

The Ostomy Care and Supply Centre

Ostomy News



Product Price & Our Philosophy Go Hand In Hand

Our business plan is based on the philosophy that your health and comfort is more important than our bottom line. Instead, our Enterostomal Therapy (ET) nurses work hard to find the best possible pouching system for our patients, meaning that they don't experience leakage in the first place, prevent skin damage, and get the longest possible wear-time from each pouching system.

Our philosophy at the Ostomy Care and Supply Centre puts the patient at the very centre. The ET nurses who work at our clinic are motivated by their passion for supporting people who have had ostomy surgery to live full lives that are not diminished by the ostomy. They are guided by their professional ethics, and as a result, they select *only products that are necessary*, and try to create pouching systems that are simple to look after and reliable.

Our pharmacy technicians who take your order and send your supplies to you are trained to identify changes in the patterns of your orders, and they will refer you to the ET nurses if they are concerned that you may be having issues. Studies have shown that many people do not recognize they are having an issue with their ostomy until it is more serious – our staff are dedicated to helping to identify problems before they progress.

Sometimes people ask us for the “cheapest option”. We understand that finances can be a major issue after

surgery if you are unable to work, or may not be eligible for disability benefits. This compounds the stress of having major surgery. But sometimes the “cheapest option” is not the “best” option for you. For example, a more expensive pouching system may get you four days of wear time while the less expensive one fits poorly and therefore has to be changed daily or every other day, and lets stool or urine cause skin irritation and pain. In the end, you end up paying more as well as get less reliability and skin health may suffer. In these cases, we feel obligated by our ethics to recommend the more expensive option upfront, as it will allow a better quality of life and ironically cost less. However, the choice is ultimately yours and we strive to work with what you need.

In some cases, however, we are happy to go with the less expensive option, if it makes sense. Each of the manufacturers for instance has an adhesive remover spray and wipe. The adhesive remover spray helps to remove the flange from the abdomen without pulling on tiny hairs, or tugging on skin. The remover wipes help to remove any adhesive tack left on the skin, and also any ring residue. After reviewing each brand for effectiveness, we looked at price. One of the most effective remover wipes was significantly less expensive, so we're making the switch. If you see a different brand in your order, this is why!

We are always looking for products that are less expensive but provide the



same quality. This is our commitment to you, as well as to our health care system! Pharmacare dollars have to be stretched so as many people can get what they need covered. People who have extended health plans, like Blue Cross or Manulife, for example, may have a lifetime limit on their reimbursement. For some people it's \$100,000, and for some it's \$25,000; check with your extended health insurance provider for your own limit. These dollar figures may seem like large amounts, but if you require expensive medications, or have had your ostomy for 40 years, these amounts may not seem so large after all. By ensuring you use only products you need, and that the products you use are the best value, we are trying to help protect the amount in your lifetime limit.

If you have any questions, always feel free to give us a call at (604) 522-4265 or 1-888-290-6313, or email us at nurses@myostomycare.com

PRODUCT UPDATE FROM THE “BIG 3”...

In recent months several of the ostomy supply manufacturers have released new products and new designs. Ostomy products have come a long way, as anyone who has had their ostomy for several decades can attest. (Next time you are in to visit the ET nurse, take a look at our “museum” of old supplies...you'll see just how far the ostomy world has come!) The development process, from the conception of a new idea through to production and use can include years of prototypes, testing and refinements, the construction of the machinery required for manufacturing the products, and rigorous end-user (that's you!) testing. Once products are ready to go to market, they then have to be vetted by each country's health care regulation process before they can be sold. Its quite a process!!

During the development phase of a new product, the manufacturers consult with end users and clinicians (that's us!), and also do clinical trials. We are involved with many clinical trials and you may receive a call from us from time to time asking if you'd like to participate. If you join a study, you are helping to move technology forward! Sometimes during this part of the process it becomes clear that the product does not meet people's needs or perform the way it should, and the development of that particular product or idea is shelved. Either way, you are helping mould the future of ostomy care!

Once products are out and in the hands (or abdomens!) of customers manufacturers are still looking for feedback that can help guide the next innovation or improvement. So if you ever have a pet peeve about something to do with your product, or something that you absolutely love about your pouching system, the manufacturers value your input. Talk to us and we will be happy to pass on your feedback! Here is what is new with the three major ostomy supply companies that are available in Canada. Do not hesitate to visit one of our ET nurses if you have any questions about any of the new products and whether or not they are right for you! There is no charge for this service when you purchase your supplies through us. Call for an appointment today!



Clearly the team at Hollister has been hard at work over the last few years. In late 2015 they released their soft convex pouches. The increased flexibility means that when you move and bend, so does your pouching system. This reduces the likelihood of leakage by maintaining consistent contact between your abdomen and the flange. The new convexity is also 2mm deeper, meaning people with a deeper “moat” around their stoma (where the shape of the abdomen around the stoma dips inward) will have a better fit. The soft convex is only available in a one-piece drainable pouch at this point, and features a split film (a window to look through during application). The closure for the pouch is the updated lock n’ roll closure, like on the two-piece pouches. We are looking forward to having the soft convex technology available for people with a urostomy soon as well, and we're hoping for a two piece, too! This softer convexity may allow people with a peristomal hernia to benefit from convexity which is difficult at the present time.

