New Beginnings

Ostomy Canada Society

Reaching beyond what once seemed impossible.
Moving forward to embrace a brighter future.

Fredericton & District Chapter Newsletter

Fall Issue 2021

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Fredericton Chapter Officers

President: Erin Feicht
V.Pr./NSWOC: Nancy Schuttenbeld
Treasurer: Vacant
Secretary: Vacant
Visit Coordinator and Helpline: Judy Woods

Contact us!

Do you need to talk to someone about your ostomy? Do you need advice or just someone to listen? There are multiple ways to get in touch!

Call our helpline at: (506) 452-7634

Send an email to: ostomy.fredericton@gmail.com

Send a message through Facebook at: Ostomy Fredericton

What do you use to mend a jack-o-lantern? - A pumpkin patch!

Happy Fall All!

Why is it that we get such a wonderful feeling when the season everyone loves so dearly approaches? Here are some reasons:

- Cool, crisp air makes taking a deep breath feel so good & is the perfect temperature for outdoor exercise. Great for fighting depression!
- Fall colours actually boost your mood! The vibrant colours can give you energy & a positive emotional state, while also sparking memories.
- Fruits & veggies are in abundance! Take a trip to your local farmer's market & indulge in all the nutrient rich foods your local farmers can supply.
- It's time to get back on schedule. Vacation is over & what better way to feel productive than to get back to work & create a new routine?

Whatever you do this season, make sure to do it with a grateful heart & smile on your face!

https://www.sharecare.com/health/healthy-habits/article/healthy-reasons-love-fall

Send It In!

Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well, this is your time to shine! If you have something you think would be great in the newsletter, send it in! For example:

- Product reviews
- Inspirational stories (can be about you!)
- A funny joke
- Tips or personal experiences
- Questions

Getting the Right Fit

Are you struggling to keep an appliance on for more than a day or two? Are you getting leaks or irritated skin? Does your appliance just feel uncomfortable? If you answered yes to any of these questions, it might be time to consider whether or not you have the right fit!

Measuring your stoma: Firstly, your stoma can change in size for a variety of different reasons. Weight gain/loss, pregnancy, hernias, prolapsing, aging, where you are in the recovery period after surgery, and so on. It is crucial to get the proper fit every time you put on a new appliance.

To make sure your base plate (aka. flange, wafer, barrier) is measured correctly, you can use the measuring tool that is usually included in the box your supplies come in. Try different sizes. The template needs to fit snugly around the stoma but not so tight that it is directly on the stoma. This can cause irritation. A 1.5-3mm gap between the base plate and the stoma should be good.

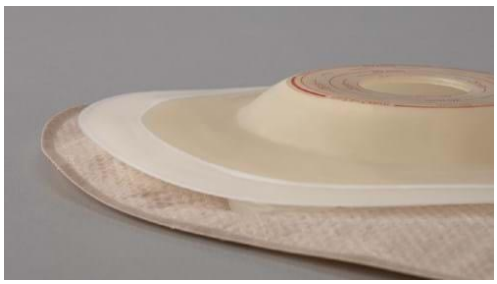
Now you can use the measuring tool to draw a ring around the stoma opening of your base plate (or there might already be a measuring guide to show you wear to cut). Try placing the base plate on your stoma with the adhesive still covered to ensure the measurement is correct. Once you feel good about it, go ahead and stick it on.

Getting a good stick: To ensure proper adhesion, make sure the skin is clean and dry. If you can't get the base plate to fit snugly due to difficulties cutting or an irregular shaped stoma, you can always fill in the gaps with paste or a barrier ring/strip.

Ensure proper appliance: Make sure you are using the correct appliance for your body type. If your body shape is rounder or you have dips in your stomach, you may need something with extra adhesive support around the base plate or one that is especially made to fit the contours of your body.

Coloplast's Sensura Mio Concave

Maybe your stoma lays flat or retracts from the body. You might need something with more convexity.



Convatec's Esteem Convex

Lastly, if you don't want to deal with cutting anything and would like a secure fit, you might want to try a moldable technology. This way, the base plate turtle necks around the stoma creating a gentle barrier.

