



# WAOA Newsletter

April 2022  
Volume 205

## WAOA Business Hours

Monday 9:00am to 4:00pm

Tuesday 6:30am to 4:00pm

Wednesday 9:00am to 4:00pm

Thursday 9:00am to 4:00pm

Friday 9:00am to 4:00pm

4th Saturday of each Month

9:00am to 1:00pm

## Stomal Therapy Nurse (STN)

### clinic hours:

Monday, Wednesday and Thursday

9:00am to 1:00pm\*

4th Saturday of each month

9:30am to 12:00 Noon\*

\*Appointments needed

## WAOA Management Committee

Murray Joseph

Lorrie Gray

Peter Caffin

Andrew Burke

Quentin Hooper

Newsletter editor(s): Bec Herbener

/Shezanne Gibbs-Hooper

## Western Australian Ostomy Association Inc

ABN 43 525 882 636

[www.waostomy.org.au](http://www.waostomy.org.au)

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Mount Lawley WA 6050

PO Box 706  
Mount Lawley WA 6929

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Business email  
[info@waostomy.org.au](mailto:info@waostomy.org.au)

Orders email  
[orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Please quote your member number  
when you contact us.



*WAOA WISHES EVERYONE  
A JOYFUL AND PEACEFUL EASTER...*

## In this issue...

- We've got updates from HQ and STN's Catherine and Tania
- Physio Advice for Understanding Your Core
- Reports from the President & the Albany Support Group
- and articles about Amazing People Doing Amazing Things

*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 (PB050.2009) is available from your STN, WAOA HQ, or the Human Services website: [www.humanservices.gov.au/organisations/health-professionals/forms/pb050](http://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.

*An information pamphlet is available from WAOA on request.*

## Australian Ostomy Associations

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

<https://australianstoma.com.au/associations>

## Order Forms

We prefer members to place orders through our website: [www.waostomy.org.au](http://www.waostomy.org.au)

Alternatively, you can use the form included with your previous order.

Please email your order to [orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Submit your order 14 days in advance.

## Membership Fee

Membership Fee for 2022/23:

- 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

**Single supply:** \$13

**Double supply:** \$20 (after you have had your stoma for 6 months or more and are unlikely to be reversed soon)

**Pay your postage credit in advance by:**

- Online on our website
- Cash at WAOA HQ
- Cheque
- 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 and expiry date
- If you have a reversal scheduled or you've had a stoma reversal.



[www.facebook.com/waostomy](http://www.facebook.com/waostomy)

Closed support group:

[www.facebook.com/groups/WAOASupport](http://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.

# NOT ALL BODIES ARE THE SAME

## Not all seals are the same. The Stomahesive® Seal:

- Can be custom moulded or stacked (for convexity) to fit individual needs
- Can be broken and re-joined
- Can be used with paste
- Alcohol free – won't sting!
- Easy to remove and leaves less residue on skin

## STOMAHESIVE® SEAL Your skin-friendly choice

### PROVEN TO PROTECT AGAINST LEAKAGE:

- Forms a secure seal that helps prevent leakage<sup>1\*</sup>
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### PROVEN SKIN-FRIENDLY TECHNOLOGY:

- Absorbs 50% MORE moisture than Eakin™ Cohesive™<sup>2\*</sup>
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- Maintains its adhesion and integrity



See package insert for complete Instructions for Use.

\*As demonstrated in vitro compared to other seals.

™ Stomahesive is a trade mark of ConvaTec Inc. All other trade marks are the property of their respective owners. AP-033687-MRL-AU February 2022 0621

References: 1. A Randomized, Multi-Center, Cross-over Study Comparing the Performance of Three Ostomy Accessory Products. C-0513-12-A739, 2013 Data on file, ConvaTec Inc. 2. Fluid Uptake Testing R&D Report, SKL13-0104, 2013 Data on file, ConvaTec Inc.

SAS Code	Product Code	Stomahesive® Seal	Pack Size	Monthly Allowance
80008Y	413503	48mm Standard	10	30
80008Y	413504	48mm Thin	10	30
80008Y	413505	98mm Large	10	30



For Customer Care and to order your FREE samples, call  
**1800 335 276** (Australia)  
**0800 441 763** (New Zealand)  
or email

[connection.au@convatec.com](mailto:connection.au@convatec.com)  
[connection.nz@convatec.com](mailto:connection.nz@convatec.com)

## President's Report

By Murray Joseph

Welcome to 2022! It seems like just yesterday that we were celebrating Christmas 2021, but here we are, and its already March 2022. I'm not sure if it is just me, but as I get older, the years seem to go by quicker!

With our borders now open, and with a significant increase in Covid transmission throughout WA, we will remain vigilant, and do all we can to ensure our services to Ostomates are not interrupted, and of course we have an ongoing duty of care to ensure our team are safe and well protected.

Our current Management Committee has met twice since the AGM. Your Management Committee this year is:

President: Murray Joseph  
Secretary: Lorrie Gray  
Treasurer: Andrew Burke  
I.T: Peter Caffin  
Strategic Planning: Quentin Hooper

I'd also like to thank Estelle Hayler for kindly volunteering to take the minutes of our meetings again this year, and Shezanne Gibbs-Hooper for the great work she does in producing our Newsletter. I would also like to thank and pay tribute to our wonderful staff, STN's and volunteers. Without their hard work, we could not provide the services that we do to Ostomates throughout WA. As President, and as an Ostomate myself, I am very grateful for everything they do for us.

My very best wishes to everyone. Please stay safe, and as always, we are here to help wherever, and whenever, possible.

**Murray Joseph**

President - WA Ostomy Association

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# Not all barrier films are created equal.

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\* Please note that samples will be the 1 mL size. Always read the instructions for use. Do not use on infected areas of skin. If symptoms persist, talk to your health professional.

