



WAOA Newsletter

April 2024
Volume 211

WAOA Business Hours

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

Stomal Therapy Nurse (STN) clinic hours:

Monday to Friday and
4th Saturday of each month

APPOINTMENT USUALLY REQUIRED

WAOA Management Committee:

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

Newsletter Editor:

Shezanne Gibbs-Hooper

Western Australian Ostomy Association Inc

ABN 43 525 882 636

www.waostomy.org.au

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Mount Lawley WA 6050

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Mount Lawley WA 6929

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Fax 08 9271 4605

Business email
info@waostomy.org.au

Please quote your member number
when you contact us.



The Easter Issue...

In this issue...

- We've got Updates & Reports from HQ, STN Tania,
the President, Albany Support Group and
Bowel & Stoma Health WA
- Informative Articles & Excerpts about Airport Security
Screenings and being an Ostomate
- and...Dates for Upcoming Support Group Meetings,
exploring WAOA's website and more!

Happy Easter Everyone & Enjoy the Read!

Disability Toilet Access Cards

You can get your Card from WAOA.

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

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

Temporary Ostomates

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

They should be paid by the second month after surgery.

Products may be held until payment has been received.

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

Fees are payable by July 1st each year.

Order Additional Stoma Supplies

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

www.humanservices.gov.au/organisations/health-professionals/forms/pb050

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

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

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

Reversals

If you have been given a date for your reversal:

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

Order Forms

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

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

If you have to email your order, send to orders@waostomy.org.au

Submit your order 14 days in advance.

Membership Fee

Membership Fee for 2023/24:

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

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

Payment is due before 1 July each year.

Postage

Your Management Committee has **increased the cost of postage to the flat rate of \$10 per parcel.** This is a break-even rate and will be reviewed again in June.

Express parcels will remain unchanged.

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

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

Postage

To help reduce our administrative time, please consider making payments for several orders at a time.

Pay your postage credit in advance by:

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

Please note: We are no longer able to accept cheques.

Keep Us Up to Date

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

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



www.facebook.com/waostomy

Closed support group:

www.facebook.com/groups/WAOASupport

Access to the closed group will require answering some questions.

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

Holiday Supplies

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

Australian Ostomy Associations

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

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



LeeAnne, CeraPlus™ Product User

I'm protected where it matters most.

"I am passionate about yoga, and to do what I am passionate about, I need an Ostomy product that will protect my skin and that I can rely on to have a secure seal every day, even when I am doing intense activities like hot yoga. In my experience, CeraPlus™ Products give me that security and keep my skin healthy."

-LeeAnne[^]

Call our Customer Care team for a personalised discussion on your current product needs: 1800 880 851



[^]LeeAnne is a CeraPlus Product user who has received compensation from Hollister Incorporated for this statement.

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

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*Remo is a technology of Alcare, Co., Ltd.



CeraPlus™
Ostomy Products



Ostomy Care
Healthy skin. Positive outcomes.

President's Report

By Quentin Hooper

Welcome to 2024 and the 55th year of the Association.

Firstly, a very big thank you to the members who attended the 2023 AGM. It was a very informative morning with presentations on the fabulous work our stoma nurses perform and the updated constitution was passed by the group. All who attended also commented on how wonderful the upgrade to the facilities are.

The Management committee has seen a few changes in personnel and positions and I welcome Warwick into the Vice President role. Emily Broad was elected at the AGM onto the Management Committee and Jim Wallace and Ray Hughes-Odgers have agreed to fill casual vacancies. Judy Lukowiak unfortunately has not continued on the Management Committee and I would like to thank her for her contribution for the WAOA.

I was saddened to learn of the passing of Life Member Hanneke Delfos in January. Hearing of the stories around her involvement with the organisation was very heartwarming and she will be missed by many.

Thinking about Volunteers, between the 20-26th May it is National Volunteers Week. This is a time to reflect and thank the impact that Volunteers have on our community. At WAOA it is the wonderful work of our volunteers that is the lifeline of our association and it makes us who we are. Thank you very much to all of our Volunteers for your contribution.



Quentin

A Note from the Editor...

On **pages 7 and 24** of the Newsletter you will notice two flyers from Curtin University looking for volunteers. Whilst they look very similar there are some important differences to note.

The flyer on **page 7** has **green box** highlighting if you want to volunteer as a **'simulated patient' (i.e. you're pretending)**.

The flyer on **page 24** has a **purple box** highlighting if you want to volunteer as a **'patient with a current medical condition'**.

Volunteering for these types of scenarios are invaluable for the development and education of our medical professionals, but please remember to read the flyers carefully if you're considering it.



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

Disclaimer:

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

Advertisements are published as submitted by the author.

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

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

Headquarters' Update

By Lorrie Gray

I am writing this half-way through February - the festive season and New Year are well behind us and we are now looking towards Lunar New Year, Easter, Ramadan and other celebrations - or likely just the weekend for those people who are still employed. For others of us, each day is a good day!

Refurbishments

For those of you who collect your parcels, the new look to the reception and office space has been a pleasant surprise (from all the positive feedback we have received). Funds have been expended on giving these areas a much-needed facelift to make them more welcoming, in line with our philosophy of support and promoting wellness. Staff and volunteers have also had additional equipment sourced.

Postage

Members can continue to take advantage of the reduced cost of postage, a decision that has been very well received and appreciated. Posted orders will continue to cost a flat \$8 until the end of February **but will then be increased to \$10 from April 1st**. A new national contract has been signed with Australia Post for the next year.

The Stoma Appliance Scheme

Ostomates and Association staff were part of focus groups able to provide feedback to a research team appointed to review the Scheme's products for appropriate clinical usage and value for money. Small changes only are being made as a result.