Hollister's New Image Flat Formaflex

The options are endless! Make sure to go on each company's website to request samples! Talk to their customer support and see what is the best option for you!

https://www.byramhealthcare.com/blogs/properly-sizing-your-stoma-to-get-the-best-fit
Coloplast.co.uk / Convatec.com

From the President

I hope everyone had a wonderful summer and that you were able to find some time for relaxation and fun! My summer was spent working and going to the lake whenever I could get away. It definitely went too fast but I am so excited for the last quarter of the year! Fall is so beautiful and the cool weather is refreshing. All the best holidays happen in the next few months and the end of the year brings hope for the year ahead.

Our meetings have started back up for the remainder of the year and we will continue do to so virtually. Unfortunately, Covid cases in New Brunswick have been on the increase and we just don't want to chance anyone getting sick. If you haven't yet had a chance to join us online, I encourage you to do so at one of our upcoming meetings. You don't even have to leave the comfort of your couch, so you have nothing to lose!

Something else of importance is that we are looking for volunteers to help support our chapter. We are in need of a secretary, treasurer, and visitors. (See end of newsletter for details) These positions don't take a lot of time and I will definitely help you get started! If anyone is interested, please send me an email and let me know.

Other than that, life is good and I think at this point we just have to be thankful for each day we are given and try looking at things from a positive perspective. There is so much negativity and division in the world right now, and it is incredibly important that we show kindness and love to those around us.

Take care, Erin

Sleeping with an Ostomy

Here are a few tips and tricks for getting a good night's sleep!

Positions

When sleeping, the main thing that will help prevent leakage is giving the bag a bit of support. If the bag fills up, you don't want too much weight pulling on the base plate because that can cause it to lift.

- When sleeping on the same side as your ostomy, you don't need to do too much adjusting because the mattress should provide support.
- When sleeping on the opposite side, you can use a small pillow or rolled up blanket to put under the bag to give support. You can also use an ostomy belt, bandeau, tight shirt, or high waist pyjama pants to hold things in. Just make sure it isn't too tight because you don't want to cause pancaking at the top of the bag.
- When sleeping on your stomach, prop your body up a little bit by bending the leg on top to create enough space for the bag to expand.
- When sleeping on your back, you should have no problem. Just make sure output isn't pooling at the top.

Going to the Bathroom

- To avoid going to the bathroom in the middle of the night try not to eat or drink a couple hours before bed.
- If you still find you need to go often, take an Imodium before bed.
- If your bag is filling and you aren't waking up in time, try setting an alarm. Your body should eventually start to recognize when your bag is full and will wake you up automatically. (I always have a dream that my bag is full but when I go to empty it, it won't empty. This is how I know I need to wake up and go to the bathroom!)

Appliance

- You can switch to a larger bag at night or use a drainable system.

What exactly is ostomy surgery and what kinds of ostomies exist?

Ostomy surgery is performed by a surgeon who makes an incision in your abdomen. Then, a portion of the intestine is attached to the abdominal wall to ensure that your stool or urine exits through the hole in your abdomen rather than your rectum or bladder. This hole is known as a stoma. A bag is placed over the stoma to collect the waste.

There are many different reasons for needing an ostomy. Some of those might be Ulcerative Colitis, a bowel obstruction, Crohn's Disease, cancer, diseased bladder, being paralyzed, and perforated diverticulitis to name a few.

The most common kinds of ostomies are:
Colostomy - when part of the small bowel is removed and the stoma is made from your colon.
Ileostomy - when a stoma is made from the small intestine and sometimes the entire large bowel is removed.
Urostomy - when a stoma is made from intestine to allow urine to completely bypass the bladder.
Jpouch - when an internal reservoir shaped like a J is created to collect stool. This takes place internally and no bag is needed to collect stool outside the body.