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## Upcoming Support Group Meetings

Come along to one of our support group meetings. Friends, family, and carers are welcome and encouraged to attend. People who are contemplating having stoma surgery are also very welcome.

Visit our website [www.waostomy.org.au](http://www.waostomy.org.au) follow us on Facebook [www.facebook.com/waostomy](https://www.facebook.com/waostomy) or call us to keep up to date on any changes to the meetings during these Covid times.

<b>New Members' Support Group</b>	23 April 2022 28 May 2022 25 June 2022 23 July 2022 27 August 2022	<b>New Members:</b> 12:00 noon to 1:30 pm 4th Saturday of every month (Except December) At WAOA HQ, 15 Guildford Rd Mount Lawley
<b>Mandurah Support Group</b>	6 April 2022 4 May 2022 1 June 2022 6 July 2022 3 August 2022	5:30 pm to 7:00 pm 1st Wednesday of every month (except January) Greenfields Family and Community Centre 2 Waldron Boulevard, Greenfields (Cnr Murdoch Drive)
<b>Albany Support Group</b> Contact: Gerry 0498 666 525	3 June 2022 7 September 2022	1:30 pm 1 <sup>st</sup> Friday of each quarter Free Reformed Church Meeting Room North Road, Albany
<b>Esperance Support Group</b>	For information, please call Len 9075 9099	
<b>Geraldton Support Group</b>	Varies - For information, please contact WAOA HQ	
<b>Kalgoorlie Support Group</b>	Varies - For information, please contact WAOA HQ	
<b>Kununurra Support Group</b>	Varies - For information, please contact WAOA HQ	
<b>Perth Young Ostomates' Support Group</b>	For information, please contact WAOA HQ. Request to join via Facebook link - <a href="https://www.facebook.com/groups/365461825146299">https://www.facebook.com/groups/365461825146299</a>	
<b>West Ossie Guttsy Kids</b>	Request to join via Facebook page <a href="https://www.facebook.com/groups/381866953308120/">https://www.facebook.com/groups/381866953308120/</a>	

### **WATER CORPORATION'S MEDICAL ASSIST PROGRAM - For people on the CONTINENCE AIDS PAYMENT SCHEME (CAPS)**

Over five million Australians experience bladder or bowel control problems. Severe continence issues typically result in higher water use due to increased hygiene and laundry needs. The Water Corporation's Medical Assist program waives up to 180,000 litres of water consumption per year (30,000 litres per bi-monthly bill), saving each recipient annually on average more than \$380.

This will help Western Australians with severe and permanent incontinence by providing a substantial allowance to help offset their higher water use. A member of your household has to be a recipient of CAPS to be eligible for the Water Corporation's Medical Assist program, having a stoma doesn't qualify. The Continence Aids Payment Scheme (CAPS) is an Australian Government scheme that provides a payment to assist eligible people who have permanent and severe incontinence to meet some of the cost of their continence products.

The Medical Assist eligibility criteria and application form are available on the Water Corporation's website at <https://www.watercorporation.com.au/medicalassist>.

## Headquarters' Update

By Lorrie Gray

In the light of all the changes that are taking place in our state because of the ongoing epidemic I thought it might be useful if we provide a monthly update, although recognising that it may be out of date 10 minutes after it is written.

Our last Newsletter wished you all a safe and happy Christmas – and then the WA borders were due to open with Covid-19 and its Omicron variant still causing concern in the eastern states! We closed our doors on 4<sup>th</sup> February for the collection of parcels and posted all orders not collected before that date. We again split our operations into two shifts to potentially better protect staff and to ensure no service disruption to members but have since abandoned this practice and are at full strength again.

The bad news is that our doors are going to remain closed until further notice and parcels will continue to be posted. We will be reviewing this regularly.

### Stomal Therapy Nursing (STN) News

#### **STN service continues by appointment only**

During this time our STNs Tania and Catherine have continued to provide a telephone consultation service or where this is not adequate, appointments are arranged. This limits the number of people waiting, hence is safer for everyone. Covid questions will be asked by reminder texts or on arrival. The clinic entrance is at **19 Guildford Road**, the house next door with the garden. Call HQ if you need support.

Tania's annual rural visits continue with additional precautions.

**STN Clinic Hours** - Monday, Wednesday and Thursday from 9:00am to 1:00pm

### Other Odds and Ends

The majority of members now place their orders through our website launched in July 2020 – benefits flow to both members and our staff so thank you all.

**Gentlemen: do you need braces / suspenders instead of a belt?** We have been provided with the following recommendation:

- 50mm Extra Wide Heavy Duty
- X-Back Adjustable Elastic Men's Suspenders
- Clip On Braces Trouser ac4615
- Really good clips
- \$15.99 delivered

<https://www.amazon.com.au/dp/B079YZXBLM>

**Do you have Incontinence of Urine?** We have recently become aware of reusable pads for mild to moderate incontinence for both men and women. Maybe worth a look?

**Contact: Alison**

[www.mypads.com.au](http://www.mypads.com.au)

**Phone: 0416213210**

Further support could be available from the Continence Foundation of WA and your doctor can also refer you to a specialist Nurse Continence Advisor.

### BUSINESS HOURS

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Wednesday	9:00am – 4:00pm
Thursday	9:00am – 4:00pm
Friday	9:00am – 4:00pm
4th Saturday	9:00am – 1:00pm

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## RATs Information: *Who'd have thought we would be talking about this?*

**RATs** stand for **Rapid Antigen Tests** and are the 'at home' Covid tests which have recently been accepted and made available in WA.

There are two types of RATs:

- saliva test - user spits into a tube or sucks on a swab
- nasal swab - user swabs each nostril

The Self-test kits will contain:

- test device
- spit funnel or nasal swab
- test tube with dropper cap to collect samples
- buffer (chemical solution that extracts the virus from samples) and
- instructions for use.

