and sign up for my newsletter if you would like to receive nutrition information relevant to ostomates.

Visit - www.nutritionforostomates.com.au



The International Ostomy Association (IOA), an association of Regional Ostomy Associations, is committed to the improvement of the quality of life of Ostomates and those with related surgeries, worldwide.

It provides to its member associations, information and management guidelines and advocates on all related matters and policies. It is organized to grow and develop while remaining independent and financially viable.

Visit - ostomyinternational.org



To explore some more go to - <https://www.waostomy.org.au/useful-links>



Tired of your bag ballooning and filling with gas? Broken sleep impacting your day?

Then we have a solution for you!


The SenSura® Mio unique full circle filter reduces blocking, which reduces incidents of ballooning. With less ballooning, this helps people with a stoma to sleep through the night.

Don't let a restless night affect your quality of life. Try the SenSura Mio Filter today and experience the difference it can make in your sleep routine.



Scan the QR code to request samples or call 1800 531 823 or visit https://coloplast.to/ballooning_mag



 Always read the label and follow the directions for use. Prior to use, be sure to read the Instructions for Use for Information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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Receive a free Ostomy Travel Bag
with any SenSura® Mio samples!





News of the World



You may or may not have read the August 2024 copy of Ostomy Australia's Journal but one of my favourite parts is the *News of the World*! In case you haven't had a chance to see it here are a few stories that caught my eye and if you want to read more head to Ostomy Australia's website - www.australianstoma.com.au

A Dedicated Win

USA: A professional golfer who tasted success in his senior major debut has dedicated the win to his brother, who is battling cancer.

Englishman Richard Bland won the Senior PGA Championship in May with an eight-under 63 at Harbor Shores in Michigan (USA).

What made his success all the more emotional for Bland was not the \$630,000 pay day but being able to dedicate it to his older brother Heath.

"He got diagnosed about a year ago now with bowel cancer," Bland said. "He had chemotherapy and radiology and what have you and he had to have surgery, so he's had his bowel and I think his prostate and bladder removed. So now he's got two colostomy bags."

"I'm just so pleased that I could do this for him - this doesn't feel like it's my tournament, it's his."

(www.irishtimes.co)



Reality of IBD

ENGLAND: A reality TV contestant wants to 'break the taboo around poo' with a new campaign to highlight bowel disease that she said left her terrified she'd soil herself.

The Traitors' star Mollie Pearce, 22, has had ulcerative colitis since she was 11 and is keen to help others suffering from symptoms she says many are embarrassed to talk about.

As part of this she is fronting a new campaign called Where's Crohn's & Colitis which invites people to participate in an online game to learn more about the 'invisible condition' of IBD.

Pearce said she used to have panic attacks about being able to find a toilet. The anxiety carried through to many aspects of her life and it wasn't until she got a stoma at the age of 18 that she said she finally managed to overcome it.

"It took me a while to get used to the bag obviously but I knew I wasn't going to have an accident and the anxiety doesn't affect me anymore," she said.

"People who are suffering with IBD symptoms sometimes aren't going to the doctor's because they feel embarrassed. "I want to try change that and make sure no one is feeling embarrassed when it comes to their UC."

(www.dailymail.co.uk)



Inaugural Clinic

KENYA: Stoma World Kenya (SWK) has celebrated a significant milestone with the launch of its inaugural clinic at Guru Nanak Hospital.

It is the first clinic of its kind in Kenya to provide specialised care for patients with stomas. At the inauguration ceremony, speakers highlighted the significance of the clinic's establishment in enhancing access to quality healthcare services for stoma patients across Kenya.

The launch also served as a platform to raise awareness about stomas and the challenges faced by individuals living with the condition. By bringing together healthcare professionals, policymakers, and advocates, SWK aims to foster a supportive environment for stoma patients and their families, promoting education, empowerment, and inclusivity.

The event was attended by dignitaries including the Director General of Health from the Ministry of Health, the Manager of the National Health Insurance Fund (NIHF) and representatives from the Kenya Medical Supplies Authority (KEMSA).