For an ostomy creation, the bowel is decompressed, an incision is made at a specific loop, and the ostomy site is stitched. What kind of ostomy you have can effect the consistency of your output, the location of the stoma, and even the kind of appliance you wear. Talk to your ostomy nurse today to find out what will work best for your kind of ostomy!

https://nascent4u.com/what-happens-in-an-ostomy-procedure/?mc_cid=d3666f4e3d&mc_eid=670fde6f35

Reader Question: What are these bumps around my stoma? Sometimes they hurt and sometimes they bleed. Should I be worried?

These small red bumps are most commonly known as granulomas. They can appear where the skin meets the stoma or even on the stoma itself. The size can vary and bleeding can occur, but these are usually harmless.

Granulomas are most often caused by the friction of a poorly fitting appliance. They can also be caused by output touching the skin, or an infection.

To treat these little bumps, make sure your appliance fits correctly and that there is no other irritation occurring. You can use powder, barrier rings, or paste to cover the area where the granuloma is so that it is protected from irritation. Your doctor might also try applying silver nitrate, freeze the tissue, or cauterize the area.

If the bumps are spread over a large area and bleeding a lot, a surgeon might even opt to have them removed. Using a moldable technology such as those from Convatec or Hollister, might also reduce friction and provide extra protection.

If the granulomas are not causing you any discomfort, it is recommended to leave them and just keep an eye on things. If it gets bad, contact your ostomy nurse to get a second opinion.

***This is in no way intended to be medical advice. Please consult your NSWOC or doctor for further information.**
https://www.oakmed.co.uk/help-advice/advice-articles/stoma-granulomas-what-are-they-and-what-causes-them/

Inclusive Campaign by Lingerie Retailer Puts Ostomy in the Spotlight

By Ed Pfueller, UOAA

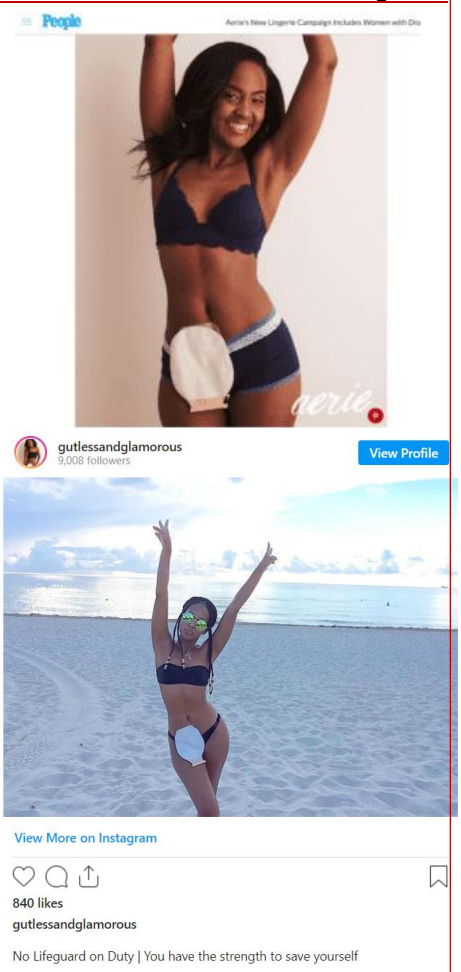
This feels like a moment. For many in the ostomy community seeing that someone with an ostomy has been included as a model, ostomy pouch showing, in a large national retail website was groundbreaking.

The viral #AerieREAL campaign showcased a smiling ostomate alongside other body positive models living with an insulin pump, wheelchair, crutches and conditions such as fibromyalgia and cancer. The brand has long highlighted "real, authentic and unretouched women." You can find the photos scattered over their product pages.

The model, Gaylyn Henderson, has been sharing her infectious positivity with the ostomy community for years. Her website Gutless and Glamorous chronicles her life speaking out in support of ostomy and IBD awareness. She was selected for the campaign after submitting a video for an open call for models. Gaylyn has since become a face of the campaign in mainstream media outlets such as People, CNN and Today.