### Concession card holder access to RATs

Concession card holders can access 10 RATs for free as part of the Government's *Rapid Antigen Test Concessional Access program*

<https://www.findapharmacy.com.au/our-services/concessional-access-rat>.

Under the federal scheme, RATs are available for Australians who hold an eligible concession card including:

- Commonwealth Seniors Health Card
- Department of Veteran's Affairs Gold, White or Orange Card
- Health Care Card
- Low Income Health Card
- Pensioner Concession Card

Under the scheme, eligible people will be able to access 10 RATs over a 3-month period, with a maximum of 5 in a month. There's a limit of one pack per purchase.

You can pick these up from a participating community pharmacy. Your carer or guardian can pick up your RAT if you're eligible but can't get them yourself. They will need to show your concession card when they go to the pharmacy.

The scheme is set to run from 24 January until 30 April 2022.

If you don't have a card but think you might be eligible for one, read more about concession and health care cards at Services Australia's website - <https://www.servicesaustralia.gov.au/concession-and-health-care-cards?context=60091>

### Accessing RATs under the NDIS

If you have Core funding in your NDIS plan, you can use this to cover the costs of RATs.

More information is available on the NDIS website <https://www.ndis.gov.au/news/7308-ndis-participants-can-use-plan-funds-claim-rapid-antigen-tests>

### Where can you find a RAT?

The Pharmacy Guild of Australia has launched an online search tool to help people find tests. The website provides real time information – provided by pharmacies – on who's got stock and what stock is available -

<https://findapharmacy.com.au/home/rapid-antigen-tests>



### Beware of RAT scams

Where there's a thing there's a scam. The Dept of Commerce have warned about fake websites or people selling unapproved self-testing kits. When shopping online remember to:

- buy from reputable vendors (stick with known companies)
- if buying RATs make sure they are approved by the Therapeutic Goods Administration (TGA) – a list of approved RATs is available on their website <https://www.commerce.wa.gov.au/announcements/consumers-warned-about-dodgy-sellers-covid-19-rapid-testing-kits>
- pay with a credit card or via PayPal so there's an opportunity to get your money back if the product doesn't arrive (hard to do with direct deposit)
- never disclose your birthday or any other personal information when completing an online purchase transaction.

### Mandatory registration of positive RATs

Effective from 8 February 2022, people who have self-administered a RAT test and tested positive must register their result online with the Department of Health at [www.healthywa.wa.gov.au/ratregister](http://www.healthywa.wa.gov.au/ratregister)

This process will take several minutes and can be completed by the person who has returned the positive result or another person on their behalf if they need assistance.

The mandatory registration requires information to be logged including:

- date and time of the test
- personal details about your situation
- phone number you can be contacted on

People who do not have access to the online registration system must still report their positive test result and can do so by contacting 13 COVID (13 26843).

When a positive result is registered, WA Health will assess how to best manage the situation, including whether healthcare is needed, and provide advice on what to do next.

The RAT is a quick test to check for COVID-19 and provides a result within 15 to 30 minutes, and all kits have a QR code which links to a video that demonstrates how to take a test.

People will face a penalty of up to 12 months imprisonment or a fine of up to \$50,000 for failing to register a positive RAT test.

### When would you use a RAT?

RATs are recommended for use if you are:

- attending a large gathering in a crowded place such as a wedding or funeral
- visiting a person who is vulnerable to risks of COVID-19
- visiting a high-risk setting, e.g., an aged care facility, hospital or disability group home
- need to check quickly for COVID-19
- recommended to do so by the Department of Health

*\*This data kindly shared from the Men's Sheds of WA*



[www.menssheds.org.au](http://www.menssheds.org.au)



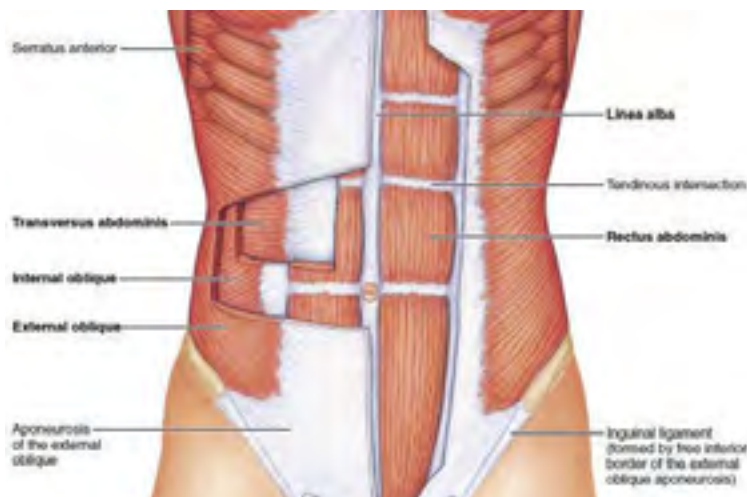
# Understanding Your Core with Pelvic Health Physiotherapist Alison Wroth

Did you know your abdomen has four layers of abdominal muscle? And that the surface layer, or “six-pack” muscle, runs perpendicular to the deepest layer? I find this fascinating, that a muscle in the same group, and sharing the same location, can run in a completely different direction. This is, of course, because they have different functions. The four layers of abdominal muscle form part of our wondrous myofascial system. Our abdominal muscles synchronise with our diaphragm (breathing) muscle and pelvic floor muscles to form an internal system of support that is often referred to as our “core.” Our core serves an important purpose in maintaining and distributing pressure as we go about everyday life. We rely on this system of connective tissue to move, stand, sit upright, sleep and even breathe. In fact, this interconnecting network of tissues is the reason that when we stand up, our internal organs don’t just drop into the base of our pelvis.