As another outcome, our mantra has changed a little:

Order what you need - and use what you order. We still need that 2 weeks' notice for your order. We don't want you to be anxiously awaiting your next delivery, but neither do we want you to have more than a month's supply in reserve. Protection of the excellent and unique Australian system is everyone's business, so please check your storage area before ordering next time.

WAOA AGM

This was conducted on Saturday 2nd December and several new Management Committee members will bring additional skills to the table. We thank and welcome Emily, Jim and Ray but need to say Thankyou and farewell to Judy Lukowiak. The revised Constitution was passed, having been tidied up and updated, but not materially changed. Membership fees will remain the same as previous years.

Survey of WAOA members

Planned for email introduction in April, it is designed to give information about member satisfaction (or otherwise) with the services we currently provide, and opportunity for suggestions for new or improved ones - please complete when you receive it - it is important. If you need a hard copy, please ask.

Raising awareness of living with a stoma:

- A festival in Rockingham on Australia Day had a small crowd gain some stoma and continence education
- Tania and I will again attend the WA Rural Health Conference to be held in March to help support health practitioners in our far-flung state, as we know that a significant number (likely more than a quarter of our 4,000+ members) live rurally or remotely
- A small group of members and staff went paddleboarding and had to educate the instructors about the Association and what a stoma is - great fun was had by all
- The revised version of "A New Beginning" (was *A Beginning Not an End*) is available from WAOA or online at <https://australianstoma.com.au/resources/a-beginning-not-an-end>

Headquarters' Update *(continued)*

By Lorrie Gray

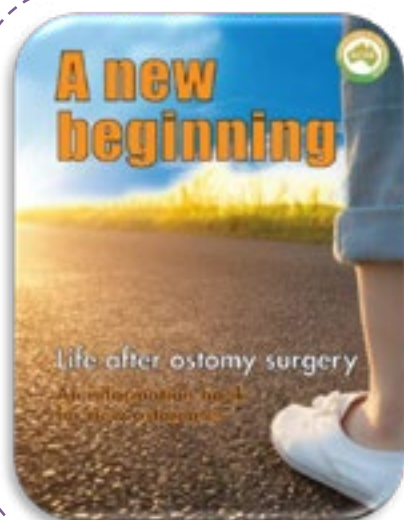
- WAOA will be hosting 10 third year Curtin medical students for 4 days "clinical experience"
- **Did any of you apply to be real or simulated patients for Curtin medical students? See pages 7 and 24 - we would love to have your feedback please**
- 22 WA Stomal Therapy Nurses graduated last year from their course at Curtin, including 3 rural nurses, plus 8 Interstate nurses and a new bumper cohort are about to start

I trust you and your family are doing OK and living life to the fullest possible.

Until next time, stay safe.

Regards,

Lorrie



The ACSA publication, **"A New Beginning"** is a useful resource for both those people facing ostomy surgery and those that have already experienced surgery for the creation of a stoma.

The publication was written as a practical ready reference guide for topics including:

- What is a stoma?
- How to manage a stoma
- Resources available to persons living with a stoma in Australia
 - The Stoma Appliance Scheme and
 - Frequently asked questions and answers

<https://australianstoma.com.au/resources/a-beginning-not-an-end>

[Please see pages 20 and 21 for an excerpt from the guide]

OPENING HOURS @ WAOA HQ

Monday, Tuesday and Thursday: 9am - 4pm
Wednesday and Friday and 4th Saturday*: 9am - 1pm
(* 2nd Saturday in December)

STN CLINICS IN W.A.

WAOA HQ

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

Northam

9am or 12pm
Second
Saturday
each month

Mandurah

8am - 1pm
Third
Wednesday
each month

Bunbury

Call 0427 333 970

Albany

Call 9892 2465



VOLUNTEER AS A “SIMULATED PATIENT” AT CURTIN MEDICAL SCHOOL

We are looking for prospective simulated patients aged 18+, who are willing to assist with the development of the doctors/medical professionals of the future.

What is involved?

- Simulated Patients are provided with a script to learn in advance.
- On the day, your participation could be in the form of an investigative discussion (similar to a doctor consultation) and/or non-invasive physical examination (no discomfort for you).
- In each session, Simulated Patients will participate in a number of ‘consultations’ with medical students.
- Simulated Patients will be asked to provide feedback to students from a patient’s perspective.
- All sessions take place at Curtin Medical School in Bentley.

Why Volunteer?

- Contribute to the education of our future medical professionals.
- Participate in a friendly, diverse and positive learning environment.
- Refreshments and gift vouchers are provided as a “Thank You” for your participation.

For more information and to register please contact:

✉ CMSSimPatients@curtin.edu.au



Upcoming Support Group Meetings



Metropolitan Area

New Members' & Perth Regular Support Group Meetings

27 April 2024 / 25 May 2024 / 22 June 2024 /
27 July 2024 / 24 August 2024

New Members: 12:00 noon to 1:30 pm
4th Saturday of every month (*Except Dec)
At WAOA HQ, 15 Guildford Rd Mount Lawley

Perth Support: 2:30 pm to 4:00 pm
(Venue to be advised)

Mandurah Support Group

3 April 2024 / 1 May 2024 / 5 June 2024 /
3 July 2024 / 7 August 2024

5:00 pm to 6:30 pm
1st Wednesday of every month (except
January)

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

Regional Areas

Albany Support Group

7 June 2024 / 6 September 2024

1:30 pm - 1st Friday of each quarter

Free Reformed Church Meeting Room
North Road, Albany
Contact: Gerry - 0498 666 525