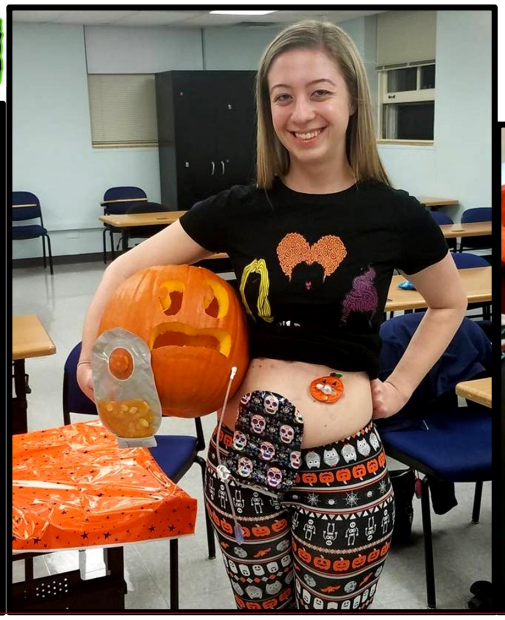
She told Today Style "Having the support of an influential brand like American Eagle to promote positive ostomy awareness has already changed lives, and I know this because of the feedback I am seeing and receiving," "To have this opportunity is surreal! For Aerie to give me this opportunity, I'm beyond grateful and thankful they would give someone like me a shot." The reaction has been uplifting and positive when shared all around the web and social media.

https://www.ostomy.org/tag/body-positivity/



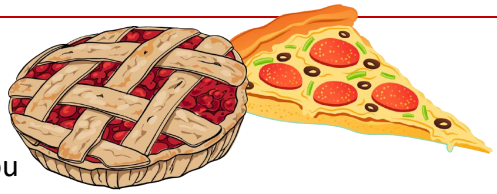
"Anything that has the power to save a life can be nothing but beautiful."
-Gaylyn Henderson

HAPPY HALLOWEEN



More fun decorations here: https://ostomyconnection.com/news-and-culture/the-most-creative-pumpkins-youll-see-this-halloween

What is Crusting?



It probably isn't what you think! Have you ever experienced irritated, weeping, red skin under your appliance? It is preventing the tape from sticking around your stoma? Try this technique to help your appliance stick and your skin heal.

1. When changing your bag, clean around the area and make sure it is completely dry.
2. Put stoma powder wherever there is irritated, moist skin. Gently brush or blow off access.
3. Dab a skin barrier wipe over the area and let dry.
4. Put more stoma powder on the same areas and get rid of excess again.
5. Dab area with another barrier wipe. Let dry.

This is called *crusting* because it creates a sort of dry crusted area over the irritation.

If this technique isn't enough, you can also place something like DuoDerm over irritated areas. This will act as an extra shield.

Now you can place your appliance on top! Hold your hand over the base plate to create warmth that will help it stick.

Tip: try not to change your ostomy appliance too often and don't rip it off. Also, avoid scratching at the area!

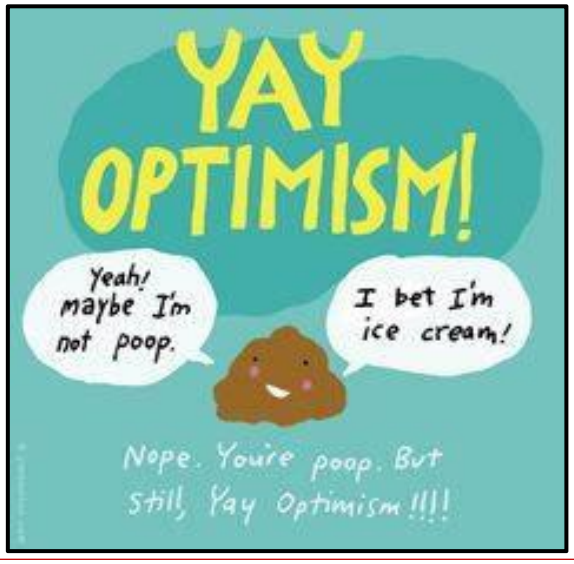
If irritation doesn't improve, try a different product from another company. Trial and error is key!
You can watch various examples on YouTube. Just search "crusting ostomy".