Our internal organs, including the bladder and bowel, are held in place by ligaments and fascia, supported and mobilised by muscles. Our myofascial system is vital to our daily lives and integrates with our skeletal (bones), visceral (organs), gastrointestinal, neural (nerves) and emotional systems to function well. Our myofascial system is disrupted by surgery, as fascia and muscles are damaged during the surgery process - this is especially so in the case of stoma formation.

Parastomal hernia occurs in up to 50% of people after stoma formation and refers to a bulging of the abdominal organs through the abdominal wall. Parastomal hernia arises due to weakness in the myofascial system i.e., muscles and fascia, caused by surgery. Sometimes, there is significant weakness in this area *prior* to surgery, due to factors such as pregnancy, previous surgery, obesity, sedentary behaviours, connective tissue type and/or recurrent straining (e.g., heavy lifting, coughing, constipation, straining to pass urine). Whilst it is best to be proactive and assess these factors with a pelvic health physiotherapist prior to surgery, for many ostomates it is not until after a hernia has occurred, that the need for physiotherapy assessment becomes apparent.

Pelvic health physiotherapists are specialised physiotherapists who have undertaken postgraduate training in issues specific to women’s, men’s and children’s pelvic health. We have expertise in assessing and managing problems related to bladder and bowel function, pelvic floor muscle weakness, pelvic and abdominal pain, and “core” rehabilitation. At Consano Pelvic Health Centre, our pelvic health physiotherapists investigate the systems within the body that may be contributing to the presenting problem, whether it is parastomal hernia, pelvic organ prolapse, constipation, soiling, urinary incontinence, abdominal weakness or sexual pain. We take time to listen and approach management holistically. We are very active in helping the body to heal itself. Our unique, specialty clinic caters for private patients seeking one-to-one consultations and / or exercise rehabilitation.



For more information or to make an appointment, please call **Consano Pelvic Health Centre** on 9274 5666 or email [info@consano.com.au](mailto:info@consano.com.au)

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Pelvic Health Centre

# A new combination to feel secure



SenSura<sup>®</sup> Mio Concave fits snugly over outward areas.

+ Brava<sup>®</sup> Protective Seal Convex provides convexity to the area around your stoma and can be shaped to fit round or oval stomas.

▼ Double protection for a snug seal between the baseplate and your skin.

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If your stoma lies at or below your skin level, or if you have skin folds, creases, or scars, try the new Brava Protective Seal Convex combined with SenSura Mio Concave – a solution specially designed to fit snugly over outward areas.

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TGA: ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

 **Coloplast**

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# WAOA ORDERING AND PAYMENTS - 'TIPS AND IDEAS'

*The following information is provided to assist both you and the WAOA data entry staff:*

## 1. ORDERING

- What we are trying to achieve:
  - Providing what you need within the Stoma Appliance Scheme limits
  - Having those products to you within the 14-day turnaround time we ask for
  - Prevention of you running out / short of products
  - Prevention of overstocking and wastage
  - Maximising use of your time and our staff time

So,

- Members need to submit a written order
- Avenues to do this:
  - Website [www.waostomy.org.au](http://www.waostomy.org.au) (preferred) (2/3<sup>rd</sup> of members are using this)
  - Post
  - Fax
  - Drop off into letter box at the front door
- Email is possible but if you have email, could you not use the website please?
- There is no set date by which you need to have your order in to us – place your order when you need products
- Once you have had your stoma for **6 months** and you are ordering the same items and not likely to have a reversal in the short term, we encourage you to order a double supply
- Review **what** and **how much** you are actually using before ordering
- Indicate the number of items you require to replenish what you are using
- If something isn't working, **DON'T** just order more – see your STN and sort out the problem
- Don't put in an order until after you see a STN, just in case they change / add something
- **BOTTOM LINE: Order what you need, 2 weeks before you need it and have about a month's supply in reserve. We will do the rest.**

## 2. PAYMENTS FOR POSTAGE OF PARCELS OR OTHER PRODUCTS

- Can be made on the website as part of the ordering process – this is the most secure way of using your credit card
- You will know how much credit you have, as every order has paperwork that states:  
“The balance of your account, after any costs associated with this order is \$..... “
  - A negative balance means it's time to top it up please
  - A positive one indicates what you have left
- Monies paid are held in a “Credit Account” (CA) on your record
- The cost of a parcel delivery is deducted from that CA when your order is entered
- Up to \$100 can be deposited at any one time
- To assist staff, maximise the amount of money sent at any one time where possible
- If using a Money Order (which costs you \$11.00), buy up to the limit of \$100 if possible to save time and definitely money.



## Albany Support Group Meeting Report

By Gerry Van der Wal

### ***Press Release of the Meeting of the Albany Branch of the Ostomy Support Group held on the 3<sup>rd</sup> of December:***

We commenced at 1:30 pm in the Free Reformed Church meeting room on North Road. The President Gerry van der Wal welcomed all present: Thankfully, the concerns expressed about our attendance at the previous meeting were dispelled as there were a total of 16 members present, together with a few spouses as well. Our thanks also go to the WA OSTOMY secretary Lorrie for arranging the text message to Albany district members with a heads up re this meeting. Some of the members also commented that they had been reminded by our support group information poster now displayed at the Albany Health Campus.

The normal agenda items were dealt with including approving the minutes of the previous meeting held on the 4<sup>th</sup> of June 2021. The standard agenda item of allowing members to share the trials, tribulations, as well as the joys of their journey with a stoma was again used constructively with helpful advice and support given by some of the older/more experienced members present. This invariably is a positive part of our agenda as there is always something that can be shared for the information or amusement of the other members. With the presence of more members as well as some new members, this again proved to be an enjoyable catch-up session on how we were travelling with our ostomies.

The meeting agreed to donate the sum of \$50 from the accrued kitty funds to the Albany Community Hospice, as well as the same sum to the Albany Free Reformed Church for the use of their facilities during the past two years. They do not charge us any fees for this.