Bunbury Support Group

19 April 2024 / 17 May 2024 / 21 June 2024
/ 19 July 2024 / 16 August 2024

12 noon to 1:30 pm - 3rd Friday monthly

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

Esperance Support Group

30 April 2024 / 28 May 2024 / 25 June 2024 /
30 July 2024 / 27 August 2024

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

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

Geraldton Support Group

23 April 2024 / 28 May 2024 / 25 June 2024 /
23 July 2024 / 27 August 2024

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

Regional Library
Contact: Rhonda Oliver - 0418 231 007



Upcoming Support Group Meetings



Regional Areas

Kalgoorlie Support Group

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

Kununurra Support Group

Please contact WAOA HQ - 9272 1833

Narrogin Support Group

Please contact WAOA HQ - 9272 1833

Northam Support Group

13 April 2024 / 11 May 2024 / 8 June 2024 /
13 July 2024 / 10 August 2024

10:00 am to 12 noon
2nd Saturday of every month

Training Room 1
Northam Regional Hospital

Facebook Support Groups

Bumps to Bubs Ostomy Support

Request to join via Facebook page -
<https://m.facebook.com/groups/994994968415617/?ref=share&mibextid=S66gvF>

Perth Young Ostomates' Support Group

Please contact WAOA HQ - 9272 1833 or
request to join via Facebook link -
<https://www.facebook.com/groups/365461825146299>

West Ossie Guttsy Kids

Request to join via Facebook page -
<https://www.facebook.com/groups/381866953308120/>

If you need more information,
please contact WAOA HQ on
9272 1833 or email
info@waostomy.org.au

► WHO CAN HELP ME?

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

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

(Source: A New Beginning, an ACSA publication)



Albany Support Group Update...

By Gerry van der Wal

Press Release of the Meeting of the Albany Ostomy Support Group on the 1st September 2023 in the Albany Free Reformed Church Meeting Hall.

The Chairman Gerry van der Wal opened the meeting at 1:30 pm and welcomed all present.

Present were 12 regular members together with two spouses. A special welcome was extended to first time attendees Owen Bevilaqua, Olivia Craddock, Val McLeuman and M Oostdam, as well as a welcome back after a long absence to Rhonda Luff, making a total present of 19, probably the largest group ever. Apologies for non-attendance were received from our STN Rachael van den Hoek, David Lambie and Loretta Atkinson, the Dansac Rep.

The Chairman announced the agenda which was adopted as is.

The press release of the previous meeting held on Friday the 2nd June 2023 was read and adopted.

Matters arising from these minutes: Nil.

The standard agenda item of allowing members to share the trials, tribulations, as well as the joys of our journey with a stoma was again used constructively. Our new attendees were given the opportunity to share their experiences with us, as well as interacting with the other members re any questions raised. It was a pleasure to have a 20 something year old new member in our midst this afternoon, a reminder that ostomies are not only restricted to the elderly! Other members also contributed their experiences or raised questions for general discussion.

General Business: Nil

Next Meeting: Scheduled for the 1st December - same time same place. Thereafter on the 1st March 2024

The Chairman closed the meeting and we continued with socialising, with coffee and cake for those who lingered behind.

NB: Money collected at this meeting totalled \$48.55, making a total of \$135.30.

Press Release of the Meeting of the Albany Ostomy Support Group on the 1st December 2023 in the Albany Free Reformed Church Meeting Hall.

The Chairman Gerry van der Wal opened the meeting at 1:30 pm and welcomed all present.

Present were 9 regular members together with two spouses. A special welcome was extended to first time attendee Stan Goodman, making a total present of 12.

Apologies for non-attendance were received from our STN Rachael van den Hoek, Tony Christian - with an explanation of how he couldn't attend since he was gallivanting around somewhere in Norway, and Terry Henneker, our immediate past president.

The Chairman announced the agenda which was adopted as is.

The press release of the previous meeting held on Friday the 1st September 2023 was read and adopted.

Matters arising from these minutes: Nil.

The standard agenda item of allowing members to share the trials, tribulations, as well as the joys of our journey with a stoma was again used constructively. Our new attendee was given the opportunity to share his experiences with us, but, as he is awaiting an operation to remove his bladder, he was seeking input from the other members on what to expect, rather than being able to share his experiences.

It was interesting to observe that, whereas some years ago there was a far greater proportion of colostomy members, we currently have the same number of urostomy members. I wonder if this statistic is repeated nationally and whether there are any contributing factors to this. However, whatever the reasons, thankfulness was expressed for modern medicine and technology that has enabled so many of us to live relatively normal, enjoyable and active lives after cancer surgery.

There was further interaction with the other members re any questions raised, and our meetings have been a valuable venue for seeking further information on how other ostomates have coped with issues experienced in our travels with stomas.

General Business: The meeting decided to again donate monies collected to Albany Hospice - \$100; and the Albany Free Reformed Church - \$50 for the use of their facilities.

Next Meeting: Scheduled for the 1st March - Please note, this has been postponed to Friday, the 8th of March 2024 - same time same place. Thereafter, on the 7th June 2024

The Chairman closed the meeting, wishing us all a blessed festive season and a Happy New Year, and we continued with socialising, with coffee and cake for those who lingered behind.

NB: Money collected at this meeting totalled \$44.35, making a total of \$179.65. After deducting \$100 for Albany Hospice and \$50 for the FRC of Albany, we were left with a total of \$29.65 in kitty.

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

Have you ever thought about Volunteering?

Without the dedicated support of our volunteers, we could not provide a service to our members. We have volunteers who have been with us for over 20 years and keep coming back.

We are always happy to welcome new volunteers to assist us in the warehouse or office. The work is not hard or heavy and no special skills are required. If you do have a skill you think we could use, we'd love to hear from you.