World Ostomy Day

The lead up to Ostomy Day was an exciting one. Many people across the country worked to raise money in support of the ostomy community. Those with or without an ostomy were encouraged to do whatever activity they could to help reach the goal of $50,000. Examples were given for fundraising ideas that would reach anyone and everyone. Some activities included running, jumping, skipping, playing cards, making a video, and dancing.

As of right now, the goal has already been surpassed at over $57,000! Amazing! If you haven't yet contributed and would like to donate, you can do so by visiting www.stepupforostomy.ca

Where are the Ostomates?!
1,300,000 Worldwide
750,000 in North America
70,000 in Canada



Less is more - Are You Using Too Many Products?

by Lauren Wolfe RN, CWOCN via Vancouver HIGHLife

Pouches, barrier rings, adhesive removers, adhesive sprays, ostomy powder, skin prep....I could keep listing products that could be used to manage your stoma. The big question is; do you need to be using all these products?

When it comes to your skin and stoma you will find that most NSWOC nurses (stoma nurses) have the philosophy that less is more. What this means is that you only need to use products that ensure you don't experience a leak and your skin remains healthy. Using many different accessories can cause confusion when you experience a problem and sometimes may even cause problems. Problems can be skin reactions, your pouching system not adhering causing leaks or decreased wear-time. Even the simple fact that you may be complicating your change using too many added products. An appliance change that could be 5-10 minutes long is taking more than half an hour. On another note, accessory products can be expensive and if they are not helpful to you then best not to use them. So when do we use accessory products?

Adhesive Removers: Are designed to help remove the pouching system without causing trauma or tears to your skin. They also help to remove any sticky residue that may be left on your skin after removal of your pouching system. I find that the spray works well to remove the pouching system and the wipes help to remove any leftover barrier from the skin.

Skin Preps: In the past everyone was advised to use skin preps to help keep your skin healthy and ensure the ostomy base plate adheres to your skin. In recent years with the advancement of technology the barrier composition allows for the barrier to adhere directly to your skin without using Skin Prep. In fact using Skin Prep can and does decrease how well the barrier adheres to your skin. Skin Prep should be used when treating denuded or raw skin when using the crusting method to heal the skin.

Ostomy Powder: Similar to skin prep, ostomy powder was used for many years as part of the application process for ostomy barriers. In fact the ingredients in Ostomy powder are similar to those of the wafer/ flange, the goal being to absorbs moisture. Unless you're extremely sweaty I would suggest forgoing the powder and seeing how your ostomy flange adheres to your skin, you may be pleasantly surprised.

Barrier rings: These serve a very important function, they can help to fill in creases or dips and valleys in your abdominal contours or for some they can add to the wear-time allowing for less frequent changes. However sometimes as your stoma settles down post surgery and it may be worth discussing with your nurse whether you need to use a barrier ring or not.

Barrier extenders/Adhesive tape barriers: This accessory product is new to the market and has a place for some individuals. I tend to recommend it for people who are using a smaller flange and need to increase the surface area if they are perhaps a larger person. Other uses are that it aids peace of mind when showering or swimming as it adds an area of water resistance to the edge of the flange. For some people it's just a comfort helping to prevent a leak. However from a NSWOC's perspective, these DO NOT prevent a leak but merely camouflage a leak as leaks starts immediately around the stoma. By the time it reaches these barrier extenders your pouch has been leaking for awhile causing potential skin damage.

In conclusion if you are unsure if you need to be using all the accessories, see your NSWOC and discuss what you need versus what you consider to be nice to have. Less is best. Our skin is sensitive and we do not need to use more product than needed.

Broward Beacon - Florida Spring Quarter 2020 Volume 50 Issue 1
https://www.browardostomy.org/site/wp-content/uploads/2020/02/bb_2020_February-web.pdf

Why Should I Be a Member?