(www.ostomyeurope.org)



STN Recommended Use of Accessories

As you are no doubt aware by now the government is evaluating our Stoma Appliance Scheme to look at ways to reduce costs. The government spends approximately \$22 million a year on accessories alone - these are the products that we use in addition to your appliances.

We find that many are not using the accessories as they are intended or using unnecessarily. Our mantra is less is best for your skin so the least amount of product used the greater benefit to your skin. Often, we see ostomates who develop sensitivities to products when used over a long period of time. Gentle cleansing with warm water and a soft cloth such as a chux is sufficient and better still taking your bag off in the shower as long as you don't have any open wounds.

Please see below for the correct usage of products and if in doubt see your STN for advice.

A Guide for Use of Accessories Under the direction of a Stomal Therapy Nurse

Photo	Accessory type	Description for use
	<p>Powder</p>	<ul style="list-style-type: none"> • Used for the first 6 weeks post surgery on the join between the stoma and the skin to aid healing • Can be applied to the stoma to stop bleeding • Applied to broken skin, with excess removed and covered with skin barrier spray/wipe to aid adhesion


Photo	Accessory type	Description for use
	<p>Tape / extenders</p>	<ul style="list-style-type: none"> • Applied over where the adhesive of your appliance meets your skin to provide extra security • Can help prevent the adhesive of your appliance lifting off particularly when swimming, in hot humid conditions, working outdoors or during exercise. • NOT to be used to secure a leaking bag on for longer as this is highly damaging to your skin

Photo	Accessory type	Description for use
	<p>Remover spray or remover wipe</p>	<ul style="list-style-type: none"> • To assist in the gentle removal of your appliance • Use sparingly • Consider taking appliance off in the shower (if no open wounds) reducing necessity of remover
	<p>Barrier spray or barrier wipe</p>	<ul style="list-style-type: none"> • Not routinely required and to be used on the advice of your STN Less is best ! • Creates a thin protective film over your skin, can reduce damage caused by removal of your appliance or reduce sensitivity in some cases • Used in conjunction with powder for sore broken skin • Long term use can cause skin sensitivity/allergy
	<p>Skin barrier cream</p>	<ul style="list-style-type: none"> • Not routinely required and to be used on the advice of your STN as can cause allergic contact dermatitis • Forms a barrier against moisture/leakage • Can be useful to protect your perianal skin following reversal of a stoma

A Guide for Use of Accessories Under the direction of a Stomal Therapy Nurse

Photo	Accessory type	Description for use
	<p>Gel sachets</p>	<ul style="list-style-type: none"> Authority to use required from STN Placed into a pouch to thicken a liquid stool and reduce odour. Suitable for those who have a liquid/high output stoma. Particularly useful at night to help prevent leakages

Photo	Accessory type	Description for use
	<p>Paste</p>	<ul style="list-style-type: none"> Not routinely required and to be used on the advice of your STN Designed to fill in the cavities, crevices, dips and folds around the stoma to prevent leakages

AUSTRALIAN ASSOCIATION OF STOMAL THERAPY NURSES

44TH AASTN CONFERENCE

Making Every Connection Matter

30 APRIL - 2 MAY 2025
PULLMAN MELBOURNE
ON THE PARK



Australian Association of Stomal Therapy Nurses
aasn / aasn / conference



For more information, visit -
stomaltherapy.au

CONTACT YOUR LOCAL STN

The Australian Association of Stomal Therapy Nurses Inc maintain a contact list of National STN's on its website.

The list includes email addresses, phone numbers and information on the availability of outpatient services.