Regular volunteers are preferred, but times and hours are flexible. One day each week, one day a month, whatever suits your own circumstances. With National Volunteer week coming up in May and a theme of **'Something for Everyone'**, now could be the right time to give volunteering a go!

This doesn't necessarily have to be at WAOA, there are lots of clubs and organisations that are keen to welcome new volunteers. Head to <https://www.volunteeringwa.org.au/> to find out more!

National **Volunteer** Week
20-26 MAY 2024
Something for Everyone

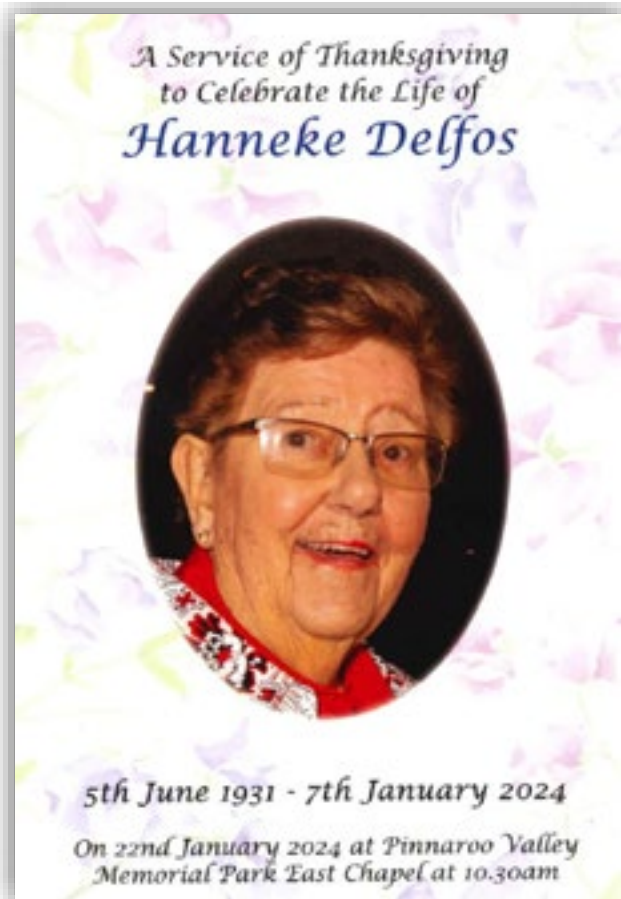
Vale - Hanneke (Hank) Delfos

It is with sadness that we let long-standing WAOA members know that our Life Member Hanneke lost her fight with dementia on the 7th January.

Hanneke was a stalwart at the Association for many years, hence the awarding of Life Membership in 2001 for her ever-cheerful involvement in whatever task needed to be done.

This included Management Committee meetings with all that entailed, front counter, editorship of the "little yellow newsletter" and latterly, being responsible for the monthly submission of 2,000 - 2,500 hand signed claim forms to Medicare - in duplicate!

A number of us attended her service of thanksgiving and were treated to a eulogy reporting a wide range of activities that encompassed her and Jop's interests and influences - she was quite a dynamo and will be missed by her extended family and circle of friends. Rest now Hanneke.



Purchase your Omnigon Support Pants from WAOA

WAOA now has Omnigon Support pants, briefs and boxers available for you to purchase, allowing you to keep wearing your favourite support wear. **Contact WAOA to order today.**



OMNIGON
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PRICED AT
\$50



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MODERATE SUPPORT**

Ideal for everyday wear after surgery and as patient resumes light exercise.



Omnigon Diamond Plus Unisex Boxers

**RATING 3 -
MODERATE SUPPORT**

Ideal for everyday wear after surgery and as patient resumes light exercise.



Omnigon's Men's Support Pants

**RATING 3 -
MODERATE SUPPORT**

Ideal for everyday wear after surgery and as patient resumes light exercise.



Omnigon Support Briefs For Her

**RATING 4 -
INTERMEDIATE SUPPORT**

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Soft Convex



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of leak channels forming



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POSITIVE
choice



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and urostomy pouches
in a range of sizes



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in black or sand

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Stomal Therapy Nurse News...

By Tania Norman

STN services

Both irrigation and general clinics are continuing to be busy and well utilised –although run by appointment only we have been able to accommodate our ostomates' needs in a timely manner.

External visitors

The year 3 medical students from Curtin University will be joining us at the end of March and beginning of May to find out more about ostomates and the work that we do here. In addition, nurses from the Residential Care Line with whom we work closely to address the needs of ostomates in residential care facilities will also be coming to enhance their stoma care skills and learn more about WAOA and our services – dates to be confirmed. These visits are in addition to our regular STN students who will start their practical component of the course in April.

Conferences

The Aboriginal Health Conference last November was interesting and informative and further contacts were made with other service providers including the Public Health Medical Officer for the Aboriginal Health Council. She has invited us to speak about our service at her Teams meetings with all the service providers from the Aboriginal Health Centres – a great networking opportunity.

On the 16th and 17th of March Lorrie and myself will be attending and displaying information at the Rural Health West Conference which was such a success last year. This will be an opportunity to strengthen our existing relationships and expand on others, whilst also providing the opportunity to learn from other health care providers during the presentations.

Airport update

As discussed in the last newsletter there was restructuring of the customer services department at Perth Airport and Lorrie and I were invited to meet the new team at the start of the new year. We were impressed by their professionalism and enthusiasm to work towards improving our ostomates' experiences when traveling. The team reiterated that if there were any issues at security check points, ostomates should contact customer services as soon as possible so that it could be thoroughly investigated. We were advised that Perth airport was not responsible for what happened at other airports and suggested that our members contact the airports directly via their websites. Please continue to share your feedback with us so we can also assist. **We have updated the travel information on our website.** *(Additionally, please see pages 18 and 19 of the newsletter for some more information).*

A consumer group has been established and the first meeting is being held on the 15th February. Our very own Emily Broad (a recent star on the Perth airport security screening website) has been invited to represent WAOA and our ostomates: we look forward to hearing any outcomes.

