

MORRIS COUNTY OSTOMY ASSOCIATION OF NEW JERSEY

AN AFFILIATE OF UNITED OSTOMY ASSOCIATIONS OF AMERICA, INC.

PERISTOMAL SKIN PROBLEMS

A study revealed that 61% of people with an ostomy have a peristomal skin problem as assessed by a WOC or Ostomy Nurse. The primary cause of skin problems was from effluent coming in contact with the peristomal skin. Body shape and skin type are as individual as personality— some people can establish a good seal between the skin and the barrier, while others may find it a challenge getting a tight seal to avoid leakage and may need a little extra help to make their ostomy appliance fit securely and to care for peristomal skin.

The best course of action is to keep skin problems from starting. A correctly fitting pouch system – that is, one which is snug to the stoma, but not too tight – is a good start. If you can see any exposed skin on the inner circle of the skin barrier when you apply it, chances are the hole on your barrier is too big. If in doubt, use a stoma measuring guide and double check to make sure you have the correct fit.

Crusting procedure to help cure irritated or raw peristomal skin

1. Clean the peristomal skin with water (avoid soap) and pat the area dry.
2. Sprinkle skin barrier powder onto the denuded skin.
3. Allow the powder to adhere to the moist skin.
4. Dust excess powder from the skin using a gauze pad or soft tissue. The powder should stick only to the raw area and should be removed from dry, intact skin.
5. Using a blotting or dabbing motion, apply the polymer skin barrier over the powdered area, or lightly spray the area if you're using a polymer skin barrier spray.
6. Allow the area to dry for a few seconds; a whitish crust will appear. You can test for dryness of the crust by gently brushing your finger over it; it should feel rough but dry.
7. Repeat steps 2 through 6 two to four times to achieve a crust.
8. You may apply a pouching system over the crusted area. Stop using the crusting procedure when the skin has healed and is no longer moist to the touch.

The push-pull technique

Rough removal of your skin barrier wafer can tear out hair on the peristomal skin. Pulling out hair causes folliculitis, infection of the hair follicles, and is characterized by red, sore, itching and eventually weepy skin. It can also look like a pus-filled or open pimple. Never pull your skin barrier wafer off but instead hold wafer in place while pushing your peristomal skin in toward your body. This method is far more gentle to your skin.

Sources: Ostomy Outlook from the Ostomy Association of North Central Oklahome, Wikipedia, Johns Hopkins

FALL 2018 NEWSLETTER

www.ostomymorris.org

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THAT ANNOYING PANCAKING

Pancaking is one of the most common problems that people with a colostomy will complain about. It is caused when output stays at the top of the pouch and does not slide down into the bottom. It can stick around the top of the pouch, causing a bulge. It's really annoying!

What can you do to prevent this?

- Make sure you are drinking enough fluids throughout the day; it is recommended to drink about 2 liters in 24 hours. This will help to soften stool.
- Something else that has worked for some people with a colostomy would be to drink cool boiled water with a dash of lemon first thing in the morning. This can also help to soften stool.
- Try increasing the amount of fiber you are eating—more veggies, fruits etc.
- If none of the above work, try putting a small amount of lubricating agent into your pouch. Ostomy pouch lubricants made by Hollister, Coloplast, and ConvaTec are best for this but you can also use vegetable oil, Pam spray or even Vaseline. (Note: household lubricants may add to odor.) Smear whatever lubricant you choose around the inside top of the pouch.
- Before you put your new pouch on, put a little bit of tissue paper into the bottom so it's not causing a vacuum when you seal.

Source: Vancouver (BC) Ostomy HighLife

HOSPITALIZATION TIPS FOR OSTOMATES

Never assume hospital personnel know the difference between ostomy types. Ask if the hospital has an ostomy nurse. If they do, call them and let them know you're an ostomate and you'd love to just meet them even if they do not need to be involved in your immediate care.

Never assume they have ostomy supplies you use in stock.

Always keep an emergency supplies kit ready in your closet full of everything you need for at least five changes of your ostomy appliance during an unexpected stay.

Bring a warm bathrobe. Hospitals are kept very cool to keep them sanitary.

Never assume the medications they give you are correct.

Source: Amparo Cano, MSN, CWOC and Debbie Walde, BSN, CWOC; via UOAA Articles to Share

PREPARE FOR TAKEOFF

Pack These Tips and Advice When Traveling with an Ostomy

by Wil Walker, Manager, Clinical Education, Hollister Incorporated

How many extra ostomy supplies should I pack when traveling?

When traveling, you should pack double the number of supplies you would normally need, to make sure you have plenty of pouches and supplies on hand. That way, you are ready for the unexpected, such as a delay in returning home, lost pouches, or changes in climate and environment that call for more pouch changes than usual. In the event that you do need additional supplies while traveling, most manufacturers have products available around the world. Before you leave home, check to see where you can purchase new supplies in the areas where you plan to travel.

Which supplies should I keep with me in my carry-on when I fly?

Your short-term items should go in carry-on luggage so they remain with you at all times and are within easy reach. It's advisable to keep these supplies in a separate, small travel kit to make visits to the toilet simple and discreet.

What should I expect when going through airport security?

Pack all of your ostomy supplies in a separate, small travel kit that can go through security independently from your other carry-on items. Your hand luggage will be inspected at the security baggage check before boarding an aircraft. If you have any prescription drugs with you, have your healthcare professional prepare a card explaining that they are medical supplies. You may be searched before boarding the aircraft, so be prepared to explain about your stoma and ask to be searched in a private area for medical reasons.

