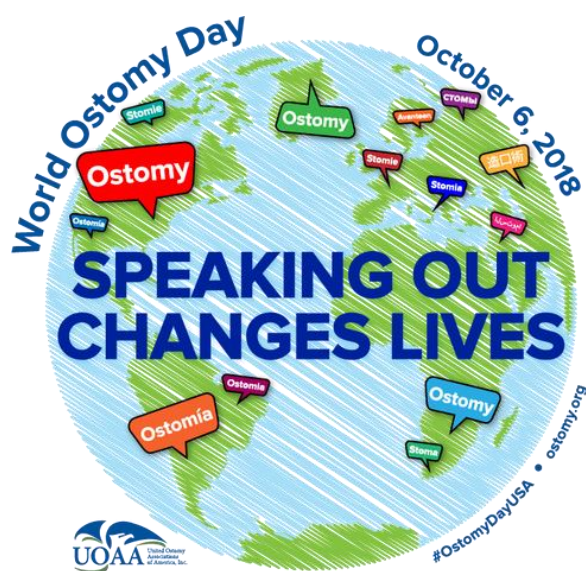


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## Spotlight on Ostomy Awareness



Patients and nurses can gain advocacy tools on the UOAA website at [www.ostomy.org/event/world-ostomy-day-2018/](http://www.ostomy.org/event/world-ostomy-day-2018/)

## History of the Pouch

See Hollister's article on the evolution of the [ostomy pouch](#).

## Seven Sensational Ostomates Living Life to the Fullest

Read about these seven wonderfully inspiring people living life to the fullest with an ostomy. I had the pleasure of meeting or seeing them again at the WOCN conference this past June.

- **Laura Cox** is [Shield HealthCare's](#) Ostomy Lifestyle Specialist. She was diagnosed with ulcerative colitis in college and has had her ileostomy since 2011. Her journey has included time on Comedy Central and being discovered and offered a job from those appearances. She says "My goal has been to spread ostomy awareness, normalize ostomies as much as I can, and show that you can live a normal, productive, wonderful life with an ostomy." Read [her story](#) at [www.shieldhealthcare.com/](http://www.shieldhealthcare.com/).
- **Kelsey Scarborough** is OstomyLife's co-moderator. She has been a colostomate for the last three years. She was diagnosed with ulcerative colitis during her sophomore year of college and went back to school after diagnosis to become a nurse. Read [her story](#) at [www.shieldhealthcare.com/](http://www.shieldhealthcare.com/).
- **Christine Kim** is the creator of OstomyConnection.com, an online website that shares stories of people living with an ostomy in the U.S. and around the world. She has Crohn's Disease and has lived with an ileostomy for over 20 years. She worked with the WOCN nurses to create the [Peristomal Skin Assessment Guide](#) and started Kindred Box, "a pay-it-forward initiative connecting people who have excess ostomy supplies to donate to those who need them". See [her story](#) at <https://ostomyconnection.com/>.
- **Eric P.** is the creator of Vegan Ostomy, a website for people with IBD and an ostomy. His site is great for anyone with an ostomy. It has tips, videos, and a community forum. Eric is Canadian,

has Crohn's disease, is vegan, and has had an ileostomy since 2013. See [his story](#) at [www.veganostomy.ca/](http://www.veganostomy.ca/).

- **Brian Greenberg** is founder and President of [The Intense Intestines Foundation](#). The IIF's mission is to help patients in their journey with Crohn's disease, ulcerative colitis, and ostomies by connecting, supporting and educating them and their loved ones and promoting a healthy lifestyle. Brian has lived with Crohn's disease since he was 11 and has been living with an ileostomy since he was 28. The year after surgery he completed a 70.3 half Ironman triathlon. See [his story](#) at [www.intenseintestines.org/](http://www.intenseintestines.org/).

- **Melissa Marshall** is the founder of [The No You Cant'cer Foundation](#), which she started after her own journey through stage III colorectal cancer. She inspires people with cancer and ostomies through her story, her song *No You Cant'cer*, and her butterfly jewelry that allows people to wear the cause they hold dear close to their heart. You can also order "It's in the Bag" brochures from her website. See [her story](#) at [www.noyoucancerfoundation.org/](http://www.noyoucancerfoundation.org/).