It is that time of year again when membership dues are to be sent in. Maybe you are undecided and wondering what the benefit of being a member would be. Here are some of the things your $30 goes towards:

- ▶A subscription to the Ostomy Canada magazine.
- ▶Access to the Ostomy Canada Connects Newsletter.
- ▶Helps fund your local chapter.
- ▶Helps build public awareness locally and nationally.
- ▶Sponsors youth to go to ostomy camp.
- ▶Funds award programs for nurses studying to work with ostomies and ostomates pursuing a post-secondary degree.
- ▶Supports funding put into events such as World Ostomy Day and the Stoma Stroll.
- ▶Advocating opportunities to increase ostomy supply funding.
- ▶And more!

A brief description of positions:

Secretary:

-Attend meetings and take notes.
-Submit notes electronically for submission to our website.
-Read minutes at meeting the next month.

Treasurer:

-Receive membership payments.
-Responsible for any banking that might be required like handling donations, writing cheques, money for fundraisers, or money to send kids to camp.
-Keep an up to date list of members, their contact info, and if they are an actively paying member.
-Send membership payments and list to national office.
-Do a monthly report on finances for our meeting.

Thank you for considering helping out our chapter! It doesn't take a lot of time but we are a big part of what helps new ostomates adjust to their life with an ostomy, and a great support for those who have had theirs for quite some time.

Becoming a certified ostomy visitor!

Ostomy Canada Society and its chapter members are dedicated to complete rehabilitation of people living with an ostomy, through mutual aid, moral support, and education.

Where does all this begin? With the trained ostomy visitor! The trained visitor is the heartbeat of the organization. Visitors come in various sizes, shapes, ages, and sex.

Despite assurances from doctors, nurses and others concerned with complete recovery of the patient, there is no substitute for the visual proof received through a visit from a cheerful and well-adjusted person living with an ostomy. The visitor is a member of the rehabilitation team, which consists of a physician, nurse, enterostomal therapy nurse (NSWOC), and volunteer visitor.

However, only the visitor is uniquely qualified to share non-medical information and to help in the psychological and social rehabilitation of the patient. The visitor comes prepared to share positive experiences and the combined information of the members of the Ostomy Canada Society.

Potential visitors attend a training session that focuses on certain fundamentals of visiting.

Certification of each visitor results from satisfactory participation and understanding of the role of visitor.

Once certified a visitor is called as required by the Chapter Visiting Coordinator who acts in response to a request for a visitor by a doctor or an Enterostomal Therapy nurse. When the visit has been completed, a simple report is made to the Chapter Visiting Coordinator.

Most new ostomates prefer having a visit with a trained ostomate in order to rationalize their experience and to be convinced that a happy and productive life is indeed possible after their ostomy surgery.

If you are interested in becoming a visitor, please reach out to us at ostomy.fredericton@gmail.com.

https://www.ostomycanada.ca/support/visiting-program/

Membership Application - Fredericton & District Chapter of Ostomy Canada Society

The following information is kept strictly CONFIDENTIAL. Membership is open to ostomates and non-ostomates.

□ New Member □ Renewal □ Change of Address

Name _____

Address _____Apt. No._____

City _____ Province _____Postal Code _____

Phone _____ Email _____

Birth (dd/mm/yyyy) / / /

Please check all that apply:

□ Colostomy □ Ileostomy □ Urostomy □ J-pouch □ Jejunostomy

Other (Specify) _____

If you are not an ostomate, please indicated your connection:
□ Spouse/Family Member _____
□ Healthcare professional _____
□ Supplier _____
□ Other _____

□ Enclosed are my annual membership dues of $30.00

□ Donation (tax deductible) $ _____ (Registered Tax # 077568-11).

□ I am unable to pay at this time but would like to be a member.

Make cheques payable to Fredericton & District Chapter of Ostomy Canada Society and mail to:

Mrs. Erin Feicht, President
Fredericton & District Chapter, Ostomy Canada Society
49 Abbott Court, Apt. 402
Fredericton, NB
E3B 5V8

*Ways to submit membership application information:
- Print form and fill out.
- Write form's information on a piece of paper.
- Send form information in an email to ostomy.fredericton@gmail.com
*Stay tuned for e-transfer options in the near future! Until then, please send money to above address.