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Summer 2018

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About NTXWON



North Texas Wound and Ostomy Nurses (NTXWON) is a digital network created by three Dallas area WOC nurses in 2015 in order to reduce the gap in outpatient ostomy resources in the Dallas/Ft. Worth area. It has grown from an e-mail group to a Facebook page to a website. Our goal is to have a one-stop shop for wound and ostomy professionals, no matter if you are certified by the WOCN or another wound/ostomy organization, or you're a non-certified nurse working with this patient population. The site has evolved by implementing many of your suggestions and includes the following content:

- ☀ [Clinical](#) and [patient](#) resources
- ☀ [Ostomy Outpatient Resource Book](#) (currently being updated)
- ☀ DFW area [ostomy support groups](#)
- ☀ WOC related learning events
- ☀ Wound/ Ostomy Nurse [job postings](#)

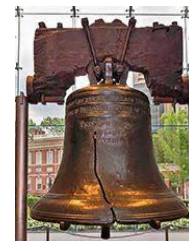
The History, Art, and Culture of the 50th WOCN Conference



The WOCN did a fantastic job again in covering a variety of topics addressing physical and psychosocial issues affecting patients with wounds, ostomies and continence problems.

History:

This was a milestone conference, #50 for the WOCN, and it was held in one of the most historic US cities. Philadelphia is a past US capital and Benjamin Franklin's home. The WOCN highlighted the presidents and education from the past 50 years. The conference opened with a couple of surprise guests: the daughter of [Norma Gill](#) and the son of Robert Turnbull MD, the dedicated pioneers of our profession. It wasn't difficult to gain even more admiration for these legendary leaders after hearing about them from their own children.



Art:

Art was abundant in Philadelphia, with many historic statues, the popular **LOVE** sculpture, and countless museums.

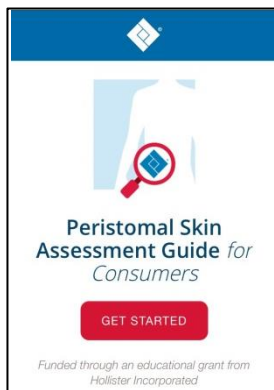
Artistry is a key skill for the wound, ostomy and continence professional. Creativity and innovation were a constant theme throughout the diverse presentations, posters, and product displays.

There were many lessons on the art of working with wound, ostomy and continence patients. These included managing complex wounds, fistulas and ostomies; treating patients with too much or too little stool output; balancing factors inside (microbiomes) and outside (friction, pressure and moisture) the body; motivating patients to learn, engage and comply; communicating with patients about the potential sexual effects of surgery; and being culturally competent.

The art of overcoming obstacles and living life to the fullest was demonstrated by several ostomates who presented or were part of the vendor team. Philly, with its iconic Rocky statue, was the perfect setting for emphasizing what it means to be a champion. The next



newsletter will spotlight these amazing people living with an ostomy.



The art of collaboration was exhibited in the joint presentations and multi-author posters. The unveiling of the [PSAG](#) was also a shared venture between ostomy professionals and Christine Kim, a Texan living with an ostomy and the creator of the [Ostomy Connection](#) website.

Culture:

Philadelphia has a diverse and vivid culture of history, art, music, sports, and food. It's similar to some of the large historic cities in the northeast, but it definitely has its own personality.

There was a culture of professionalism among the conference speakers and attendees. It was inspiring to learn with and from so many hard working peers from all over the country and across the seas. Networking with nurses, speakers and vendors is always one of the best learning opportunities at conferences. The innovation, creativity, compassion, and dedication that wound, ostomy and continence professionals display in their work is not only impressive, it's truly motivating.

In Closing:

I will end this article with a summary of the wonderful Cultural Competence presentation.

Cultural Competence is an ongoing learning process. It's about respecting and including all populations. We all have unconscious bias. Step outside of your bias to learn and experience other cultures. Go to an ethnic restaurant or festival, travel to another country, attend a wedding outside of your own religion/culture, or find ways to meet with people from a different culture.

Get more highlights from the WOCN Conference on the [WOCN](#) website.

Philly is the city of brotherly love, even to a Texan.

www.visitphilly.com



Three Resources with Summer Tips for Ostomates

These ostomy resources have blogs, articles, handouts and/or videos with tips on swimming, traveling, and preventing dehydration.

- ☀ [OstomyLife](#) from Shield Healthcare
- ☀ [United Ostomy Association](#)
- ☀ [Vegan Ostomy](#)

Upcoming Events:

September

[Wild on Wounds \(WOW\): National Wound Care Conference](#)

September 12-15 in Las Vegas, NV

[Fort Worth Take Steps Walk 2018](#)

September 29 at Trinity Park Pavilion #3;
Registration and festivities begin at 8:30 am;
walk starts at 9:30 am

Register at www.cctakesteps.org/fortworth2018

See flyers [here](#)



October

Ostomy Awareness Day

Worldwide awareness on October 6

The Symposium On Advanced Wound Care

October 20-22 in Las Vegas, NV

2018 uroLogic Conference

The Premier Conference for Urology Professionals, October 25-28 in San Diego, CA

Monthly

Dallas Area ET Meeting

2nd Thursday of the Month; Texas Scottish Rite Hospital - contact Martha Mendoza at 214-559-7855 or martha.mendoza@tsrh.org to get on the invite e-mail list.

See a complete list of online continuing education opportunities on the [Clinical Resources](#) page on the NTXWON website.

Let Us Know About Events

Does your facility have an upcoming patient or clinical event? Do you know of a relevant event not listed in the newsletter? Please let us know by using the [Contact Us](#) section and we'll post it.

Share Your Expertise

If you are a wound, ostomy or continence professional and would like to write a short article about a relevant topic or conference highlights for our newsletter, please send it to us through the [Contact us](#) section. We are in particular need of articles on wounds.



Articles should be < 500 words – not counting title and references/resources. Please include your name, credentials, job title and place of employment.

Don't forget...

If you haven't already: **Like** us on Facebook @ www.facebook.com/ntxwocnurses



AND...

Sign up for our website, [North Texas Wound and Ostomy Nurses](#) on [Nursing Network](#). It's easy, costs nothing and will only take a few minutes:

1. First join Nursing Network at www.nursingnetwork.com Please include your specialties and where you are employed.
2. Then follow *North Texas Wound and Ostomy Nurses*.

By signing up you help us keep track of our local community of Wound and Ostomy professionals. Not sure if you signed up already? Go to our site [membership](#) and check. If you are not a member but are getting correspondence from us it's because you are on a list that was created when you were sent an invitation to join. Make sure to change your e-mail address on your nursing network profile if you use your job e-mail and change jobs.

Message from the Webmaster

Stay cool, keep hydrated, and enjoy any time off you have!



Gwen Spector BSN, RN, COCN
Webmaster for North Texas
Wound and Ostomy Nurses