I heard that I can get a special travel certificate explaining what I am bringing on the plane. What is this and how do I get one?

Travel certificates available through ostomy associations are available to help explain your need to carry ostomy pouches, skin barriers and medications. It is recommended to search online for travel certificates available for ostomy patients. UOAA has information about TSA regulations and a travel communication card on its site: [<https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/>]

What if I have to use the restroom when the "fasten seat belt" sign is on?

Government and airline restrictions could interfere with your access to the restroom during flight. Plan accordingly by emptying your pouch before takeoff. You may also want to consider a private conversation with the flight attendants to inform them that you require restroom trips throughout the flight, and ask them to help you plan accordingly based on your flight schedule.

Will the pressure in the cabin affect my pouch?

A change in cabin pressure on a plane could create a small amount of gas in the pouch. You may consider using a pouch that includes a filter while traveling to help deodorize and slowly release gas from the pouch.

STRESS MANAGEMENT TECHNIQUES

Jean Marie Rosone, coordinator of Oncology Integrative Medicine at Atlantic Health, demonstrated a range of stress management techniques at a recent group meeting. Here are some from the handout she distributed.

The Belly Breath

1. Find a comfortable position.
2. Close your eyes or leave them open focusing on a spot on the floor.
3. Focus on your breath.
4. As you breathe in allow your abdominal muscles to rise.
5. As you breathe out let the abdominal muscles fall.
6. On the in breath count 1-2-3-4.
7. On the out breath count 4-3-2-1.

Mantra Breathing

1. Find a comfortable position.
2. Close your eyes or leave them open focusing on a spot on the floor.
3. Continue abdominal breathing.
4. On the in breath repeat the words "I am."
5. On the out breath repeat the word "relaxed."

Heart Zone Breathing

1. Place your hand over your heart.
2. Feel your heart beating within your chest.
3. Activate a positive emotion by thinking of a person or pet that is easy to love and for whom you feel gratitude.
4. Let that feeling expand inside your heart.
5. Create a slide show in your mind's eye of all the wonderful events of your life that have brought you joy.

Intention

This is a great technique in the early morning when our first wake up. It is the way in which you would like to see yourself in your day. Today my intention is _____

Gratitude

This is a beautiful day to end your day focusing on all you did right rather than wrong. Remember that where the attention goes grows.

Climbing the Mountain

This is the first meditation technique taught to children in Tibet.

It helps with staying in the moment and concentration.

- INHALE AS YOU GO UP THE MOUNTAIN
- EXHALE THE NUMBER TO YOURSELF AS YOU GO DOWN.

Be aware that the last number in each row repeats.

If you lose your concentration start back at the beginning

MORRIS COUNTY OSTOMY ASSOCIATION

The Morris County Ostomy Association is a community-based, local organization made up of volunteers whose purpose it is to reach out to ostomates and their families, providing them with a network from which they can share experiences, obtain information, and gain emotional support.

The association's voluntary visitation program offers support on a one-to-one basis to patients and their families. The ostomy volunteer visitor is carefully chosen and trained. The visitor is well adjusted to his/her ostomy and is able to offer additional support and information on ostomy care and management at home.

The Morris County Ostomy Association holds regular monthly meetings. The meetings normally consist of an informal gathering of ostomates and individuals who may be contemplating ostomy related procedures. Families and friends as well as significant others are always welcome.

The evening usually involves an informal talk by a physician, a nurse specialist, a distributor of ostomy supplies, or social worker. Presentations are always on a topic of interest to the entire group. Most importantly, the meeting offers the opportunity for individuals to share information and discuss mutual interest and concerns.

DONATING SUPPLIES

Group members may send unused ostomy supplies to Friends of Ostomates Worldwide, an organization that provides ostomy materials to needy ostomates throughout the world. For more information about Friends of Ostomates, click "Donating Ostomy Supplies" on the list of links on www.ostomymorris.org. Their address is 4018 Bishop Lane, Louisville, KY 40218.

DUES

Dues for 2018 are coming up soon.
You may send a check or cash for \$20.00 to:
George Salamy
30 Wyckoff Way,
Chester, NJ 07930

MCOA
MORRISTOWN MEDICAL CENTER
ATLANTIC HEALTH GROUP
100 MADISON AVENUE
MORRISTOWN, NJ 070962

MEETING SCHEDULE

Meetings start at 7:30 p.m. and end at 9 p.m. in the Carol Simon Center of the Morristown Medical Center.

SEPTEMBER 19, 2018

CHERYL ASTORITA
CONVA TEC REPRESENTATIVE

OCTOBER 17, 2018

SAMANTHA EDWARDS, PT, DPT,
PHYSICAL THERAPIST, ATLANTIC REHABILITATION
ON CORE STRENGTHENING EXERCISES

NOVEMBER 21, 2018

NO MEETING
THANKSGIVING EVE

DECEMBER 19, 2018

HOLIDAY PARTY
SCHERING-PLOUGH CONFERENCE ROOM
GAGNON BUILDING ATRIUM
NOTE 6:30 PM START TIME

JANUARY 16, 2019

ERIN MACKLIN
EDGE PARK SURGICAL REPRESENTATIVE

FEBRUARY 20, 2019

RUBEN MERA
HOLLISTER REPRESENTATIVE

MARCH 20, 2019

JULIA MILLS PAUGH
ATLANTIC HEALTH INTEGRATIVE MEDICINE
ON JIN SHIN JYUTSU