Given the greatly improved number of attendees, the meeting supported continuing to organise and hold these meetings, as there does appear to be an ongoing desire and need to support each other with these meetings.

The meeting concluded with socialising, coffee, and cake. Our next meeting is scheduled for Friday, the 3<sup>rd</sup> of December 2021, commencing at 1:30pm in the Free Reformed Church meeting room off North Road.

### ***Press Release of the Meeting of the Albany Branch of the Ostomy Support Group held on the 4<sup>th</sup> of March 2022:***

We commenced at 1:30 pm in the Free Reformed Church meeting room on North Road. The President Gerry van der Wal welcomed all present: There were fewer members present than at our previous meeting, but this was acknowledged as a consequence of the increased Covid virus infections in our state, as well as the mask mandate imposition being extended to public indoor venues.

The normal agenda items were dealt with including approving the minutes of the previous meeting held on the 3<sup>rd</sup> of September 2021. Business arising included the President's report that he had donated the monies agreed on to the Albany Community Hospice and the Albany Free Reformed Church as passed by the previous meeting. A receipt and card of appreciation was tabled from the Albany Hospice for this donation.

Our new STN, Rachel van der Hoek, was warmly welcomed, as this provided us with evidence that this position has now finally been filled at the Albany Regional Campus. Our thanks do go out to all involved in working hard to have her appointed, as we are aware that this was a difficult position to fill given all the various constraints in place. We look forward to enjoying her support and hopefully her presence at our meetings as a helpful source of professional knowledge, advice, and experience to our members.

In response, Rachel provided us with some background information to her role as STN and indicated that she was happy to attend our meetings as often as she could. She would be available at the Albany Regional Health Campus from Mondays to Thursdays which made it easier for her to attend our Friday meetings. She informed us that if we needed to access her services, we generally would need to be referred by our GP, unless we were already on a care plan for this service from our GP.

The standard agenda item of allowing members to share the trials, tribulations, as well as the joys of their journey with a stoma was again used constructively with helpful advice and support given by some of the older/more experienced members present. As our numbers were a bit down, every member had the opportunity to introduce themselves to Rachel and the meeting and tell us something of their journey with their stoma. This again proved to be an instructive and enjoyable session with Rachel interacting with member's experiences, offering advice and support. The meeting concluded with socialising, coffee and cake.

Our next meeting is scheduled for Friday, the 3<sup>rd</sup> of June 2022, commencing at 1:30pm in the Free Reformed Church meeting room off North Road. For any further information please do not hesitate to contact Gerry van der Wal on 0498 666 525, or 0472 474 902.

# RAISING STOMA AWARENESS PROJECT

My name is Daryl Leaf and I am a double stoma recipient. I have a urostomy and a colostomy because of a recent total pelvic exenteration (TPE) I had in August 2021 where my bladder, prostate, colon (above the sigmoid), rectum and anus were removed and prior to that I had a loop ileostomy for almost two years due to the same current condition, stage four colorectal cancer.

I am only now just starting to recover from the TPE with a small open wound left on my butt that hopefully will be fully healed within a month or two. Chemotherapy is slowing my recovery.

I have an idea to help raise awareness of people with stomas because I have some frustrations around it all and want people to know that, first of all we are out there and secondly, we are capable of a lot.

I haven't worked for two years and when I got my first ileostomy I had trouble getting work as I couldn't do some things they wanted me to do at the employment medicals. This really frustrated me as I was going for jobs that did not require any heavy lifting, office jobs that meant spending most of my days on a computer at a desk or going around worksites and talking to workers about safety as a HSEC officer. I did not need to do push ups, planks or lift heavy objects.

As a result, I found myself getting all the way through the interview stages, the businesses ordering my uniforms but then not giving me the work after doing the medicals. It just seems odd and suspicious to me, so I thought of doing this paddle to raise awareness and to let people know we are definitely capable people.

The reason I chose the outrigger canoe paddle is because it is something I really enjoy doing and I belong to a club that has canoes we can use. Canoe paddling also requires a lot of strength in the core so paddlers with stomas will come out of it with improved core strength.

This paddle to Rottnest and back is a big one, something that people without stomas would be shy to do, so when a group of people with stomas end up doing it, they hopefully will be surprised and want to try it themselves - see the next page for all the details!



> Pictured right is Daryl with an outrigger canoe!



# ARE YOU INTERESTED IN A WATERY CHALLENGE?

**WANTED:** 9 paddlers to form a crew

**PROPOSAL:** Outrigger canoe paddle from Ocean Reef to Rottnest Island and back

**AIM:** To raise awareness of people living with stomas and their abilities

**EQUIPMENT:** North West Va'a Club (6-person Outrigger canoes)

**FUNDRAISING:** Go Fund Me page for each paddler

**NUMBER OF PADDLERS:** Crew(s) of 9, at least one

**ROLE OF WAOA:** Support - moral and newsletter stories

## ASPECTS:

- It will be good for each paddler to share their stories so people get an understanding of what has caused them to have a stoma, some of the issues it creates for them, how they deal with those issues and the fact that they are all very capable people that can do anything
- Equipment will be borrowed from the North West Va'a Club with fundraising required to get necessary safety equipment. WA Department of Transport have recently updated requirements for sea craft so new equipment is required.
- It's thought at this stage that the group of paddlers would open a Go Fund Me page to raise funds to acquire required safety equipment and any residual donated to the WAOA. I will put together a register of safety equipment. (There isn't much required as the canoe club I paddle with have almost everything, but we will need to get a support boat to travel with us and we will most likely have to pay for the fuel for that craft.)
- Nothing would be required from the WAOA other than moral support and possibly a short story in the next newsletter to ask for people who would like to take part in the venture.
- There are 6 in a crew and we will change over in the ocean every 30 - 45min. Paddlers not paddling will be on a support boat, eating, rehydrating and sorting their stomas out if needed. One crew of nine. Two crews of nine would be better
- We will spend several months training in all aspects of safety and paddling before attempting the double crossing

## \*PLEASE NOTE:

1. Please check with your surgeon or STN to ensure this would be something that you can participate in
2. Contact WAOA to register your interest and we will pass your details on to Daryl with permission **9272 1833** or [info@waostomy.org.au](mailto:info@waostomy.org.au)

# AJ's 50<sup>th</sup> Birthday Facebook Fundraising

In December 2019, I had the life changing experience of becoming an ostomate. I had known this was going to happen at some stage in my life, as I had been suffering from undetermined Crohn's / colitis for close to 30 years. What I was not prepared for was the speed at which the disease caught up with me and the effects it would have on my physical and mental health.

