

The Mail Pouch

Ostomy Support Group East Valley Arizona

November 2010

Our Next Meeting:

Sunday, November 21, 2010

2:00 PM

Centennial Village

130 West Brown Road

Mesa, AZ 85201

Today's program will be presented by our fabulous WOC nurses. They are always entertaining and you don't want to miss it!

Welcome New Members:

Meekly (Mickey) Goble

Visitation Report:

Beth Berg, ileostomy, referred by Sheila Kollenberg and Alvin Hay has an ileostomy.

Sunshine Report:

Get Well cards were sent to Jeff Ogden, Sheila Kollenberg & Juanita Frankenstein. Sympathy cards were sent to the families of Esther Beall, Carmen Loucks & Matt Braunhut.

50/50 Winner:

The 50/50 last month was \$36. The winner was Shirley Wright who so generously gave back her \$18 to the Youth Rally. **Thank you Shirley!**

Our December Meeting will be Sunday, December 12, 2010 at 2:00

Our December meeting will be the Christmas Party! No gifts to buy. Instead everyone will receive a raffle ticket when they arrive. Many item will be given away during the coure of the party. There will be no 50/50 at the meeting. We ask that everyone bring a dish for the buffet. If your last name begins with A-H bring a salad, I-R bring a side dish or S-Z bring a dessert. The Board will be provide the main dish.

We will have large boxes in the stage area to collect non-perishable food for a Food Drive to be donated to Sandy Clark's church.

Come and celebrate the holidays with your friends at the East Valley Ostomy Support Group.

Save this Date . . .

Product Fair

Sunday, March 27, 2011

11:00 AM to 3:00 PM

Banner Desert Hospital Saguaro Room

There will be no entrance fee. We will have many door prizes. Volunteers are needed. If you can help, call Andrea Pinsker at 480.945.7322.



"We're going to take a link out of your food chain"

Officers and Directors

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ET Advisors

We want to thank our WOC nurses for all they have done for us. They come to every meeting and help us with any problems we may have.

Banner Desert Medical Center (Dobson Road)

Janet Schmidbauer, RN, BSN, CWOCN
Elaine Fox, RN, BSN, WOCN
Angela (Rebottaro) Hugel, RN, BSN, COCN, WOCN

Banner Baywood Medical Center (Power Road)

Miriam Jensen, RN, WOCN
Sandra Lane, RN, WOCN
Karol Friend, RN, WOCN

Support Group Meeting Dates for 2010 – 2011

Sunday, December 12th at 2 pm (Holiday Party)
Sunday, January 30th at 2 pm
Sunday, February 27th at 2 pm
Sunday, March 27th (Product Fair)
Sunday, April 24th
Sunday, May 22nd

(This is the last meeting of the year. Officers will be installed and then we will break for the long hot summer.)

Board Meeting Dates for 2010 – 2011

Saturday, December 4th at 1 pm
Saturday, January 8th at 1 pm
Saturday, February 12th at 1 pm
Saturday, March 12th at 1 pm
Saturday, April 9th at 1 pm
Saturday, May 14th at 1 pm

Every month our officers and directors meet to discuss the business of our support group. All members are invited to attend the board meetings. We appreciate your interest and need your support. These meetings are on Saturdays at one pm at Centennial Village.

Thank you to Patricia Slive for her generous donation of \$50 in loving memory of her mother, Carmen Loucks.

Our Presidents' Message

Hi,

What a beautiful day for our meeting and being with all of you made it even more beautiful! Great attendance as our winter residents are returning — are some returning earlier from the 'Cold States'? WELCOME! We did miss our Co-President, Sheila Kollenberg. (Note: Sheila had to go to ER, had kidney stone surgery and now back home. She'd probably appreciate a card or encouragement of sorts). We enjoyed the fancy 'witch' attire VP Darlene Kosman wore as she introduced Convatec's Rep, Sandy Hecht. As always, she had good tips with questions and answers. Some of Sandy's first words were 'you guys always have such a great turn out', and that's all because of each one of YOU!

We like to hear good news reported; Florence Park shared of her daughter who had cancer return early last spring and she asked for prayers, (actually, Florence's picture was in the paper in a special article being done at the hospital as she was praying for her daughter)----her daughter has now been diagnosed CANCER FREE! Florence also had a very capable young grandson assisting in set up etc. for the meeting. Good seeing kids!!! All Board members shared good reports and keeping up with their duties. Treasurer, Paula Nelson informed all she had sent out notices where balances were due. It may just be a small amount, as she is pro-rating to get all current in order to be consistent with the one due date per year (August 1 – May 31, \$25 starting August 1, 2011). New members will be prorated as well.

