

SASKATOON OSTOMY ASSOCIATION BULLETIN

March 2013



1610 Isabella Street East Saskatoon, SK S7J 0C1

Website: www.saskatoonostomy.ca Email: info@saskatoonostomy.ca

The Saskatoon Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have, ostomy surgery. The purpose of our chapter is to:

Assist the medical profession in the rehabilitation of ostomates by providing, at the request of the physician, reassurance and emotional support.

To promote up-to-date information concerning ostomy care and equipment to ostomates, and those involved in their care.

To educate, develop and promote public awareness and understanding of ostomies.

VISITING SERVICES

At the request of the physician, either preoperative or postoperative, or both. The visitor is chosen according to the patient's age, sex and type of surgery. A visit may be arranged by calling the Stoma Clinic therapists at 655-2138. They will contact the Visiting Chairperson of the local Ostomy Association.

The Saskatoon Ostomy Association advises all ostomates to consult their physician or E.T. before using any product or method referred to in this bulletin or in any other publication.

UPCOMING CHAPTER MEETINGS

When: April 1, 2013, 7:30 p.m.

Program: Representatives from SAIL have been invited to share with us information about their policies and to answer any questions about which we may have concerns. Coverage of our ostomy supplies is an important issue to all ostomates. Please come prepared to ask questions.

When: May 6, 2013, 6:00 p.m.

Program: *Steak Night*.

Our chapter is hosting a Steak Night at the Greenbryre Golf and Country Club. Many thanks to Gerard Dakinewich and Tam Gunn for organizing this event.

Tickets are \$25.00 / adult and \$10.00 / child. Tickets must be purchased in advance. See Tam Gunn at NorDon Medical. Options are Steak, Chicken or Vegetarian. There will be a children's menu of Hamburgers or Hot Dogs. Tickets will be on sale from now to May 2, 2013.

Cocktails at 6:00 p.m. and dinner at 6:30 p.m. This function will be held in the building adjacent to the main building. Evening includes **50/50 Draw, door prizes and raffle**.

Donations of items for raffle are appreciated.

When: June 3, 2013, 7:30 p.m.

Program: Ice Cream Social windup, again with a raffle, but this one can include "gently used" items.

No meetings in July or August.

Meetings are held at: Mayfair United Church, 902 33rd St. West (corner of 33rd Street and Ave. I)

- Convenient washrooms and parking
- Refreshments and visiting at each meeting
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PRESIDENT'S MESSAGE

Greetings! It has been a busy start to the year! The weather did not help with the turn out to our annual Pot Luck Valentines meeting. There were a few of us that enjoyed a delicious meal. The presentation by the Heart and Stroke Foundation was very informative, as well they gave us some information to keep us on track with our meal planning and food choices.



We had a good turn out to the March meeting. Taoist Tai Chi members did a demonstration and then some of us joined in to try it. It is a lot harder than it looks! We had a few new people come out to the meeting, welcome and hope you come again. Also on March 20th from 9am to noon, Diane, Pat and myself will be at Nordon Medical for a "Peer Support" informal get together. If you are in the neighborhood come by for refreshments and a chat.

We have a fun packed remainder of the season. April is elections, most of the executive is letting their names stand, but if you can help in any way PLEASE let us know. There are a number of positions that the executive are doing double duty on!! Peter is now our National UOAC President and is resigning as the newsletter set-up person, webmaster and social media person. Please consider donating some time for the association. The executive has some motions that will need to be discussed and voted on at the meeting as well, so come out and make your opinion count. Again SAIL has said they would come to the April meeting and have an article for this newsletter. We will see!!!

May is now our annual Steak Night Fundraiser. We will have it at the Greenbryre again. This year we will be taking bribes for which table goes 1st, 2nd etc. We also need Donations for the modified Silent Auctions (new items only).

June is our Ice Cream Social wind up again with a modified silent auction, but this one can be "gently used" items.