As soon as I was out of hospital, I was put in touch with the WA Ostomy Association, and the services offered. I attended a few of the monthly meetings to see that I was not alone and most importantly, I found out about the stoma nurses. Since then, I have seen both Catherine and Tania quite a few times to help me with appliance fitting, stoma health, diet questions and how to live with a stoma and accept that this is now with me for the rest of my life.

The background to my personally changed world is that this is all happening during a global pandemic, which is changing many aspects of the whole world. I had not really paid much attention to all of this, and just presumed it would go away, while I dealt with my own battles. It was in January this year that I was turning 50, and I had in the back of my mind that I wanted to do something special, like have a big party and travel. With all the uncertainty of Covid 19, I was never able to really plan an event to mark this birthday milestone, so I decided to fundraise for the people who had helped me instead.

I don't have a huge amount of Facebook friends, and I don't post on it too often, so I set what I thought was a high target of \$500 to raise for the WA Ostomy Association. I explained how I had been helped by the stoma nurses, and the money raised would be going towards paying them for their work. What I was not expecting was how much I was going to raise. Within a few minutes of posting my fundraiser, I had my first donation, and within the next 24 hours I had met my target of \$500. However, it did not stop there, as my Facebook friends were sharing the fundraiser, and it went past \$500 to \$1000, then my workmates got involved and in the end I had raised \$1565, three times the amount I was hoping for!

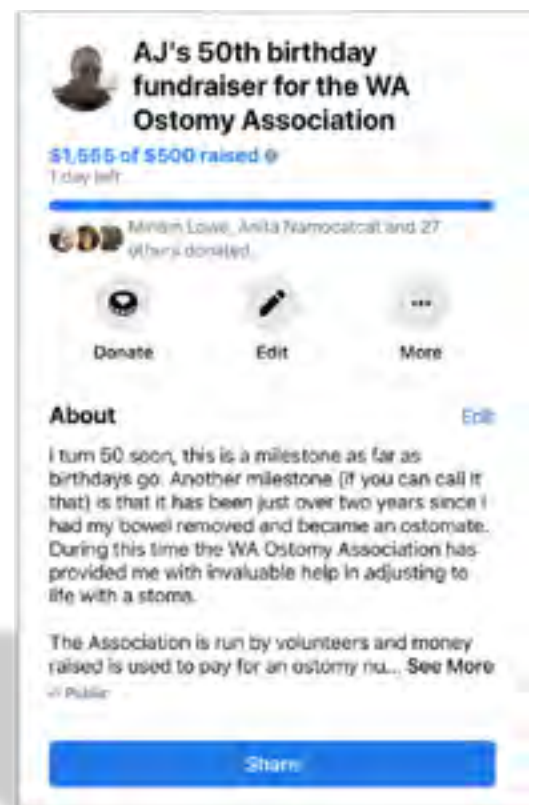
So, in the end I felt far better than if I had a party. For a start, there was no hangover or mess to clean up, the only organising I had to do was set up the fundraiser with a brief story about why I was raising money for the WA Ostomy Association.

I was really pleased with the amount raised, and being 50, I am not in need of material presents and the donations are a present that will help me and others in the ostomate community.

If you are stuck for an idea of what to do for your birthday, why not try running a Facebook fundraiser, you might be pleasantly surprised by who donates and how much you can raise.

- AJ Lowe

*Happy belated 50<sup>th</sup> Birthday to AJ and thanks so much for not only your contribution to the newsletter but for also fundraising and raising awareness of WAOA. It is greatly appreciated!*





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[www.omnigon.com.au](http://www.omnigon.com.au)

## 2021 Christmas Lights Fundraiser as a Stoma Awareness Raising Exercise

Vicki Bell, whose father in Queensland has a stoma, arranged to have any donations made by those viewing her family's impressive front yard and house decorated with Christmas lights given to WAOA through a Go Fund Me Page and her Facebook posts.

\$385 was raised - an impressive result!

Unfortunately, we have no statistics at this time as to the actual number of people who have now become aware of the Association and the work being done to support ostomates.

On behalf of the Management Committee, I wish to acknowledge and sincerely thank both Vicki and husband Mark for the time, effort and consideration they gave to make as many people as possible aware of the thousands of Australians living with a stoma.

The money will be pooled with other donations to help finance the annual STN visits to ostomates living in twelve to fourteen different rural and remote locations. This is the only STN service of its type in Australia.



(Photo courtesy of Vicki's Go Fund Me page)



### 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 2 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.

*As of the 16<sup>th</sup> of March 2022, we have received \$1365 since commencing in mid-November 2021 - thanks to everyone for supporting this ongoing initiative!*

**WAOA Scheme ID: C10326918**

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Australia

## Membership Fees

By the time the next edition of the newsletter comes around your membership fee will be due and this is just a gentle reminder for our members and readers.

The annual fee is due at the start of each financial year (1<sup>st</sup> July) and must have been paid by that date to continue to access products on the Stoma Appliance Scheme. WAOA also charges an Association membership fee to assist with the cost of other services it provides.