The STN contact list for Perth is available here: https://www.stomaltherapy.com/map_wa.php

FIONA STANLEY HOSPITAL

Marlene McLaughlin and Renae Hall • 6152 0788

FREMANTLE HOSPITAL

Emma Larter • 9431 3333

HOLLYWOOD PRIVATE HOSPITAL

Delysia Tennant and Yolanda Herrera • 9346 6000

JOONDALUP HEALTH CAMPUS

Shareen Van Kempen, Deborah Jessamine and Agnes Leksa • 9400 9297

KING EDWARD MEMORIAL HOSPITAL

Mercy Colimbo and Denise Collins • 6458 2222

MOUNT HOSPITAL

Vanessa Morris • 9481 1822

OSBORNE PARK HOSPITAL

Julie Connolly and Caitlen Mitchelmore • 9346 8000

PERTH CHILDREN'S HOSPITAL

Carmel Boylan and Suzanne Mazzone • 6456 0355

ROYAL PERTH HOSPITAL

Wendy Pearson and Nonto Bozo • 9224 2369

METROPOLITAN SILVER CHAIN SERVICES

Central: Dr Keryln Carville

Myaree: Jenny Faithfull

Maddington: Anne Capes, Julie Mitchell and Lynn Beelitz
Call Silver Chain Services on 9242 0242

SIR CHARLES GAIRDNER HOSPITAL

Sandy Hyde-Smith and Deb Day • 0491 264 536

ST JOHN OF GOD HOSPITALS

Midland: Laura Robertson and Sarah Witham • 9462 4000

Mount Lawley: Amy Staples • 9370 9222

Murdoch: Kate Brereton, Catherine Riordan and Leigh Davies • 9366 1111

Subiaco: Lisa Richards and Silvie George • 9382 6111

WA OSTOMY ASSOCIATION

Tania Norman • 9272 1833

Catherine Riordan • 9272 1833

BUNBURY REGIONAL AREA

Augusta Bridgetown Busselton
Manjimup Margaret River Northcliffe
Pemberton

Felicity Jones, Ann Carter and Rachael Cherry
• 0427 333 970

ALBANY HEALTH CAMPUS

Rachael Van Den Hoek and Christine Wilkins
9892 2465

BUNBURY ST JOHN OF GOD

Fiona Basham • 9722 1926 or 0448 978 234

BUSSELTON HOSPITAL

• 9753 6513 or 0427 333 970

GERALDTON (WACHS)

Kristina Murray - Geraldton Hospital

Call 9956 2222 and ask for Continence Service

MANDURAH SILVER CHAIN

Paula Parker - Call Silver Chain on 1300 650 803

MANJIMUP / BRIDGETOWN

Andrea James (Continence Advisor)
9777 5100

REGIONAL SILVER CHAIN SERVICES

Augusta Abrolhos Beacon
Bencubbin Busselton Carnarvon
Eucla Eneabba Hyden
Kalgoorlie Leeman Mingenew
Narrogin Northam Rockingham
Walpole Toodyay

Call Silver Chain on 1300 650 803

REMINDER: WHERE POSSIBLE IT IS PREFERRED THAT YOU SEE THE STN AT THE HOSPITAL WHERE YOU WERE FIRST TREATED AS THEY HAVE ACCESS TO YOUR MEDICAL HISTORY. YOU SHOULD HAVE YOUR STOMA CHECKED AT LEAST EVERY TWO YEARS.



Stoma
Skin
Soul



“I love this product
because most of all it
gives me confidence”

Jim, Cancer Dynamo

Designed to stop leakage before it happens **NEW NovaLife TRE™ urostomy pouch**

- NovaLife TRE™ is a unique skin barrier that contains super absorbers that swell and expand when in contact with moisture, forming a secure seal to protect the skin¹
- The slim profile pouch design includes anti-bulge valve and discretion dots features which can greatly reduce pouch bulging²
- The EasiView™ viewing option provides discretion and allows observation of stoma and urine if needed.
- The improved tap of the NovaLife TRE™ urostomy pouch is adjustable and allows safe and controlled emptying of the pouch.

To get your free sample call **1800 880 851** or visit **www.dansac.com.au**

1. Dansac data on file, LN-06224,07/22.

2. When compared to Nova urostomy pouch.

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Flexes with body contours¹ to move with you

Provides more pouch to skin security² so say yes with confidence to that gym work out or climbing up that hill

Extremely skin-friendly³ and comfortable to wear¹



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1. eakin dot® user evaluations. Data on file, 2019 2. T.G. Eakin Laboratory Testing Summary report, skinmat hydrocolloid 2020 (Data on file) 3. T.G. Eakin Product Evaluation. (n=49) 2020 (Data on file)