We are looking at ways of improving experiences in regional airports and will approach the Australian Airport Association to investigate rolling out their hidden disability programme to these areas.

Don't forget we have the lanyards available at the association headquarters. Additionally, we have been invited to join the airports training event for their key managers and will be given 30mins to talk about stomas - we will be inviting an ostomate to join us, the date yet to be confirmed.

Perth airport is also looking into improving their toilet facilities and we have provided some feedback.

For further hints and tips on airport travel please see our website page - <https://www.waostomy.org.au/news/handy-hints-for-airport-screening-video-for-ostomates>

Support groups

Our social media presence is growing, and we now have an Instagram page which is gaining momentum **"waostomy"** - here you can find some helpful information about the latest presentations organised by WAOA, support groups and hints and tips for managing your stoma.

Stomal Therapy Nurse News...

Our Perth support group has had various activities and talks including a presentation by a sexologist at the end of last year. A stand-up paddleboarding session was held in January where all participants stood up and took off before the instructor (Marie from SupTonic) had chance to explain what to do, see the picture on the left below! Marie has invited those who are interested to join her in a regular Friday afternoon paddle. An Aqua aerobics session was held in February which was appropriate given the high heatwave temperatures we were experiencing.

For those who required a more sedate pace we held a card and board game meeting which was enjoyed by all who attended, see the picture on the right below. In March we had a staff member from Illuminate Minds (Counselling and Psychology service) to run a session on managing stress and anxiety.

Thanks to David Tennant, Tai Chi restarted in February with hopes to make it a regular weekly session - please contact us for more information if interested in this session or if you would like to join the Friday Stand Up Paddle board session which is all year round.



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

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

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



**WAOA Scheme ID:
C10326918**

Bowel & Stoma Health WA News

by Tania Norman

Kununurra and Halls Creek

Before last year's end I braved the heat and risk of cyclones to visit Kununurra and Halls Creek. I ran a STN clinic and provided education to nurses at the hospital while also visiting the Ord Valley Aboriginal Centre and the medical centre in town. While in Halls Creek I visited staff at the hospital and arranged for an emergency kit of supplies to be delivered, then attended the residential care home where I reviewed the ostomate and educated the care staff.

Albany and Esperance

In late January, in liaison with Rachael the resident STN in Albany, I ran a STN clinic alongside her colleague who will be undertaking the STN course this year. We saw those ostomates who weren't already under Rachael's care and visited those housebound or in residential care. I was able to refer those who required ongoing support back to Rachael to follow up as required.

In Esperance I met with newly qualified STN Lawren Staunton who had her expertise tested with a new ostomate at the hospital who was presenting with many challenges. We ran a STN clinic at the hospital outpatients and were joined by Loretta from Dansac who was able to demonstrate her products. I also conducted home visits for those unable to travel to the clinic and provided education to two of the care agencies who had ostomates under their care. The Esperance support group was also held during my visit. This was well attended in addition to myself, Loretta and Lawren. There was a great buzz in the air and it was fantastic to see familiar faces as well as a couple of new ones. Thank you once again Len for my wonderful jar of honey - the children have pretty much polished it off!

Kalgoorlie

In early February I travelled to Kalgoorlie in time to work with Narelle from Right at Home (before she went on leave) to provide some hands-on education with the 3 ostomates she was looking after at home - all were doing well. In addition, I met an ostomate at Bega with his nurse and ran a full day clinic at the Goldfields Women's Health Centre. Once again thank you to Gloria and her team for the use of her facilities. Abbie, one of the newly qualified STNs in town who works with Silver Chain, worked with me in the clinic and Resmi, who also qualified last year, assisted with the education sessions provided to both nursing and medical staff at the hospital.

Thank you once again to Loretta from Dansac for joining the clinic and support group which we held at the weekend with Abbie and myself and four ostomates. Whilst in Kalgoorlie I met Monika who runs Bush Blossom Gallery - a gallery for Aboriginal Artists from both novice to renowned. We were keen to get a piece of artwork to complete the renovations in the WAOA front of house and that would represent our Aboriginal members. We chose this piece because the colours included the purple ostomy colours and fits with the rest of the décor: it has a waterhole story from Dreamtime and an explanation of the symbols. The artist Beige Dimer is the daughter of Jason Dimer who has many of his artworks around the buildings in Kalgoorlie. It is hoped that once the canvas is stretched and on display that Beige will come and meet us.

Next visits

I will be in Narrogin following the long weekend in March and will soon be making plans to visit Geraldton, Carnarvon and Exmouth - dependant on ostomate needs.



Visit
**Bush Blossom
Gallery's**
Facebook page -
<https://www.facebook.com/bushblossomgallery/>



Pictured, left to right: The artwork by aboriginal artist Beige Dimer, Bush Blossom Gallery. Conversation and laughs at the Esperance Support Group Meeting. Many thanks to Tania for these updates, important information and photos, it is greatly appreciated 😊



A circular inset image showing a young man and woman smiling and looking at a smartphone together outdoors. The man is on the left, wearing a dark blue t-shirt, and the woman is on the right, wearing a green jacket over a striped shirt. They are both looking at a white smartphone held by the woman. The background is a blurred outdoor setting with trees and a bench. The entire image is set against a green background with a white circular border around the inset photo.

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Not all Disabilities are Visible - Screening for Travel with a Stoma Update...