Bob Miller reported on the Web site – it's up and running very well, just waiting for those with computers to open and read. Give Bob your input. It can be most enjoyable as well as the good information it provides. Let Bob know what you think. He's giving lots of time to it. And we still need our 'snail mail'. Sandy Clark asked for a location this next newsletter could be copied. We thank Angelica Ontiveros for her effort in last month's. Speaking of 'snail mail', --how many of you enjoy getting cards, words of encouragement, something you can hold in your hand, re read, set out to just enjoy looking at. Do you know the Post

Man says, 'if it wasn't for junk mail, they wouldn't have a job, so they need 'snail mail' and so do we. We are in a changing world, but as we get into the new, let's not ignore the old for its value. (Off my Soap Box and back to business) We thank Janis Hahn for getting the last two Newsletters out, taking over for Kaye Shemorry; Kaye is looking at surgery hopefully after the first of the year. Newcomers were Audrey (I) and Howard Berman, Judy Vance, Jim Carr, Marcia Hanson. Some returning, but I didn't get all names. (Sorry) Jim and Ginny Weis held the drawing for the 50/50, winner, Shirley Wright generously donated back to the Youth Rally, totaling \$36. We're looking forward to a report on the Youth Rally before long. Mark your dates for the Product Fair, March 27, 2011 at Banner Desert. We are so thankful for their facility, allowing plenty of space for display and being able to get around; we'll need all the help we can get. It's FUN and INFORMATIVE---and we're becoming known for it, SO WE WANT TO GIVE IT OUR BEST!

Our wonderful Nurses, Miriam Jensen, Elaine Fox and Angela Rebottaro (oops! It's not Rebottaro anymore, but Hugel – she was beaming as she shared the news of her recent marriage. Congratulations Angela!) – anyway, we are so privileged to have them with us for questions and answers and the SPECIAL ONE ON ONE they give any who make the effort to go up and visit them as we enjoy our refreshments. The supplies have built up again for any to go through and take whatever they can use. Others keep donating more. Helping each other! Thanks to everyone staying to help clean up and put the room back in order for Centennial, who so graciously host our meetings.

Mark your calendars. December 12th is our Annual Christmas Dinner. This is early! May you all have a Blessed Thanksgiving!

Love,

Vella and Sheila

Hospitalization Guidelines for Ostomy Patients

by Dr. Lindsay Bard; via Chicago (IL) *The New Outlook*; and Hartford (CT) *The Hartford Ostomy Update*

It is important for a person with an ostomy to know how he/she should be handled differently than someone without an ostomy when you need to be hospitalized. It's up to you. It is very important to communicate to medical personnel who take care of you, including every physician that treats you, that you have an ostomy, and what type of ostomy you have. Here are some rules to help you cover the details:

Rule 1 – The Cardinal Rule!

If you feel something is being done or going to be done to you that might be harmful, refuse the procedure. Then explain why to the medical personnel, especially your physician. They will then decide with you if the procedure will actually be in your best interests.

Rule 2 – Supplies

Bring your own supplies to the hospital. Never assume the hospital will have the exact pouching system or irrigation system you use. Most hospitals have some supplies available. These are used for emergency situations.

Rule 3 – Laxatives & Irrigations

Follow the points below concerning laxatives or irrigation practices, according to which type of ostomy you have. Medical personnel often assume all stomas are colostomies. But, of course, practices vary among the various types of ostomies.

- A transverse colostomy cannot be managed by daily irrigations. The only colostomy that can be managed by irrigations is the descending or sigmoid colostomy. However, sigmoid or low colostomies do not have to be irrigated in order for them to function; many people with sigmoid colostomies prefer letting the stoma work as nature dictates. If you do not irrigate your colostomy, let the fact be known to your caregivers. If your physician orders your bowel cleared, irrigate your own colostomy; do not rely on others. There is a strong possibility that those caring for you will not know how to irrigate your colostomy.
- Bring your own irrigation set to the hospital.
- If you have an ileostomy or urinary diversion ostomy, never allow a stomal irrigation as a surgical or x-ray preparation.

Remember that laxatives or cathartics by mouth can be troublesome for people with colostomies. For people with ileostomies, they can be disastrous—people with ileostomies should always refuse them. A

person with an ileostomy will have diarrhea, may become dehydrated and go into electrolyte imbalance. The only prep needed is to stop eating and drinking by midnight the night before surgery. An IV should be started the night before surgery to prevent dehydration.

