

MORRIS COUNTY OSTOMY ASSOCIATION OF NEW JERSEY

AN AFFILIATE OF UNITED OSTOMY ASSOCIATIONS OF AMERICA

Patient Bill of Rights Standards of Care

The Ostomy and Continent Diversion Patient Bill of Rights is a tool produced by United Ostomy Associations of America, Inc. for patients to self-advocate for their own care and improve outcomes. It is meant to empower those who live with an ostomy (temporary or permanent) or a continent diversion. It identifies the needs and expectations for those needing this type of surgery and for the community of people who are currently living with an ostomy or continent diversion. It outlines evidence based recommendations for best in practice quality ostomy care for medical professionals

The patient shall be involved in all phases of the surgical experience and shall receive:

During the preoperative phase:

- Preoperative stoma site marked by a certified health care professional following the standards of care established by the Wound, Ostomy and Continence Nurses Society with the American Society of Colon & Rectal Surgeons and the American Urological Association
- Explanation of the surgical procedure and the rationale for surgery Education provided on living with an ostomy/continent diversion and self-care post discharge
- Information about the impact of surgery on daily activities including adapting physically and emotionally and lifestyle changes such as clothing choices, exercise, diet and sexuality
- The opportunity to talk with someone who has been through ostomy or continent diversion surgery The opportunity to discuss the emotional impact of surgery
- Counseling, care and educational instruction in a language and at a level of understanding suitable for the patient. Communication will be culturally sensitive and delivered in a dignified manner

During the operative phase:

- A stoma that can be fit with a reliable pouching system
- A stoma that is well-positioned for the patient's unique body shape and medical condition

Fall 2021
NEWSLETTER

www.ostomymorris.org

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Postoperative nursing care specific to ostomy/continent diversion type and include the patient as well as their designated advocate. Preparation for discharge will include:

- Individual instruction in ostomy care including patient return demonstration of emptying and changing pouch
- Ways to troubleshoot difficulties with basic skin and stoma issues including skin irritation, stoma blockage, hernia, and prolapse
- Dietary guidelines and strategies to prevent dehydration given both verbally and in a written format
- Information on the variety of product choices available from manufacturers
- Information about the supply ordering process
- Resources for obtaining supplies specific to patient circumstances (e.g., uninsured/underinsured)
- Information about manufacturers' post-discharge support programs
- Providing information about organizations that support and advocate for patients living with an ostomy or continent diversion such as United Ostomy Associations of America and their Affiliated Support Groups.
- Providing the most current educational materials based on ostomy type

During the lifespan of the ostomy or continent diversion, access to ongoing care and support that includes:

- Health care professionals with knowledge specific to the care of an ostomy/continent diversion in all health care settings, including telemedicine
- Reevaluation of ostomy management and supplies following changes in medical condition, aging and social/economic status
- Ongoing emotional and social support
- Specific and individualized ostomy supplies chosen in consultation with a health care professional to achieve and maintain a reliable fitting pouching system

* For references see Ostomy and Continent Diversion Patient Bill of Rights: Research Validation of Standards of Care at ostomy.org

If you believe your rights are not being met, speak up and ask to be heard* - be a force for change!

* Learn more in the "Expect More Take Control of Your Healthcare" toolkit at ostomy.org

First Steps for New Ostomates

from Lincoln Ostomy Association *Sparrow*;
via UOAA Articles to Share

After surgery, new ostomates may fear that their social role may be changed and that others may not accept them as in the past. One of the first concerns seems to be how to tell others about your surgery, who to tell and when.

- Ostomates can explain surgery with a few brief statements such as, "an ostomy is a surgical procedure for the diversion of the bowel (or bladder)."
- Ostomates do not have to tell everyone about surgery. Be selective about who and how much to tell. It may be only to friends who will be supportive through rehabilitation.
- Returning to the workplace may present a concern about restroom facilities, interaction with co-workers, and feelings of being "watched."

- A few co-workers may need to know in the event of an emergency.
- Employability and insurability are issues for some individuals. If these issues develop, seek help from healthcare professionals and/or talk with others who have found solutions.
- Sexuality issues are common concerns for the new ostomate. Linked closely to our feelings of sexuality is how we think about ourselves and our body image.
- Any sexuality concerns should be discussed between the patient and their partner. An intimate relationship is one in which it matters how well two people can communicate about the most personal of human functions, that is, bodily elimination and sex.



This group of MCOA members met at the home of Daphne Gregory-Thomas on August 10, 2021, joined by others on Zoom to plan for the future of the group after Toni McTigue's retirement

Sports after Surgery

from Metro MD Ostomy Association

There is no reason to reduce sports activity just because one has had ostomy surgery, although there are commonsense considerations that should be followed:

- A tight and strongly sticking pouch is absolutely necessary. There is no need to do anything extraordinary.
- Try to keep your pouch reasonably empty.
- Consider the physical shape you are in, plus the day-to-day ostomy management.
- Avoid sports with high risk of injury, such as boxing. If you insist on contact sports, and some still do, protect yourself with special stoma guards which permit you to do just about anything.
- Do not allow the stoma to keep you from doing any activities you wish. (Of course, if you are 120 years old, you may want to limit your sports activities to those your body would ordinarily tolerate without a stoma!) stoma!)

- Avoid any sport that stresses your abdominal muscles too much unless you have slowly and deliberately, under the guidance of a knowledgeable professional, built up these muscles to where you can easily perform the sport without undue exertion.
- When playing ball games such as tennis, you may want to cover or in some way protect your stoma. There are vendors advertising in the Phoenix that sell stoma caps and stoma guards.
- Check your pouch after any strong physical effort. A change of pouch may be necessary due to perspiration and movement. We all get less wear time due to any kind of physical activity. It is better to change the pouch after an exciting, active day, yet not putting a strain on your equipment.
- Before swimming, make sure your pouch is secure and empty. Having an ostomy should not keep you from swimming. However, some people may need to take extra steps. If your skin is oily, tape your pouch with pink tape, rather than taking a chance. Specialty stores have specific swimming wear for ostomates.

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 2021 are now current.
You may send a check or cash for \$20.00

to:
George Salamy
30 Wyckoff Way,
Chester, NJ 07930

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.

However, because of Covid-19 social distancing the meetings will be online via Zoom until further notice. They will still take place on the third Wednesday of the month, starting at 7 p.m.

Announcements will be sent to all MCOA members on our email list. Members just have to click on a highlighted URL to join the meeting.

SEPTEMBER 15 - JEAN MARIE ROSONE, LCSW,
ATLANTIC HEALTH INTEGRATIVE MEDICINE,
ONCOLOGY
OCTOBER 20 - SOPHIA BISHAI, HOLLISTER
NYC/NJ SALES SPECIALIST
NOVEMBER 17 - JEANINE GLEBA, UOAA
DIRECTOR OF ADVOCACY
DECEMBER 15 - HOLIDAY PARTY (DETAILS
TO COME)



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