

The Ostomy Care and Supply Centre

Ostomy News



SAYiNG

Hello

&

Goodbye

WiTHiN OUR E.T. NURSE TEAM

MURIEL LARSEN is RETIRING!

Muriel graduated in 1969 from the Royal Columbian Hospital School of Nursing and joined the Ostomy Care and Supply Centre in 2005 after her first retirement from R.C.H. At that time she was not ready to stop caring for people with an ostomy, so she brought her passion to the Ostomy Care and Supply Centre until 2016. She received her ET education through Albany Medical Centre in New York in 1995. After completing her ET education, she worked at Royal Columbian, Eagle Ridge and Ridge Meadows Hospitals. If you had your ostomy surgery at any of those hospitals you can thank Muriel for developing these ostomy programs for you!

Muriel moved to the Harrison Hot Springs area a few years ago and will now officially be joining her husband Ib in travelling and enjoying Fraser Valley life full time, as well as spending time with their many gorgeous grandchildren.

Thank you, Muriel, for all your excellent nursing care for people with an ostomy. You will truly be missed by your patients and our team! You brought such warmth, compassion, and knowledge throughout your career, and your legacy will live on!



WELCOME to RUTH FEATHERSTONE!

We are very pleased to welcome Ruth Featherstone to our team of ET nurses! Ruth is a registered nurse, and is currently training as a WOC Nurse (the American equivalent of Enterostomal Therapy nursing) at Emory University in Atlanta, Georgia. She is an excellent addition to our team and we are so lucky to have her. Ruth brings with her a genuine caring approach and mirrors our philosophy. In addition, she brings knowledge and experience from her additional degree in biomedical research where she worked in wound healing, development of antibody therapeutics and genome sequencing.

Happily, Ruth is able to balance her nursing career with family life, as a mother to a rambunctious two-year old boy, and her love of reading, nature, and exploring the outdoors.

If you are coming to see one of our ET nurses at the clinic, you may see Ruth working with the other nurses you already know during her training. Please help us in welcoming her, and supporting her learning about working with people with an ostomy!



OSTOMY YOUTH CAMP!

JULY 24-29, 2016



It's time again for the Ostomy Canada Youth Camp! This is a week-long sleep-away camp for people aged 9-18 who have an ostomy, or other issues with their urinary or bowel function related to disease (like Crohn's or colitis), birth defects (like spina bifida), or trauma (like a car accident).

Each year 45 kids come together at Camp Bragg in Alberta to learn about their conditions, share strategies for coping and success with each other, and have fun in the sun! Typical "camp" activities like canoeing and bonfires give kids the chance to make lasting memories. Other activities related to their health, like formal and informal learning sessions about how the body works, and self-esteem, also help kids with bowel and bladder issues learn independence and confidence in their self-care. Enterostomal therapy nurses are there to support campers' learning, as well.

The cost of the camp is \$620 per child this year; this includes food and accommodations, but not transportation to Calgary, the pick-up point to travel out to the camp. The local chapters of the Ostomy Association are involved in fundraising to help sponsor kids who want to attend. If you or someone you know would like to attend, the deadline for applications is June 30, 2016. Volunteer camp counsellors are also required to apply by June 30.

If you would like to contribute to sponsoring a child to attend, donations can be made through the local chapter of the United Ostomy Association (<http://uoacvancouver.weebly.com/>) or Ostomy Canada (<http://www.ostomycanada.ca/ostomy-youth-camp/>) - Thank you!

NEWS AT THE OSTOMY



WE HAVE LAUNCHED OUR NEW WEBSITE!!

We have been madly working on creating our new website and WE ARE LIVE!!! You will find new resources, links, and ways to connect with us. *We have new videos and a BLOG, too!* Check us out at:

WWW.MYOSTOMYCARE.COM



OUR EMAIL ADDRESS HAS CHANGED:

We love hearing from you! To ask a question, give us a report on your condition or give us feedback, our new email address is:

NURSES@MYOSTOMYCARE.COM



FOLLOW US ON SOCIAL MEDIA!

Social media has finally arrived!! Like and follow us on Facebook:
OSTOMY CARE AND SUPPLY
CENTRE

Twitter: @OSTOMY_CARE



ORDERING SUPPLIES ON-LINE!

One of the exciting features of our new website is the ability to order your ostomy supplies ON-LINE! Scroll down on the home page and click on "Need to Order Supplies" (near the bottom left) with the photo shown here, fill out the required information and send! We will confirm your order and ship it out the same day in most cases (depending on weekends/holidays).

You can still call us to order or come by in person.

Remember: Shipping is always FREE anywhere in British Columbia!

CARE & SUPPLY CENTRE!!

WE'VE BEEN PUBLISHED!

Arden Townshend, E.T. and Andy Manson, E.T. are proud to announce that they co-authored an article entitled "Cost-utility model for Peristomal Skin Complications" in the Journal of Wound, Ostomy and Continence Nursing, the American peer-reviewed journal that focuses on the type of nursing we practice. The article was published in the January 2016 issue.