Rule 4 – X-rays

X-rays present special problems for people with ostomies, again, differently managed according to ostomy type:

- A person with a colostomy must never allow radiology technicians to introduce barium into your stoma with a rectal tube. It is too large and rigid. Take your irrigation set with you to x-ray and explain to the technicians that a soft rubber or plastic catheter F#26 or 28 should be used to enter the stoma. Put a transparent pouch on before going to x-ray. Have the technician or yourself place the rubber or plastic catheter into your stoma through the clear plastic pouch. When enough barium is in your large bowel for the x-ray, the rubber or plastic catheter can be withdrawn and the open end of the pouch closed. The pouch will then collect the barium as it is expelled and can be emptied neatly after the procedure. Once the x-rays are completed, irrigate normally to clean the remaining barium from your colon. This will prevent having to take laxatives by mouth after the procedure.
- A person with an ileostomy may drink barium for an x-ray procedure, but never allow anyone to put barium into your stoma.
- A person with a urostomy can have normal GI x-rays without any problems. Never allow anyone to put barium in your stoma. At times, dye may be injected through a soft plastic catheter into a urostomy for retrograde ureter and renal studies, often called an ileo-loop study. The same study may be performed on a urostomy patient with a Kock pouch. The dye will be injected via a large syringe; this can be a very painful procedure if the dye is not injected very slowly. Even 50 mL will create a great deal of pressure in the ureters and kidneys, if injected rapidly. Remember to request that the injection be done slowly.

For anyone who wears a two-piece pouching system: you may remove the pouch just prior to the insertion of the catheter, and replace the pouch after the procedure is completed. If you wear a one-piece pouching system, bring another with you to the x-ray department to replace the one removed for the procedure. In the event you are incapacitated, and cannot use your hands to replace your

- pouching system, request that a WOC nurse in the hospital be available to assist you. The WOC nurse will be able to replace the skin barrier and pouch for you before you leave the x-ray department.

Rule 5 – Instructions

Bring with you to the hospital two copies of instructions for changing your pouching system and/or irrigating your colostomy. Provide one to your nurse for your chart and keep one with your supplies at bedside. If you bring supplies that are not disposable, mark them “do not discard.” Otherwise, you may lose them.

Rule 6 – Communicate!

Again, let me stress that you must communicate with the hospital personnel who take care of you. You will have a better hospital stay, and they will have an easier time treating you.

Some of the Best Basic Ostomy Hints

Via the Omaha Ostomy Digest

Don't believe that having an ostomy makes you less of a person or some freak of nature. There are lots of us and most of us are glad to be alive. Build a support system of people to answer questions when you have a problem.

Consider our ET's, CWOCN's and your officers who are listed in the newsletter of your local chapter. Don't play the dangerous game of making your appliance fail by over taping or putting off a change. There aren't any prizes given for the longest wear time except accidents. Don't wait until you see the bottom of your supply box before ordering more. Always count on delays in shipping, holidays, etc. when calculating what is needed. Zip-lock bags sandwich bags are useful and odor proof for disposal of used ostomy pouches. Don't get hung up on odors. There are some great sprays and some internal deodorants. Remember – everyone creates some odors in the bathroom. Don't feel you are an exception. Hydration and electrolyte balance are of vital importance.

Be sure to drink enough fluids to maintain good hydration, ileostomates especially. Read and learn all you can about ostomies. You never know when you may find an opportunity to educate someone about the life-saving surgery that has extended so many lives. Learn to be matter of fact about this and never be embarrassed.

Few folks get out of this life without some medical problems and unpleasant situations with which to cope. You may be amazed at how people will admire your adaptability and courage. In the beginning after surgery, almost everyone experiences some depression. If you fit into this category, you are certainly not alone. But it need not be a lasting condition. Try something as simple as walking – long walks. If the depression seems to linger, don't be afraid or ashamed to seek help. There is help out there! The bottom line is - WE ARE ALIVE! In other times, in other countries, we might not be. The most important part of you as a human being has not changed!

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Thanks and regards,
Arun P. S. / Doha, Qatar



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NEXT MEETING: Sunday, December 12, 2010 at 2:00 PM
(Our Annual Holiday Party – more information on the first page)

APPLICATION FOR MEMBERSHIP

Membership is open to all persons interested in ostomy rehabilitation. MEMBERSHIP in the Ostomy Support Group EV/AZ includes a subscription to the chapter's monthly newsletter. ASSOCIATE MEMBERSHIP in the Ostomy Support Group EV/AZ is open to the spouse of a regular member, a member of another chapter who lives out of state, and includes a subscription to the newsletter.

Full Membership Dues are \$25.00 per year. Associate Membership Dues are \$12.50 per year.

I wish to make an additional contribution of \$_____ to support chapter programs.

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Please check all that apply: Colostomy Ileostomy Urostomy/Ileo Conduit Continent Urostomy

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Complete this form and bring it to the next meeting or mail it with your check to: Ostomy Support Group EV/AZ, c/o Paula Nelson, 6712 Des Moines St., Mesa, AZ 85205-6827