By Lorrie Gray (ACSA VP & WAOA Manager)

Work continues to be done in our efforts to improve the experiences of ostomates travelling by air, locally, nationally and internationally. The feedback that has been supplied to me following the publication of previous articles on this subject has all been forwarded to the Perth Airport Security Manager and the Customer Service contact.

As a result of our last meeting with the team, we have been advised that:

- Any feedback (both positive and negative) needs to be given in a timely manner: please submit your comments as soon as possible following the event to - customerservice@perthairport.com.au
- For a lot of good general guidance, have a look at the Dept of Home Affairs website and/or the example below on the left - <https://www.homeaffairs.gov.au/travelsecure-subsite/files/fact-sheet-passenger-screening-process.pdf>
- If traveling through Perth airport specifically, please watch the video - <https://www.perthairport.com.au/passenger-guide/security/Travellers-with-specific-needs> (See example below on the right, this may also be relevant for other airports)
- Doctor's letters are not needed or even looked at, so don't waste money if you had planned to arrange one for this (security) purpose



Perth Airport

Travellers with specific needs

For safety and security reasons, passengers departing from major Australian airports are required to undergo security screening.

At Perth Airport, most passengers are screened using non-ionising body scanner technology. These body scanners emit extremely low-power millimeterwaves in very rapid succession.

They use frequencies similar to those of a vehicle distance warning system. The transmitted power at the scanned person's location is almost undetectable and significantly lower than mobile phone emissions.

The body scanners at Perth Airport do not pose any known health risks and there are no known safety concerns to people with implanted medical devices (e.g. pacemakers).

Perth Airport has implemented the Hidden Disabilities Sunflower program.

Other data -

- A news item on the WA Ostomy website with handy hints may be useful before you travel, it advises what SHOULD happen and how to deal with anything else - <https://www.waostomy.org.au/news/handy-hints-for-airport-screening-video-for-ostomates>
- We were advised that each regional airport has their own security training agents, so you need to make any complaints to the individual airport - look up their specific website address
- The Australian Airport Association (AAA) offers a Hidden Disability training programme and we have contacted them to suggest this opportunity be promoted to the regional airports
- The Perth airport runs training events for their key managers, and WAOA's STN and ostomate have been invited to provide an ostomy education session
- WAOA will have an ostomate on their new Consumer Advisory Group
- The Hidden Disability lanyard may be useful to discreetly advise security staff of your situation. Some airports stock them for free. Because WAOA has had to buy them (\$6 each) and is not permitted to sell them, we ask for a donation towards this initial cost. Ask your own Association if they are able to source a supply from - <https://hdsunflower.com/au/>

Hidden Disabilities - *making the invisible visible!*

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent - and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces. Just because you can't see it, doesn't mean it is not there.

Globally 1 in 7 of us live with a disability. That is approximately 1.3 billion people. But while some of us experience a disability that is visible, many have a non-visible condition or experience a combination of both visible and non-visible conditions.

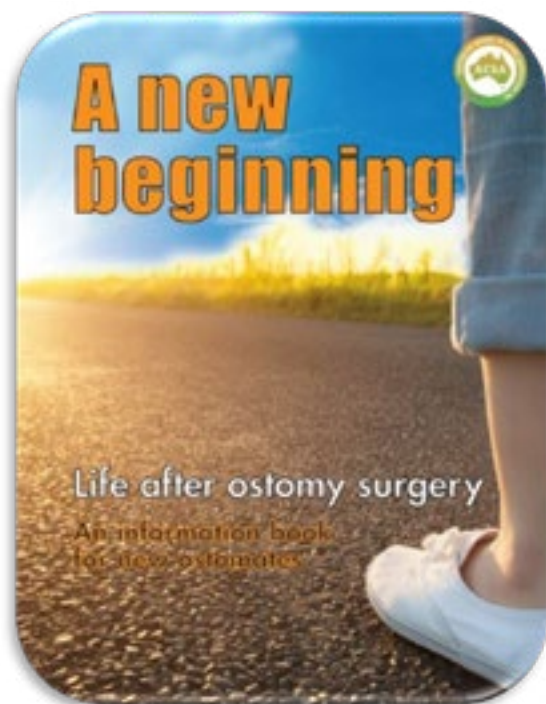
These disabilities can be temporary, situational or permanent. They can be neurological, cognitive and neurodevelopmental as well as physical, visual, auditory and include sensory and processing difficulties. They can also be respiratory as well as chronic health conditions such as arthritis and diabetes, chronic pain and sleep disorders.

As diverse as these conditions are, so are your individual access needs and the barriers you face in your daily life. So, you can opt to wear the Sunflower to discreetly be seen in shops, at work, on transport, or in public spaces.

Lanyards are available from WAOA on request, donation appreciated.

Visit <https://hiddendisabilitiesshop.com.au/> for further information.





An Excerpt from the ACSA Guide a New Beginning...

A NEW BEGINNING

“Usually, ostomates are able to lead fulfilling lives, have rewarding careers, have children, be physically active, eat and wear what they like (with a few exceptions), travel and lead active social lives!”



If you are a new ostomate, or about to become one, you are about to begin another chapter of your life. There will be new things to learn and do, people to meet and opportunities for personal growth. For most people reading this, there will be an ending of some sort, as well as a beginning.

Perhaps an end to pain or suffering, removal of disease or relief from distressing symptoms; whatever your situation, there is a new beginning which may offer you improved health and wellbeing.

This booklet aims to provide important practical information about managing your stoma.

It explains the help and support available before and after surgery, explains the system that ensures ostomates – people with stomas – receive the support they need, looks at special needs, and tells you how you can order the products you need.

There are directories of ostomy associations, companies that produce ostomy products, and ostomy-related support groups and organisations.

Be aware, however, that this booklet contains only general information and is not a substitute for informed discussion with your medical adviser.