If anyone is interested in hosting/running a garage sale for the ostomy association please speak up.

We are hoping to send/pay for at least 2 youths to go to camp this summer. If you know of any Youth Ostomate who would like to attend a camp (either ostomy or one of their choice) please let us know.

Gerard has misplaced the sign up sheet for goodies at the meetings. If you so graciously volunteered, please bring them to the meeting you had signed up for, thank you.

We had another crisis at the Stoma Clinic. Kathy was on holidays and Sandy was ill. I was getting calls from people who wish they had never had the life saving operation, wish they could die and some that were referred to Regina and made the trip to see an ET. One person actually told me they were told to go to Calgary!!! This is not acceptable!! We have phoned or emailed everyone and anyone that could possibly help us with the ET situation. We are have a few key people on board with us now and will go through the proper procedures before we go to the media. REMEMBER to write those letters to your MLA. The squeaky wheel gets the grease!! We are working on some form letters to send to both the MLAs and Health Region Chairperson and CEO/President.

In June, Crohn's and Colitis is hosting the Gutsy Walk. The Saskatoon Ostomy Association is going to put a team in, so let us know if you would like to walk as we would like to get T-shirts for this event.

If you need a ride to the meetings let one of the executive know and we can try to arrange one for you. If you have any comments, concerns or suggestions please let me know or drop them in the suggestion box.

Trying to be the best I can be,

Wanda

A NOTE FROM YOUR EDITOR

The time of year has arrived when we have to start looking for people to fill positions on our chapter's executive and

committees. One common reason given for not accepting when asked to serve is “I don’t know how to do it”. Since my surgery in 1981, I have held a number of positions including secretary, president, vice president, bulletin editor and open house coordinator. Let me assure you, I did not know how to do these jobs when I first started them. You must remember that you are part of a **team**, working together and helping each other. I have found that when we all apply ourselves to learning and carrying out our duties to the best of our abilities, things run smoothly and there is no heavy burden resting on any one person’s shoulders. We are all **sharing** the load, which makes it lighter for everyone involved.

Since I have become involved with the Saskatoon chapter, I have developed skills that I didn’t have before. I have learned a tremendous amount about ostomy care and, consequently, have very few problems with my ostomy. I have met and felt privileged to work with some truly fine people. Please consider volunteering **your services** to your chapter. The rewards are enriching beyond what I can express for you here on paper.

Louise

MOTIONS FOR APRIL MEETING

The following motions were proposed at a recent chapter Executive meeting. They will be presented at the April meeting for the membership to discuss and vote on. Please give them your consideration and come prepared to ask any questions to clarify your concerns.

***Motion** – As Saskatoon Ostomy Association will be responsible for their own memberships reminders, and collection of fees, starting in the 2013th year. And membership committee will remit the applicable dues to UOAC.

***Motion** – The Executive moves to budget up to \$1500.00 per year for children with ostomies to a youth camp of their choice. Dispersment will be decided in May of each year by the Executive Board. Should there be no applicant’s, the cost of registration to Ostomy Camp will be sent direct to UOAC Youth Ostomy Camp. In any case, the camper will write a letter to SOA outlining their experience. Receipts need to be submitted. Chapter membership will be encouraged but not enforced.

***Motion** -The Executive moves to implement a \$10.00 SOA membership fee for spouses/significant others. Hereby, after known as SASO Membership.

SAIL ARTICLE

Thank you for the opportunity to submit an article to your newsletter regarding the 2012 changes to the Saskatchewan Aids to Independent Living (SAIL), Ostomy Program.

SAIL is a collection of programs that provide supports and services to clients with disabilities or chronic health conditions. One of these programs is the Ostomy Program.

The Ostomy Program has approximately 2,200 registered clients and in 2011/12, the Ministry expenditure was approximately \$1.4 M.