The subscription for **2022/23** remains unchanged:

- **Non concessional \$90 (SAS Access Fee \$60 + association membership fee \$30)**
- **Concessional\* \$80 (SAS Access Fee \$50 + association membership fee \$30)**

*\*A copy of a valid Centrelink-issued Health Care or Pension Card must be sighted by WAOA*

You can pay on our website, over the phone to our office, by post or in person (once we open again). We accept payment by credit card, cheque, money orders and cash.

If you are having financial difficulties, **please contact us to discuss a variety of options.**

Thank you for your continued support of WAOA 😊

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please contact: **Graham Moore**  
[grahamm@customa.com.au](mailto:grahamm@customa.com.au)  
**Mobile: 0447 185 734**

*Please note: This a private enterprise advertisement,  
WAOA DOES NOT ENDORSE this product.*

## OSTOMATES COOKING UP A STORM!!



The Mandurah Support Group, in conjunction with Peel Health Campus, and members and volunteers of WAOA have compiled a booklet of shared recipes.

With soup, savoury, main meal and sweet treat recipes there is something for everyone to try!!

If you would like a PDF copy, please email WAOA at -  
[info@waostomy.org.au](mailto:info@waostomy.org.au)

# Feeling Comfortable In Your Own Skin



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# CommBank Staff Foundation

## 2021 Community Grants Program

This program of grants was totally unknown to me until I received an email advising us that a lady had nominated the WA Ostomy Association as a community organisation that was being invited to apply for a grant of \$10 000. Too good to be true?

Having researched this program to dispel my initial misgivings, I submitted an application for funding to support our Stomal Therapy Nurse's (STN) rural and remote visits to the one third of members living outside the metropolitan area. There is only limited support available to these ostomates and Tania had been returning with multiple tales of people she had seen who had not seen a STN for years – even 40 years.

It was November when we heard we had been successful and Tania had recently returned from a prolonged trip to Broome, Derby, Hall's Creek and Kununurra costing over \$3 000, so this was indeed welcome news. The money dually arrived in our account in December, almost as a Christmas present. How good was that?

This year, Tania has already been down to Esperance, out to Kalgoorlie and will have been up to Geraldton by the time you read this. Besides seeing ostomates, Tania has been instigating Support Groups and providing stoma education to local nurses, carers and doctors. Payment of her expenses for these and future visits will be made from this grant, and on behalf of all ostomates, the Management Committee wish to thank that nominating lady (her name is known but what prompted her to nominate WAOA is not) and the CommBank Staff Foundation for these additional funds to assist in the continued provision of STN services to our rural and remote ostomates!



### Photos

(Clockwise from top left) -  
**Esperance Jetty; Nurse Education; Pink House in Kalgoorlie; Support Group in Kalgoorlie**  
(Thanks to STN Tania for the photos!)



## Stomal Therapy Nurse Update

By Catherine Riordan

Hello everyone,

2022 is off to a flying start and the STN clinic at WAOA has had a busy start to the year. We like to be busy because we are reassured to know that people are seeking help.

I have had three referrals for colostomy irrigation this year and I have attended a number of external visits to help ostomates in aged care facilities.

If you are a colostomate and would like more information on irrigation or to know if it is right for you, please call and speak to me, or visit -

<https://www.waostomy.org.au/colostomy-irrigation>

We are currently taking bookings for appointments across the three days of STN availability. We will all have to adapt as the year goes on and procedures at WAOA will be adjusted as the year progresses.

It is important for you to know however, that one way or another, there will be STN support available to you. Please keep in touch with us and stay informed about the procedures we have in place for STN review.

Look after yourselves,

*Catherine*

## 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.



Contact the  
**WA Ostomy Association**  
 on **9272 1833** or  
 visit the website  
[www.waostomy.org.au](https://www.waostomy.org.au)  
 for more information!!

## Stomal Therapy Nurse Update

By Tania Norman

The association closed its doors to the public at the beginning of February due to the uncertainty of the Omicron virus. Despite this both myself and Cath have been running face to face stoma reviews by appointment only which has been going smoothly, particularly now that we have the appointment reminder app up and running. The hospital STNs are continuing to provide invaluable support to their out-patients by virtual platforms.

We are currently looking at ways we can increase support to you at this difficult time. We have spent many months and years to develop the WAOA as not only a distribution centre but also one that supports the ostomates total wellbeing by providing support groups, and having contact with social workers, dietitians, exercise physiologists, sexual health practitioners and councillors. This is still continuing albeit in different formats. We want to increase the support we provide and would love to hear any suggestions you have, hence we are developing a survey monkey which we will send out in due course.

### Bowel and Stoma Health

At the present moment we are continuing to run our rural visits with the extra precautions of taking a Rapid Antigen Test prior to leaving Perth and in the morning before the clinic. We are however needing to find other facilities than hospital outpatients due to the current restrictions. As this is a forever evolving situation we will be changing our practice in accordance with government guidelines and directives as they occur.

### Esperance

Prior to schools returning from the summer holidays this year we travelled down to Esperance, everything ran very smoothly and all 8 ostomates attended their appointments. One ostomate was visited at home. Unfortunately, the ward staff were unable to attend a full education session, but discussions were had with key nurses from both ambulatory care and the ward and emergency samples provided.

The support group was the largest yet I'm told (12- including myself), which saw much light-hearted banter with some cake thrown in! The group will continue to meet at the museum cafe on the 4th Tuesday of the month. Big thanks to Sari and Len for running it.

### Kalgoorlie

In February I travelled to Kalgoorlie and saw an ostomate at home, one in a residential care facility and 11 at the clinic which again we held at the Goldfields Women's Health Centre – we are so grateful for the use of these facilities. The visit proved invaluable as I was able to meet again with Daniela Panchal who as well as providing a wonderful nursing service to those requiring home nursing also runs the support group that is now going to be held every 4<sup>th</sup> Saturday of the month at the centre.

