

The Ostomy Care and Supply Centre

Ostomy News



STOMA CREATION: VARIATIONS AND CONSIDERATIONS

After ostomy surgery there are a lot of new things to learn. You may learn more about how your body works than you ever wanted to! Something people often have questions about is how the stoma itself stays in place. They worry that it might fall inward, or outward, or fall off altogether.

During our Education Day event, surgeon Dr. George Melich from Royal Columbian Hospital spoke about stoma creation and what the surgeon must consider medically and anatomically, types of stomas, and various complications that could arise such as peristomal hernia.

When the surgeon makes the stoma they bring a length of bowel through the abdominal wall. The bowel is sutured to the fascia, the tough fibrous membrane that wraps around the muscles, and then to the skin. Within a few days, the body has knitted the bowel to the skin and the muscle below the fascia. Just like your skin knits back together after a cut, your body works quickly to make sure any holes or gaps are closed - this is how your stoma forms a solid

connection and secures to your abdomen. As a result of this amazing process, your stoma is securely attached to your skin, and to the abdominal wall inside.

The bowel is like a hose, and your stoma is the opening "hole" of that hose; your stoma is connected to the blood and nerve supply inside, like it was before surgery. Immediately after surgery the stoma is also swollen for 6-8 weeks and will shrink and change somewhat in these weeks. It is important to seek help from an ET Nurse during this time as pouching can change considerably when swelling reduces.

Stomas come in so many shapes, sizes and variations. There are no 2 stomas or abdomens alike! Sometimes you may see your stoma become flat or flush with skin level, or even retract below skin level. Rest assured that your bowel is still firmly attached to your skin and muscle layer, and cannot fall inward which is actually a common concern after surgery. Other stomas are round and bulbous. The shape of your stoma has many factors including: disease process (such as inflammation) and illness,

at the time of surgery, reason for surgery, anatomy, preserving nerve and blood supply (a major surgical consideration), and your body shape, including the thickness of the fat layer of the abdomen—generally, the thicker the layer, the flatter the stoma.

It is also possible for the stoma to telescope out through itself, becoming wider and longer – this is called a prolapse. It can be concerning to look at, but it doesn't mean that the stoma has become detached! Usually a prolapse is not a "problem" as long as it stays healthy and functional (meaning the stoma remains nice and red, warm and moist and easily produces waste) however larger prolapses may be harder to pouch. If you have any concerns with the shape or size of your stoma after surgery, or years down the road, please come in and see one of the ET nurses at the Ostomy Care and Supply Centre so we can make sure your pouching is optimal for the new size and shape of your stoma. Stoma shape and size has a tremendous impact on what pouching system may be the best for you. There are many options in flanges and accessories to meet your individual needs.

Vancouver Chapter: Ostomy Society of Canada

2016 Meeting Dates: September was the last meeting for this year. Stay tuned for future dates in 2017

OUR CHRISTMAS PARTY WILL BE AT THE NORTH SHORE WINTER CLUB DECEMBER 4, 2016

\$20 per person (children under 12 are free) - Call Joy to reserve your place!! 604-926-9075

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



EDUCATION DAY 2016

We at the Ostomy Care and Supply Centre wanted to announce the success of another Ostomy Education Day! Our event was held at the Hilton, Metrotown on October 1, 2016. We had a full day of speakers and exhibits, and lunch was a hit too! More than 200 of our ostomy patients and their support person(s) attended this year. Thank you to everyone who took the time to come out to our event and to all of the speakers and exhibitors for spending the day with us. Watch for the Education Day again next year and don't miss out! Feedback as well as new topic ideas for next year are always welcomed!

CATSA: Airport Security

We had a practical and informative talk about navigating airport security when you have an ostomy from Hugh Black of CATSA (Canadian Air Transport Security Authority). Hugh helped allay fears and give realistic expectations of what to expect. The key tidbits were that **there is no need to volunteer to security personnel that you have an ostomy unless you wish to**. Ultimately, if you have any major concerns, you may always ask to speak with the Manager on Duty. You may wish to mention that your extra carry-on bag contains medical supplies. If you are selected for further checks then this is the time to volunteer that you have a medical device. You are entitled to complete privacy during a pat down and staff are familiar with the concept of an ostomy. From our clinic you can pick up a note that can be handed in to airport security. Hugh's talk left us with the happy feeling that airport personnel really do consider are safety and our dignity their top priority. <http://www.catsa.gc.ca/home>