- **Roy George** is a music director, podcast host, advocate, and entertainer. Roy has traveled all around the country performing, educating, and advocating for chronic and invisible illness. Roy has Hirschsprung's Disease and is a Short Bowel Syndrome Warrior. He has spoken to families, adults, and children about coping with their medical illness. Read [his story](#) at [www.roygeorge.net/](http://www.roygeorge.net/).

## Ostomy Buzz from the WOW® Conference

Melayne Martin BSN, RN, CWOCN,  
Parkland Health & Hospital System

Here are my top 3 things that I learned at [Wild on Wounds® \(WOW®\)](#) from the Ostomy Buzz lecture:



1. Recent literature published in [OWM](#) investigated research published between January 1975 and December 2016 for evidence regarding rates of adenocarcinoma at the mucocutaneous junction or on the ileostomy itself after total proctocolectomy for UC or FAP. Of the 56 reported cases, time between the surgery and ileostomy cancer diagnosis was 26-30 years! If we have patients in this time frame with lesions of the skin, ostomy or even parastomal hernia – they should be referred for evaluation and biopsy if possible.
2. Another recent publication reviewed literature on parastomal hernia which ranges between 25-50% in the literature. Strengthening the abdominal wall using exercises and support garments reduced parastomal hernia formation down to 1%! (1 in 99 patients tracked). Recommendations are: ALL patients with a stoma should be informed of core muscle [exercises](#) initiated postoperatively to strengthen the rectus abdominis and this must be reinforced at 1, 3, 6 months & annually. Further ALL patients with a stoma should be advised of the availability of [high-waisted support underwear](#) with lycra.
3. UOAA has recently revised their [Ostomy and Continent Diversion Patient Bill of Rights](#) and is encouraging Ostomy nurses to collaborate with their surgical teams, nurse managers and care managers to make sure that the care being

provided meets the standards of care outlined in the Patient Bill of Rights. This included two key pieces for me – the ostomy nurse must inform the patient that they can use different products (from the ones provided by the acute care facility) if they want. Paperwork should provide a list of options. AND that it is the ostomy nurse's responsibility to make sure that the next care setting receiving the patient (LTAC, home care, etc.) knows where the patient is with their ostomy education.

This particular one was an excellent lecture.

*Thank you Melayne for sharing with us!*

See [Ostomy Product Buzz](#) by Joy Hooper RN, BSN, CWOCN, OMS, WCC, Wound Care Education Institute handout on Shield Healthcare's website.

## From the Mouths of Ostomates

What People Living with Ostomies Want You to Know: Advice for Ostomy Nurses, Bedside Nurses, and New Ostomates.



### Ostomy Nurses

- Include their families in teaching.
- Give them enough information about self-care, when to call the doctor, and differences in supplies.
- They are overwhelmed with extra products to choose from. "Some of the supplies that are given in the discharge kits or that are just generally available are helpful in certain situations but not everybody needs to have them."
- Tell patients they are not confined to hospital products and help them select supplies.
- Order opaque pouches for home because the transparent pouches "freak them out".

- Talking to someone living and thriving with an ostomy before surgery is the most helpful thing for them.
- Be honest and prep them about what to expect.
- Talk about the difficult subjects like sexual implications from the surgery/ostomy.
- Link them to the right resources like support groups.
- Show them they can have a positive future.
- If you see them at a pre-op visit, give them a pouch to wear and tell them to fill it with jelly or applesauce to get a sense of what it will feel like to have an ostomy.