It is essential that you discuss the benefits and risks associated with ostomy surgery with your surgeon before you submit to any surgical procedure.

Becoming an ostomate will raise many questions about wellbeing and personal management.

Jot down your thoughts and questions as soon as you think of them, so that you can raise them when you next speak to your medical adviser, stomal therapy nurse (STN) or ostomy support visitor.

Whether you have or will have a stoma, always remember that you are not on your own – there are about 50,000 ostomates in Australia.

The term stoma is used to describe a surgically created opening that allows the body to rid itself of waste.

This is usually necessary when someone has lost normal bowel or bladder function through disease, injury, a birth defect or other causes.

A stoma is usually created by bringing a small end-section of bowel through the abdominal wall.

This allows waste to be passed, usually into a bag or pouch, until it can be disposed of. A stoma may be temporary or permanent. People who have a stoma are called ostomates.

► THE DIGESTIVE TRACT

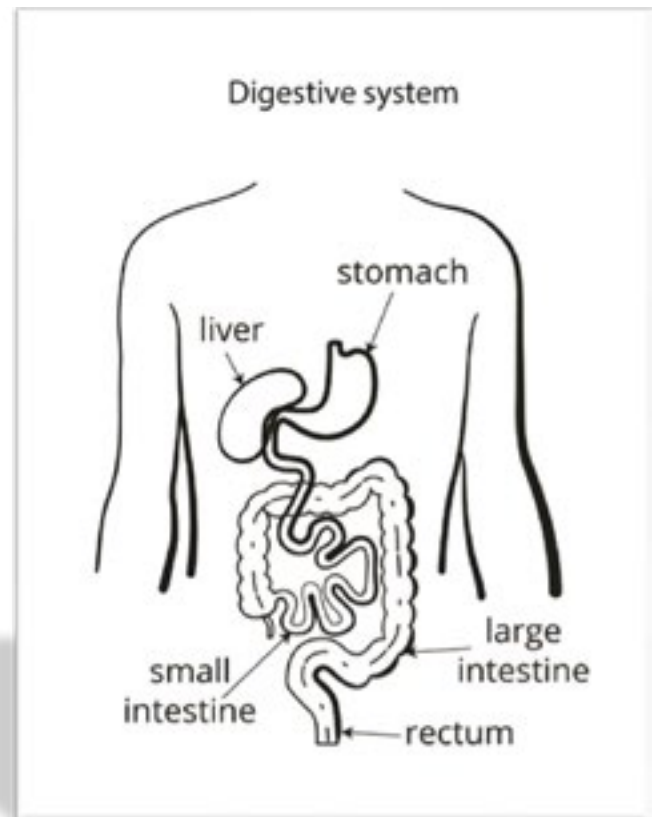
The digestive tract runs from the mouth to the anus and is a group of organs that converts food into energy and nutrients to feed the body.

When food is eaten, it passes through the hollow organs of the system – the oesophagus, stomach, small intestine, large intestine and rectum – to the anus, and is discharged as faeces.

Along the way enzymes are added which break down the food into a form our bodies can absorb and use.

Nutrients are then digested and absorbed in the small bowel (the small intestine).

If the large bowel needs to be removed, the digestive process remains essentially unchanged.



► THE URINARY TRACT

The urinary tract is used by the body to filter waste and extra fluid from the bloodstream and remove them from the body. They are passed as urine.

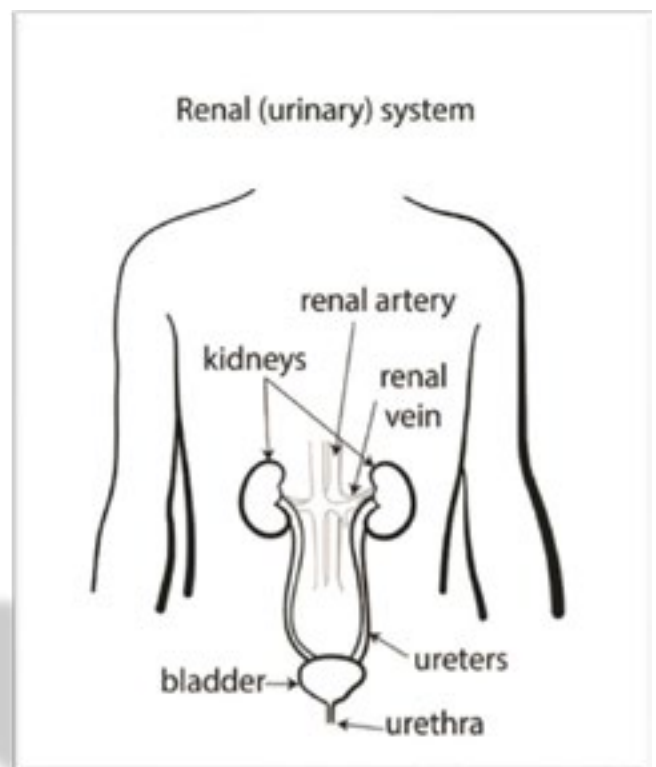
The main parts of the urinary tract are the kidneys, the ureters and the bladder.

The kidneys, located just below the rib cage, continually filter the blood to produce about one to two litres of urine each day.

The ureters are muscular tubes that carry urine from the kidneys to the bladder, where it is stored until the person urinates.

A normal bladder can hold 1.5 to 2 cups of urine.

When someone urinates, the contents of the bladder empty through the urethra, which is located at the bottom of the bladder.



If you want to continue reading about becoming an ostomate please contact WAOA or download a PDF copy via - <https://australianstoma.com.au/resources/a-beginning-not-an-end>

Are you drinking enough water?



