

The Ostomy Care and Supply Centre

Ostomy News



Your Nursing Team of the Ostomy Care & Supply Centre

When to see An Ostomy Nurse?

- Post-operative ostomy care
- Issues with leaking pouching system
- Skin problems such as rash or wounds next to your stoma
- To see what products are new
- Teaching on how to manage your ostomy
- Learning to irrigate
- Counselling about diet, emotional feelings and changes, everyday tips, issues around intimacy
- Managing a peristomal hernia
- An annual check-up!

Our Ostomy Nurses at The Ostomy Care and Supply Centre are what set us apart from the rest. We now have 7 Ostomy Nurses practicing 6 days per week. In fact, we see over 80 patients every week! We strongly believe that providing our patients with the best ostomy product for each *individual* is best accomplished by hands-on expertise behind the product. There is no “one size fits all” in ostomy care which is why we make a point to try to see our patients in person rather than over the phone. We work with you and your family to not only find a system that works best for you, but we also address the emotional

and psychological aspects of having a new ostomy. We have 4 private exam rooms, which are wheelchair friendly, where appointments with one of our ET/Ostomy Nurses are typically one hour in length. This allows us to truly take a holistic approach to your ostomy care. There is never a fee for seeing an Ostomy Nurse when you obtain your supplies with us.

Appointments are Monday through Friday 9am-5pm and Saturdays 9am to 1pm. Andy, Muriel, Laurie, Arden, Lisa Christina, and Lucy make up our ET/Ostomy Nursing team and are ready to see you today!



Top: Muriel, Christina, Lisa
Bottom: Laurie, Andy, Lucy
Missing: Arden

Call for an appointment
at: 604-522-4265

www.ostomycareandsupply.com

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Vancouver Chapter: Ostomy Society of Canada

Happy New Year! The Vancouver Chapter of the Ostomy Society of Canada would like to welcome you to support meetings this year. Come to hear guest speakers and meet fellow ostomates!

Chapter meetings are held at The Collingwood Neighbourhood house, 5288 Joyce Street, Vancouver at 1:30pm. In the event of severe weather conditions, contact 604-12-3845 to check if the Centre is open.

2015 Dates:

February 22, April 19, June 15, September 20

****We will be presenting at the April 19th meeting...See you there!**



President:
Debra Rooney
604-683-6774

Visiting Coordinator:
Julie Singer
778-879-6600

Disability Tax Credit....Did you know??



*Is it time to see an
Ostomy Nurse?
Call today for a
Complimentary
Appointment
604-522-4265*

Tax time is once again just around the corner. Did you know that you may be eligible for the Disability Tax Credit when you have a colostomy, ileostomy or urostomy? This credit may be applied to individuals with permanent ostomies.

In order to complete the application, there is a self-assessment and a section for your family doctor. In order to qualify for the credit, you and your physician must demonstrate that you require more time to complete your elimination routine as compared to the average person who does not have an ostomy. For instance, this could be shown as requiring more time to change your appliance, to irrigate, the frequency of emptying, the need to always be close to a bathroom, the need for assistance with general ostomy

management, difficulties related to finger/hand dexterity (as with arthritis) or limited vision, dealing with skin problems and/or other medical complications related to having an ostomy.

The application should be completed prior to submitting your annual taxes but can be completed at any time of the year. Revenue Canada will review your individual case and decide whether or not you are eligible. To apply, you must complete Form #2201. A copy of the form can be obtained directly from www.cra-arc.gc.ca/forms/

There are terms in the application such as "impairment", "markedly", and "disability". Overall, these words imply that you have lost the "traditional" function of elimination (going to the bathroom) and as such,

demonstrate the effects of this change on your daily routine and the ability to function as timely as you did before having your ostomy. Remember, you are comparing your current routine to someone who does not have an ostomy. The official definitions of terms are listed in the application form itself.

Together with your doctor, providing a detailed description of how your ostomy has affected your activities of daily living is an important part of the application process. There is limited space for detail within Form #2201, therefore it is suggested that you attach a personal letter outlining your specific circumstances and impact.

NEW

Brava Elastic Barrier Strip Now Fits Any Shape of Base Plate or Body Profile



Coloplast is proud to introduce new Brava Elastic Barrier Strip to fit any shape of base plate or body profile. The Brava Elastic Barrier Strip is designed to prevent the edges of the baseplate from lifting and keeps the baseplate in position for extra security. It is elastic, so it follows body shapes and movements. It is also skin friendly as it absorbs moisture.

Brava Elastic Barrier Strips now comes in new sizes, so you can choose the shape that fits your base plate or body profile.

	<p>Brava Elastic Barrier Strip Straight features a rectangular shape to fit square base plates.</p>			<p>Brava Elastic Barrier Strip Belt features a wish bone shape to provide extra support for outward areas, such as a hernia.</p>
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**Request free samples to try out which Elastic Barrier Strip is right for you.
Call 1-866-293-6349 to order your samples today, or order online at www.coloplast.ca.**



Meet Karen!

Karen has been with the Ostomy Care and Supply Centre since 1999. She works as the Ostomy Products Manager for the store as well as a registered compression stocking fitter and pharmacy technician working at our Medicine Centre Pharmacy, located on the premises. Karen is very well versed in all aspects of life at The Ostomy Care and Supply Centre and is ready to answer your questions today.