Expanding their CeraPlus barrier line, Hollister released three sizes of all-barrier (tape free) cut-to-fit flanges in flat and convex for the two-piece systems. Now more skin can be in contact with the CeraPlus barrier, which helps reduce drying and itching of the skin. Hollister also created the one-piece soft convexity pouch discussed above with the CeraPlus barrier, in addition to the Flexextend (extended wear) barrier formulation.

A year ago, the Adapt Slim ring launched at the Ostomy Care and Supply Centre. The ring is very thin, and many people are finding it perfect for them. It still provides the durable protection and conformity of the thicker version. Even better, both the slim and the regular rings have been released with ceramides too! The 4mm CeraRing product number is 8805 and the 2mm (Slim) is 8815 when you order.



Although it's technically not new anymore, ConvaTec has made a significant improvement to their flat mouldable flanges with the accordion coupling system. With this new design, connecting the pouch and flange is incredibly easy. The space for fingers between the flange and the body is deep because of the way the coupling ring pops forward, and the rim is wide allowing easy access for thicker fingers or people with limited dexterity. Pressing the pouch onto the flange now takes a fraction of the pressure it does with ConvaTec's original system. Once the pouch is attached to the flange, the accordion presses flat against the abdomen, and does not pull forward when the pouch fills. We are looking forward to having this technology available in convex, as well.

One thing that to note about this flange design is that because the accordion has to collapse onto itself, the size of the coupling ring is increased: if you used a 45mm (green) coupling before, with the accordion flange you'll need 57mm (red). A 57mm coupling (red) becomes a 70mm (grey) coupling. The cut-to-fit sizes do not need this extra leeway.



We're happy that the new trend in ostomy technology is flexible convexity – and Coloplast is part of that trend with their new convex Mio products. These pouching systems retain the best features of the second wave of Mio products: the elastic tape edge on the flange for flexibility on the abdomen and curving around hernias, the grey fabric that repels water and does not pill, and the signature Coloplast end-closure on the drainable pouches that provides easy emptying and cleaning.

The addition of three types of flexible convexity (called Soft, Light and Deep), means that Mio now fits more abdomens. The Soft convex is the least rigid of the three designs, and offers a gentle stabilization for people who just need a bit of support around their stoma. This convexity design is only available in a one-piece pouching system to allow for maximum flexibility.

The Light convex flange provides the same depth of convexity as the Soft convex, but provides a bit more support by being less flexible than the Soft. If you are familiar with the older Coloplast convexity designs, though, you will notice a significant improvement in flexibility with the Light. So-called “flex-lines” allow the flange to bend forward without compromising the pressure inward that is the reason for using convexity.

And finally, the Deep convex design provides additional depth of convexity similar to the Assura designs from Coloplast, but with a much softer edge and reduced stiffness. Although the deep Mio convexity is less flexible than the Light, it is still a huge step forward from the older, rigid designs. It also means there is another option for people have deeper creases or moats around their ostomy and need that additional depth to mirror the contours of their abdomens.

There are still some challenges with the new Mio line: the filters are still not effective for long for people with more liquid output and can fill with stool and become heavy; the viewing window to help with placement is not that easy to see through, and there are only three sizes of the convex “shells” meaning the pressure they provide may be quite a ways away from your stoma, which makes it hard to get the snug fit we look for.

That aside, the convex addition to the Mio line means more options for people with an ostomy, and much like looking for shoes, more options means more chance for a good fit.

Ostomy Education Day 2016

Saturday, October 1

WHAT TO EXPECT

- 8:30-9:15am Registration and Vendor Displays
- 9:15-9:30am Introductions
- 9:30-10:30am Stoma Creation with Dr. Elena Vikis
- 10:30-11:45 Clothing with Eric From VeganOstomy.ca
- 11:45-1:00pm Lunch and Vendor Displays
- 1:00-2:00pm Travel with an Ostomy:
Travel Insurance and Canadian Air
Transport Safety Authority (CATSA)

REGISTER

- ◆ Please register by September 28, 2016
- ◆ Call 604-522-4265 or email nurses@myostomycare.com
- ◆ Or go to our Website www.myostomycare.com/registration
- ◆ There is no cost to attend and lunch is provided
- ◆ For people with an ostomy and their support person

WHERE

Hilton Metrotown
6083 McKay Ave, Burnaby BC
Accessible by skytrain—Metrotown
(Pay Parking underground)

BACK BY POPULAR DEMAND!!
Come for the session that
interests you, or stay for the
whole day!



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OSTOMY CARE AND SUPPLY CENTRE



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"like" us for
news, links,
events and
more!

Vancouver Chapter: Ostomy Society of Canada

Join us for information and meet others living with an ostomy.

2016 Dates: February 21, April 24, June 26, September 25—All Sundays

President
Deb Rooney
604-683-6774

Visiting Co-ordinator
Julie Singer
778-879-6600

Chapter Meetings at The Collingwood
Neighbourhood House
5288 Joyce Street, Vancouver @ 1:30