Prevention and management of DEHYDRATION in adults* -

General Information

It is important that you have a well-balanced diet and adequate fluid intake to maintain your body's hydration balance i.e. **> Fluids lost from the body = fluids taken into the body**

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

Fluid gains: Drinks, Foods

What is dehydration?

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

Causes:

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

For people with stomas:

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

Identifying Dehydration - Increased thirst, dry mouth, reduced urine output, headache & dizziness

If diarrhoea is the cause of the dehydration and it persists for 24 hours check with your doctor or Stomal Therapy Nurse (STN)

**Source -*

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



REQUEST A FINAL WISH

For people in end-of-life or palliative care, a simple chance to reconnect with their lives, families and friends can mean the world. It's usually the little things that mean the most to a person nearing the end of their life.

Visit the zoo Visit the beach Attend a wedding

ABOUT US
Ambulance Wish Western Australia enables people receiving palliative care or who are terminally ill to fulfil a final wish, by visiting a place of personal significance.

OUR MISSION
To give people in end-of-life care the resources, specialist transport and medical care they need to fulfil their final wishes, at no cost to them or their family.

Fulfilling wishes, celebrating lives Request a wish today

www.ambulancewishwa.org.au

HAVE YOU HEARD OF POOPS WA?

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

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

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

www.poopswa.org.au






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VOLUNTEER AS A PATIENT AT CURTIN MEDICAL SCHOOL

If you have a current medical condition and you're interested in being a volunteer patient to help with the exam/assessment of future doctors, we'd love to hear from you.

What is involved?

- Your participation on the day could be in the form of an investigative discussion (similar to a doctor consultation) and/or non-invasive physical examination (no discomfort for you).
- In each session, Patients will participate in a number of 'consultations' with medical students.
- Patients will be asked to provide feedback to students from a patient's perspective.
- All sessions take place at Curtin Medical School in Bentley.

Why Volunteer?

- Contribute to the education of our future medical professionals
- Participate in a friendly, diverse and positive learning environment.
- Transportation can be arranged for you to attend.
- Refreshments and gift vouchers are provided as a "Thank You" for your participation.

For more information and to register please contact:

✉ CMSSimPatients@curtin.edu.au



Exploring WAOA's Website

You may not know it but WAOA's website isn't just for placing your orders, it is also a great source of information that you may want to explore further! There are links to other ostomy groups, suppliers, online communities and nutrition. Below is an example of some of the information you can find out on nutrition, courtesy of - www.nutritionforostomates.com.au



Providing the missing nutritional links to support the health & wellbeing of Ostomates...

Did you know?

The nutritional implications of stomal surgery on an individual can vary significantly, so some people just need tweaks to their dietary intake once they leave hospital, whilst others need a much greater degree of nutritional education and support.

About

A Focus on gastrointestinal disorders with a multi-faceted approach where many factors need to be taken into consideration. These include: the age of the patient, specifics of the surgery, current medications and other illnesses, to name a few.

Services Offered

Group Sessions
Emotional Wellbeing
Outreach Clinics
Outreach Consultations
Nutritional Presentations

The National PUBLIC TOILET MAP - *Part of the National Continence Program...*

The National Public Toilet Map shows the location of more than 19,000 public and private public facilities across Australia, including toilets, adult change and baby care. Information is provided about each toilet, such as location, accessibility details, opening hours and features like sharps disposal and showers.

The Toilet Map improves independence and quality of life for the estimated 4.8 million Australians who are affected by incontinence. It is also convenient for people with young families and those holidaying or travelling to new locations.

The Toilet Map is funded by the Australian Government Department of Health and Aged Care as part of the National Continence Program and is managed through the Continence Foundation of Australia. (Source: toiletmap.gov.au)



CONTACT YOUR LOCAL STN

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

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

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

FIONA STANLEY HOSPITAL

Marlene McLaughlin and Renae Hall • 6152 0788

FREMANTLE HOSPITAL

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 and Suzanne Mazzone • 6456 0355

ROYAL PERTH HOSPITAL

Wendy Pearson and Nonto Bozo • 9224 2369

METROPOLITAN SILVER CHAIN SERVICES

Central: Dr Keryl In 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

Brooke Goldfinch and Sandy Hyde-Smith • 0491 264 536

ST JOHN OF GOD HOSPITALS

Midland: Laura Robertson and Sarah Witham • 9462 4000

Mount Lawley: Amy Staples • 9370 9222

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

Subiaco: Lisa Richards and Silvie George • 9382 6111

WA OSTOMY ASSOCIATION

Tania Norman • 9272 1833

Catherine Riordan • 9272 1833

BUNBURY REGIONAL AREA

Augusta Bridgetown Busselton
Manjimup Margaret River Northcliffe
Pemberton

Felicity Jones, Ann Carter and Rachael Cherry
• 9722 1227 or 0427 333 970

ALBANY HEALTH CAMPUS

Rachael Van Den Hoek and Christine Wilkins
9892 2465

BUNBURY ST JOHN OF GOD

Fiona Basham • 9722 1926 or 0448 978 234

BUSSELTON HOSPITAL

• 9753 6513 or 0427 333 970

GERALDTON SILVER CHAIN

Kristina Murray - Call Silver Chain on 1300 650 803

MANDURAH SILVER CHAIN

Paula Parker - Call Silver Chain on 1300 650 803

MANJIMUP / BRIDGETOWN

Andrea James (Continence Advisor)
9777 5100

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.

Say "hello" to more confident living



Preparation



Application



Security



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1. Salvadalena et al. "Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial". J Wound Ostomy Continence Nurs 2020;47(4): 337-63. ©2023 Convatec Inc. All trademarks are the property of their respective owners. AP-64644-AUS-ENG-v2 0540 September 2023



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