Travel Insurance

Our Travel Insurance Consultant was from ToGo Travel Insurance, which is a specific insurance product and the talk was tailored to discuss tips in general as well as specific to their own plan (be advised that whenever you are purchasing any travel insurance, check the specific details of the plan you are seeking as details may be different). Generally to qualify for travel insurance, you must be a Canadian resident, have MSP and your travel plans must be supported by your physician. STABILITY of your medical condition is key in order to be eligible and the general rule of "stability" is: that there has been no deterioration in your condition, there are no active treatments, procedures or surgeries pending and no changes in medications, for a period either 7, 90, or 180 days prior to travel depending on your age and length of travel. Protecting yourself while you travel is very important and although having an ostomy is technically a "pre-existing" condition, there may still be coverage for you. If your health with your ostomy is stable, travel should be at your finger tips as much as you like and you can be protected while you do! For more info on Togo call Joan Jaffray at Affinity Insurance Services, Vancouver 604-609-4499

Clothing Ideas with an Ostomy

It was exciting to have Eric from VeganOstomy.ca join us for a session on dressing with an ostomy. He and his co-presenter, Brandee, from Joeies Custom Ostomy Garments addressed a lot of the concerns we hear from people as they adjust to life with an ostomy – how to reduce ballooning and bulging, where the waist band of your pants goes, and how to ensure clothing doesn't contribute to leakage. Brandee highlighted strategies to draw attention away from your tummy, and look elegant at special events.


Eric's website, blog and YouTube channel offer lots more information about clothing, products, and life with an ostomy. Brandee's beautiful custom wraps and garments to help support pouches during sports and daily life can be found at www.Joeies.com. Thanks to both of them for their great presentation!





*Having an ostomy doesn't mean
you'll be living in sweatpants for
the rest of your life.*



 **OSTOMY**
Care & Supply Centre

Education Day 2016 Agenda

8:30 – 9:15	Registration & Displays
9:15 – 9:30	Introductions & Announcements
9:30 – 10:30	Dr. George Melich – Surgical considerations of stoma creation
10:30 – 11:45	Eric from VeganOstomy.ca & Brandee from Joeies – Clothing options
11:45 – 1:00	Lunch & Displays
1:00 – 1:30	CATSA – Airport security with an ostomy
1:30 – 2:00	Jerry Gamble from Tugo Travel Insurance – Making sure you're covered when you travel



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...



So Many Choices...Which One is Right For Me?

After a couple of years' break, we hosted our Education Day event again on October 1, 2016 - World Ostomy Day! This is always a great opportunity to see what each of the ostomy manufacturers have developed and released recently. Now that you have seen all of the shiny new pouches, you may be considering trying them out.

So what are your options?

You can contact the manufacturers directly and ask them for samples; this is a great option if you are NOT having issues with leakage or pain, and are absolutely certain about the size of your stoma and the appropriate flange shape for your abdomen. The risks of this plan are that you may receive samples that are not appropriate FOR YOU, which can lead to leakage, skin breakdown or injury to the skin around your stoma. And a less serious consequence is having extra "stuff" that you don't end up using sitting around!

You can also come in and see the ET nurse and ask to see a specific pouching option, ring or belt, etc.

This gives you an opportunity for a check-up at the same time (have you had your annual ostomy checkup?!) and for the ET nurse to show you the product that interests you in person. The ET nurse can also give you much more information about how they see this product working for YOU, alternatives if necessary, and give you some samples, too. Remember, THERE IS NO ONE SIZE FITS ALL IN OSTOMY CARE!

Finally, at least annually, you can come in and ask the ET nurse if there are any new product options that would work for you. You may find that there has been an improvement on the product you're already using, a new alternative released by another manufacturer, or that your ostomy pouching needs have changed significantly! This is a great opportunity to have your skin and stoma looked at as well, have any questions you may have answered, and walk away with some new samples in the mean time!

The important thing to keep in mind is that not every new product will work for every person. Each pouching system has pros and cons

and everyone's stoma, abdomen and preferences are unique. The manufacturers are constantly working on providing new options, new technologies and more options, so bring us a list of what you like, what you don't, and what you want and we will work together to find the pouching system that ticks off as many of your wish-list items as possible - while ensuring you get the best wear time, comfortable fit, and healthy skin. Call us at 604-522-4265 or 1-888-290-6313 to make an appointment with the Enterostomal Therapy (ET) nurses, or email us at consultations@myostomycare.com



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AND SUPPLY CENTRE



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