OSTOMY EDUCATION DAY IS RETURNING!

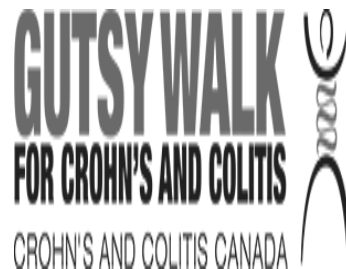
Back by popular demand! **October 1, 2016** is our next fun-filled informative Education Day! It will be held at the Hilton Metrotown. So far, we are pleased to announce Eric from Vegan Ostomy will be speaking! Check out his website www.veganostomy.ca. He is Canadian, has an ostomy, is vegan, and does amazing work. He is also a really cool guy! This event is for all of our customers and their support person, and includes a complimentary lunch. Registration is on a first-come, first-served basis. In past years, we have had a full house and look forward to making this amazing event come to life once again! Watch for more information!



JOIN US for an AMAZING CAUSE!

Are you ready to make it stop? Join us **Sunday, June 5, 2016** for the 21st Annual Gutsy Walk and become part of Canada's largest community event committed to raising funds for Crohn's disease and ulcerative colitis. Show loved ones living with Crohn's and colitis they are not alone. Let's stop the pain, hospital stays and multiple surgeries. Fundraise and walk as a team or as an individual in any of our 60+ Gutsy Walk locations across Canada to help improve the lives of children and adults affected by Crohn's and colitis.

WWW.GUTSYWALK



REPRESENTING!

- ◆ Another milestone! It was 25 years ago that Andy Manson took over Ostomy Care and Supply from her mother, Helen Manson (founder). The same philosophy of expert knowledge and caring has continued, and will continue for the next 25 years!
- ◆ We have participated in the 2016 First Nations Education Forum 2015
- ◆ We have attended the Crohn's and Colitis Education Symposium in April 2016
- ◆ Our ET Arden Townshend and an ET colleague in Toronto created a poster featuring case studies of people who had benefited from a ceramide infused ostomy barrier. This was displayed at the WOCN conference in San Antonio, as well as the CAET/CAWC conference in Toronto.
- ◆ Andy Manson has stepped down from the Board at Ostomy Canada as the term has ended. Though she is no longer in an official title, she will continue to volunteer and stay involved!



Andy's Corner : Meet Andrea (Andy) Manson RN, BSN, ET, NCA

Andy originally worked with her mother, Helen Manson, one of the first ET nurses in BC who also has an ostomy. Upon her retirement in 1989, Andy proudly took ownership of the Ostomy Care and Supply Centre. She knew she had big shoes to fill to provide a much needed service within the community. For over 30 years now, we have been serving patients throughout the Lower Mainland as well as province wide and nationally, providing expertise to patients as well as fellow ET/Ostomy Nurse colleagues, Home Care Nurses, Physicians and Surgeons.

It is an honour to work so closely with patients after their surgeries and to help make life with an ostomy easier. Andy has built the Ostomy Care and Supply Centre to stand out as a centre of excellence for ostomy care where all of the products we sell are completely backed up with Ostomy Nursing expertise 6 days a week. Andy is also trained as a Nurse Continence Advisor, meaning that she is able to support patients experiencing bowel or bladder continence concerns, provide assessment and advice. She is available for complimentary consultation at the clinic.



Ask

Andy...



Is laser hair removal safe around your stoma?

I have often been asked about whether laser hair removal around the stoma is worthwhile or even safe.

To find the answer, I ventured to the VGH/UBC's Skin Care Centre in Vancouver.

I spoke to the Registered Nurses at The Skin Care Centre who have specialized formal training to ensure their competency in laser hair removal.

We talked about hair removal around the stoma; they indicated that it would not be a problem. The pouching system would be removed or we, the ostomy nurses, could work with the nurses at the laser clinic to develop a pouching system with the minimal "footprint" on the skin to allow for maximal skin

exposure for the laser treatment.

At the clinic there are also dermatologists with in-depth knowledge of skin and laser treatments who collaborate with the nurses.

Laser hair removal is not covered under BC's Medical Services Plan (MSP) and no referral is required.

If you are interested in knowing more, you can call the clinic for a free consultation.

The consultation will determine if you are suitable for laser hair removal, explain how the lasers work, and be an opportunity to discuss your goals with hair removal. Factors such as skin type, hair colour, texture, area of body are examined to determine how effective the laser

treatment will be. A quote for the cost of treatment will be provided at the consultation.

Laser hair removal merely an option and is not a requirement of having an ostomy. Interestingly, when I was researching this topic I found a research study in Lasers Surgical Medicine Journal, comparing hair removal with mechanical shaving. The study showed that the 10 patients who completed laser hair therapy around their stomas had an average hair reduction of 60% on visual inspection. Shaving of the peristomal area decreased from once a week to once every 6 weeks.

If you have more questions about laser hair removal, just give us a call: (604) 522-4265.



BC's Centre for Dermatologic Science

LASER HAIR REMOVAL (around an ostomy)

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