### Advice for Ostomy Nurses from Ostomates

#### Bedside Nurses

See the [nursing newsletter](#)

#### New Ostomates

- An ostomy can be a blessing and a lifesaver. Look for the positive things about having an ostomy.
- People with an ostomy can still do things everyone else can do. Many travel all over the world, play sports, climb mountains, volunteer, and more.
- Be patient with yourself and realize there is a transition period after ostomy surgery. Make small goals and measure success in small levels.
- It's normal to grieve when you have lost a body part or have a change in your life. That means you may have sadness or anger. Give yourself time to grieve. Laura Cox, Ostomy Lifestyle specialist for Shield Healthcare, says set a timer, acknowledge those feelings, have your moment to cry, and then move on and do something you like.
- Yes, there is a "new normal". Life will be different but that doesn't mean it will be bad. Ups and downs will happen. Build resilience; roll with the punches. Having a positive attitude and sense of humor can help.
- You know you have an ostomy, but no one else will know. Most people around you don't even

care that you have an ostomy, they just care about you and your health.

- Be an advocate for yourself, educate yourself about living with an ostomy, and fill your resource pool.

These tips were obtained from the ostomy panels at the 2016 and 2018 WOCN conferences and from members of local Ostomy support groups.

## Patient Resources

October is Health Literacy Month and there are many resources that help teach patients about ostomy care using pictures and videos.

### Infographic

- United Ostomy Association [Ostomy 101](#)
- WOCN [Ostomy Care](#)

### Guides

- Dansac [A Practical Guide for Stoma Problems](#)
- Improve Care Now [Ostomy Toolkit](#) Pediatric IBD
- [Ostomy Guide](#)
- [Peristomal Skin Assessment Guide](#)
- [United Ostomy Association](#) has a large selection of ostomy guides for every type of ostomy, nutrition, intimacy, and more.

### Videos


- American College of Surgeons [Home Skills Program for Colostomy/Ileostomy Patients](#)
- American Society of Colon and Rectal Surgeons [Patient Videos](#)
- Coloplast Care [Instructional Videos](#)
- ConvaTec [Ostomy Care Video Library](#)
- Hollister [Ostomy Care Videos](#)
- Ostomy Guide [Ostomy Videos](#)
- Shield Healthcare [Ostomy Lifestyle](#)
- United Ostomy Association [Living with an Ostomy](#)
- [Vegan Ostomy](#)

## Update: Ostomy Resource Book

The *Outpatient Resource Book for the Person Living with an Ostomy* has been updated and is being reviewed. It should be ready to publish this month. We will send an announcement out when it's posted. We have added additional resources, including clinical resources, in response to many of your requests and feedback. We also added a section on how to use these resources.

## Halloween with an Ileostomy

### BEWARE OF WHAT'S IN YOUR BAG:




←  
What you put  
in this bag

Some Halloween foods can be **WICKED** to an Ostomate.

- ★ Don't get **tricked**; read labels, ask questions.
- ★ Avoid foods that can cause a blockage/obstruction:
  - Candies with nuts, coconut and/or seeds
  - Dried fruit like raisins
  - Popcorn balls
  - Candied apples
  - Fresh fruit
  - Corn (but candy corn is ok)
- ★ Be cautious of foods with dairy products; they can cause diarrhea and/or cramping in some Ostomates.

Might affect  
what comes  
out in this bag

↓



cspouchcovers.com

### HAVE A HAPPY HALLOWEEN!

<https://ntxwon.nursingnetwork.com/nursing-news/88811-halloween-infographic-for-your-ostomy-patient>



## Upcoming Events:

### 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

Check our [Facebook page](#) for postings of webinars related to the wound, ostomy, and continence practice. Also see Continuing Education websites on our [Clinical Resources](#) page.

### Monthly

#### **Dallas Area ET Meeting**

2<sup>nd</sup> Thursday of the Month; Texas Scottish Rite Hospital - contact Martha Mendoza at 214-559-7855 or [martha.mendoza@tsrh.org](mailto:martha.mendoza@tsrh.org) to get on the e-mail list.

[Ostomy Support Groups](#) are listed on the North Texas Wound and Ostomy Nurses website under the Education and Resources section. Flyers will no longer be sent out routinely.

## Don't forget...

If you haven't already:

**Like** us on Facebook  
@ [www.facebook.com/ntxwocnurses](https://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](http://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 if you use your job e-mail and change jobs. And please tell your new coworkers to sign up.

## Message from the Webmaster



**Happy Fall!**

Gwen Spector BSN, RN, COCN  
Webmaster for  
[North Texas Wound and Ostomy Nurses](#)