As part of the Ministry’s continual effort to ensure processes are lean and efficient, a review of the ostomy invoicing system was completed in 2011. The review showed that the process was very paper dependent, and significant administrative effort was required by clients, suppliers or pharmacies and the Ministry. The solution was to change this paper based system to the real-time, online system used to submit claims for prescription drugs.

SAIL consulted with the three stoma clinics to clarify policy and develop approved quantities. Approved quantities are intended to improve client care by ensuring clients who may require more than the approved quantities are seen by a medical professional for assessment. There have been reports that approved quantity notifications resulted in clients being reassessed by a medical professional, which has led to the use of a different, less costly product or resolution of a medical issue.

SAIL also consulted with the three major suppliers and a large pharmacy who reviewed the benefit list and the approved quantities to ensure they were reasonable.

An exception policy was created to ensure clients who require additional supplies could receive their supplies. To date, approximately 6% of the 180,000 claims that have gone through the system were for clients who had an exception. Some examples of exceptions include double ostomates or an extended stay outside of the province. Suppliers or pharmacies contact SAIL at 787-7121 to request an exception.

The new billing system and clarified policy helps to ensure clients are paying the suggested retail amount without additional mark-ups.

If you are having difficulty accessing a medical professional, please call your local Quality of Care Coordinator. Quality of Care Coordinators, or client representatives, are available to address concerns about access to quality health services and to collect feedback to recommend changes and improvements to enhance the quality of health services.

If you have any further questions or concerns about the Ostomy Program or any of our SAIL programs please call the SAIL line at 306-787-7121.

Anne Bosgoed

ITEMS OF INTEREST

- Effective February 1, 2013, SAIL will reimburse half the cost of ostomy deodorants.
- The **Stoma Clinic** is located at room 5706, A Wing, Royal University Hospital. Our two ETs are Sandy Roberts and Kathy Guina. If you wish to contact an ET, please phone 306-655-2138. If you do not reach the secretary, please leave a message.
- Congratulations to four Canadian winners of the Hollister World Ostomy Day 2012 photo contest: Dustin, Denise, Lisa and our own Paul Riome who donated the \$250 prize to our chapter. See our website for more details.
- **Please consider volunteering to help your chapter.** Kathy (visitation), Gerard (lunch) and Louise (bulletin) all need helpers. If you have questions about duties of the position, please call the person listed. Our numbers are on the back page of this bulletin.
- The Prairie Region of UOAC is looking for a **District Representative**. Please contact Peter Folk for more details.
- **ET Solutions** is a private practice. If you wish to contact Teri Schroeder, call 306-249-1442 or cell 306-241-2454 or email etsolutions@shaw.ca.
- UOAC Ostomy Youth Camp Children between the ages 9 - 18 who have had or who will have bowel or bladder diversionary surgery or who have related special needs (i.e. self catheterization, bowel and bladder incontinence), due to birth defects, trauma or disease (e.g. Crohn's disease, Ulcerative Colitis, Cancer, Spina Bifida.) Camp dates are July 1 - 6, 2013. Cost is \$570/child. Please see website: <http://www.ostomycanada.ca/camp/camp1> or contact Wanda for more information.
- We have a **Suggestion Box** at our meetings. Please use it to present ideas for guest speakers or topics for the bulletin, submit questions for the Dear ET column or whatever else you wish to offer comments about. For our out of town members who cannot regularly attend our meetings, please send your ideas to: Saskatoon Ostomy Association, 1610 Isabella St., Saskatoon, SK. S7J 0C1.
- Would you like to receive this bulletin in living colour? Contact Diane Boyd at 249-9079 or dianeboyd@sasktel.net for your email copy. It's easy to be **GREEN!**
- The next bulletin should be out in August. Wishing you a safe and happy summer!