In addition to meeting with Daniela I also had the pleasure of having a STN student work with me, fantastic that Kalgoorlie will have onsite support again. I cannot finish without also thanking Loretta from Dansac who was on hand to meet with all the ostomates at the clinic, show them her latest products and provided samples.



## Stomal Therapy Nurse Update (*continued*)

By Tania Norman

### Geraldton

We are excited that our next support group in Geraldton was arranged for mid-March and we are hoping that this was able to continue with the COVID restrictions and will continue to be a monthly event, please contact us for further details. Plans are currently underway for the STN clinic although may need to be postponed.

At the time of writing (March) we have made the decision to cancel the new ostomate support meeting in Perth to protect both our members and staff during this uncertain time. As soon as it is deemed safe to do so we will restart however we encourage our members both new and old to reach out – to their own STN if they have one or to us here at the association.

Looking forward to getting back to normality.

*Tania*

## Stoma Tips - *The importance of skin care...*

The risk of developing a problem with the skin around your stoma has been estimated in some research to be as high as 80%, particularly if you have a loop ileostomy combined with watery stool. Skin complications are often due to an incorrectly fitting appliance/bag where the opening is either too small or too large, or you are wearing a flat bag and you need a convex or you have a hernia and you are wearing a convex bag. All of these things can lead to leakages, which in turn can lead to break down of your skin.

It is commonly reported that many ostomates don't perceive they have a problem and therefore don't seek help. It is prudent to have your skin and stoma reviewed regularly – preferably yearly but at least every two years by a Stomal Therapy Nurse (STN). It is not normal to have any redness, itchiness, burning, rash, bleeding or open sores on the skin around your stoma. It is not acceptable for you to be experiencing leakages more than once every so often. It's not acceptable that you are afraid to leave your house in case people think you smell or that you might have "an accident."

### ***What can you do to help prevent skin problems?***

- Don't use soap to clean around your stoma. If you don't have open wounds, take your bag off in the shower and let the shower water run over your stoma and surrounding skin. Use chux wipes to gently clean and dry around the area.
- Unless you have been instructed otherwise by your STN, do not use anything on your skin under your bag: just apply your bag directly onto your dry skin. This includes moistened tissue wipes which are designed for use when you have to change your bag when away from home and have no access to tap water. Barrier wipes have also been shown to cause an allergic reaction over time.
- As soon as you feel like you have a leak under your bag, change it as soon as practical. Faeces or urine trapped under your bag can cause skin damage very quickly. Do not make bags "last longer" by applying additional tape around the edges.
- See your STN as soon as you notice that your skin around your stoma looks different to the skin on the opposite side of your abdomen.

## 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](https://www.stomaltherapy.com/map_wa.php)

### FIONA STANLEY HOSPITAL

Marlene McLaughlin and Renae Hall • 6152 0788

### FREMANTLE HOSPITAL

Renee Gilmour • 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 • 6456 0355

### ROYAL PERTH HOSPITAL

Wendy Pearson • 9224 2369

### METROPOLITAN SILVER CHAIN SERVICES

Central: Dr Keryln Carville

Kingsley: Nicole Denker

Myaree: Jenny Faithfull

Maddington: Anne Capes, Julie Mitchell and Lynn Beelitz

Call Silver Chain Services on 9242 0242

### SIR CHARLES GAIRDNER HOSPITAL

Des Davies and Brooke Goldfinch • 6457 3333

### ST JOHN OF GOD HOSPITALS

Midland: Laura Robertson and Deborah Sinclair • 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 Robyn White

• 9722 1227

### BUNBURY ST JOHN OF GOD

Fiona Basham • 9722 1926 or 0448 978 234

### BUSSELTON HOSPITAL

Ann Carter • 9753 6513

### GERALDTON SILVER CHAIN

Kristina Murray

Call Silver Chain on 1300 650 803

### MANDURAH SILVER CHAIN

Paula Parker and Jo-Ellen Marshall

Call Silver Chain on 1300 650 803

### MANJIMUP / BRIDGETOWN

Andrea James (Continence Advisor)

9777 5100

### PEEL HEALTH CAMPUS

Melissa Gibson • 9531 8000

### REGIONAL SILVER CHAIN SERVICES

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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.**



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 [aucare@coloplast.com](mailto:aucare@coloplast.com)

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## Advertisements

To advertise or contribute to our newsletter, please email: [editor@waostomy.org.au](mailto:editor@waostomy.org.au).

Pictures or adverts are preferred in JPEG or PNG format. We cannot guarantee the image quality of PDFs.

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## Share your story with us

**Stories are how we connect with others.** Online, in member support meetings or through our newsletter, sharing our stories is a great way to reach out to others and to help with our own healing.

Do you have a story you would like to share with our members in the next newsletter?  
Do you have an ostomate life hack to share – Stomal Therapy Nurse endorsed, of course.

Send your story to [editor@waostomy.org.au](mailto:editor@waostomy.org.au) Please include photos. Pictures add to the richness of your story.

Please ensure your name and contact information are included.  
You can remain anonymous in the newsletter if you like: just let us know and no contact information will be published.

### Disclaimer

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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.

### Western Australian Ostomy Association Inc

[www.waostomy.org.au](http://www.waostomy.org.au)

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Orders email [orders@waostomy.org.au](mailto:orders@waostomy.org.au)

Please quote your Membership (HIC) number whenever you contact us. It makes it easier for us to help you quickly.

### HQ Open Hours

Monday 9:00am to 4:00pm  
Tuesday 6:30am to 4:00pm  
Wednesday 9:00am to 4:00pm  
Thursday 9:00am to 4:00pm  
Friday 9:00am to 4:00pm  
*4th Saturday of each Month (9:00am to 1:00pm)*

### Reviews with our Stomal Therapy Nurse\*

Monday, Wednesday and Thursday 9:00am to 1.00pm  
**\*Appointments needed**