Likes: Cooking, gardening, travel, history-especially Egyptology, outdoor adventures, watching sports, playing softball, and kickboxing.

Favorite indulgence: Ice cream of any kind!

Most dreamy movie star: Chris Hemsworth, David Boreanaz

Favorite TV show: Game of Thrones, Curse of Oak Island, anything on the History channel

To Swim or Not to Swim....that is the Question

One of the most common questions after having an ostomy revolve around water: swimming, bathing, and hot tubbing. There is equally as many answers to these questions depending on who you ask....so here are the basics.

Swimming and Hot tub:

The bottom line is that ALL ostomy pouching systems are waterproof *provided that a good seal is made around the stoma and there are no leaks occurring underneath the flange*. If this does NOT apply to you, then it is time to make an appointment to see an ET/Ostomy Nurse to find a system that provides this security. Once this is achieved, entering any type of water is possible! This includes pools, hot tubs, lakes, oceans, and your own bath tub and shower. This "waterproofing feature" of your pouching system also



means that wrapping yourself in Saran wrap like a mummy is completely unnecessary! It is best to go into the water with a fairly new pouching system (meaning that it is not time to change it anyway) to increase the "security" of a good seal. Hot tubbing in nice warm water may decrease the overall wear-time of your system so you may need to change it sooner than your usual routine. Be assured that your pouch will NOT fall off in the hot tub or pool!

Bathing and Showering: are also activities that you can continue in the same manner you did before your surgery.

The only restriction here is immediately after surgery because of your healing abdominal incision. Bathing should be avoided until your incision is closed, but showering is almost immediately. If there are any concerns with your incision, such as an open wound, ask your homecare nurse to apply a plastic cover dressing so that the water from the shower drains off the dressing. Otherwise, with respect to your ostomy, you have 2 choices to approach a bath or a shower: First, you can leave the flange AND the pouch on your skin OR, remove both the flange and the pouch.

If you wear a two piece system, do not keep the flange on your skin and only remove the pouch when entering water. This will result in water getting in and around your stoma and possibly breaking the seal. This can cause an itchy sensation as well as embarrassing leaks.

Taking a bath or a shower, especially after surgery can be a wonderful feeling and is an important part of carrying on with life with an ostomy. If somebody tells you that you restricted from any water activity....ask them to explain why!

If you have any further questions about bathing, swimming or any water activity, please call to speak with or make an appointment with one of our ET/Ostomy Nurses at the Ostomy Care &

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

After my ET course in 1989, I worked with my mother, Helen Manson, one of the first ET nurses in BC. She has an ostomy and saw the need for ostomy care in the hospital. In the early 1970's, she developed the ET - Ostomy clinics at St Paul's and Surrey Hospitals. Then in 1983, she saw the need in the community to provide continued care and support for people with ostomies for as long as they have their ostomy, so she started the Ostomy Care and Supply Centre. Upon her retirement in 1989, I proudly took ownership of the Centre. I knew I had big shoes to fill, for Helen helped to improve ostomy care in BC working tirelessly with the Ostomy Canada Society, and both with home care and hospital nurses.

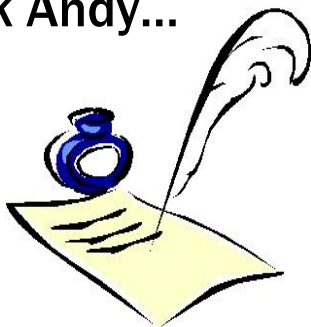


Today, I have been in the “ostomy business” for over 25 years and still love it the same way I did on the first day! It is an honour to work so closely with patients after their surgeries and to help make life with an ostomy easier. I have built the Ostomy Care and Supply Centre to stand out as a centre of excellence for ostomy care where we back up our products with nursing expertise 6 days

a week. Waiting 2 weeks for an appointment is simply out of the question!! Our centre is also actively involved in research with product manufacturers to make ostomy products more effective for consumers as well, helping to write national guidelines as well as being actively involved in education and often work with nursing students and homecare nurses.

In 2014 I was honoured to be given the award in Enterostomal Therapy Nurse award of Excellence from the Ostomy Canada Society of Canada for my work at the Ostomy Centre as well as nationally with Ostomy Canada. I will strive to continue this work, and collaborate with my Ostomy Nurse colleagues at the Centre to deliver personalized, efficient and up to date care to you for another 25 years!

Ask Andy...



I have an ostomy but I still have stool coming out of my rectum. What's happening ?

An Ostomy (Ileostomy/Colostomy) is essentially a “bypass” method for stool. However, when the surgeon has not removed your rectum and anus, the remaining bowel continues to produce mucous. This mucous collects in the rectum and will give your brain the message

that you have to have a “bowel movement” even though there is no stool present...just mucous. This completely normal. If you have this feeling, simply sit on the toilet and allow the mucous to pass. The frequency that you may get this feeling to have bowel movement

and pass mucous will vary from person to person, from daily to every few weeks. If this sensation becomes constant or uncomfortable, please discuss this with your ET Nurse or doctor for treatment options.