MUSCLE SPASMS OR NIGHT CRAMPS

(via: It's in the Bag)

Ostomates with vomiting or diarrhea who have cramps in their hands, feet or legs might ask their doctor about electrolytes. Losing lots of body fluid — at any age, from any source — can cause muscle spasms. Hot, sweaty weather may cause cramps and charley horses. Loss of body fluid causes a shortage of the main electrolytes, sodium and potassium. These minerals help the nervous system activate muscles. When electrolytes are in too short a supply, the muscles may spasm. Commercial drinks that help stop cramping from electrolyte loss are: orange juice, tomato juice, bouillon, Gatorade and other sports drinks, Pedialyte, powdered electrolytes from sports shops, freezer pops from the grocery store, honey and apple cider vinegar in water.

ALL ABOUT STOMA PASTE

(edited by B. Brewer, via: UOAA Update)

Most ostomates have tried stoma paste at one time or another and considerably more than half of us use it on a regular basis as part of our ostomy pouching system.

What is it? Technically, stoma pastes are skin barrier compounds that are molded around stomas or skin surface irregularities, to provide additional protection and a uniform sealing surface around the stoma and under the wafer/barrier. Stoma paste usually comes in a tube similar to toothpaste and manufactured by several companies. Use sparingly (thin line). The name of this compound ("paste") does not accurately describe its application and manufacturers could have found a better name to describe it. It is not — in spite of its name — a “glue” that is used to adhere the wafer or barrier to the skin.

What does it do? - When applied correctly, stoma paste provides an additional degree of protection around the stoma and on any exposed skin between the base of the stoma and the opening in the wafer/barrier. It can be used to fill in irregularities such as wrinkles, folds or suture scars on the skin underneath the wafer. This provides a smooth surface for better adhesion of the wafer and less chance of leakage. The easiest way to think of how stoma paste works is to compare to the caulking around your bathtub. It is used to fill in voids.

LEADING A BALANCED LIFE STYLE

(adapted from CCFC website)

At the end of the day, you are the person who must deal with your ostomy and you are the one in charge of your body and your attitude. Leading a balance lifestyle is vitally important for success in surviving and thriving with an ostomy.



Exercise - Having an ostomy may drain you of energy and the temptation to give up exercise is very strong. Instead of doing high energy, high demanding activity try some gentle things like walking, swimming, playing with your dog, yoga or Tai Chi. The point is — keep moving, stay active. Exercise is very good for you and can be very manageable after surgery. Consult your physician or ET nurse before starting any exercise program. Make sure you approach any exercise sensibly. Stay aware and mindful of your body and be kind to yourself.

Fun, Humour and Gratitude — The journey you are engaged in is not only one of a physical nature but also one of a psychological challenge. Like all major expeditions in this life, winners are determined by their attitude, not just their

aptitude. A sense of humor and a zest for fun will fuel that positive attitude, so find every reason to laugh and enjoy the good things in your life. It may not seem like you have much to be grateful for right now, but spend some conscious time deliberating on what they are and you will be pleasantly surprised at how many blessings you have.

Emotional Overload — Sometimes the psychological impact of an ostomy gets to be too much. On top of the physical symptoms, feelings of uncertainty, embarrassment, aversion to being dependent on others, guilt and self-doubt can weigh you down. Be aware of how you are feeling and how these emotions are affecting your quality of life. If depression seems to have taken up residence in your emotional household, seek the help of your physician as there are treatments available to help you through it. Seek the support of family and friends. Let them be there for you just as you would be there for them. And remember — you are not your disease. An ostomy is part of your life, but you are not your diagnosis. You are so much more than that!



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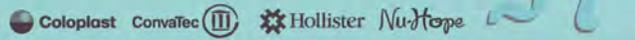
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SASKATOON OSTOMY ASSOCIATION, 2012 - 2013

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APPLICATION FOR MEMBERSHIP

Yearly Membership includes voting privileges, issues of the Saskatoon Bulletin, and the UOAC publication "OSTOMY CANADA". The following information is kept strictly confidential.

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