



The Roadrunner



Newsletter of the
Ostomy Association of Albuquerque, NM

Next Meeting

Sunday, August 4, 2019

2 PM

Support Group Meeting, Aspen Room

Please Note* The Executive Board Meeting that would normally be held on this date has been moved to September 1, 2019

Volume 54 Issue 3

August 2019

Support Group Updates and Events

Upcoming Events/ News

Aug 4, Regular Albuquerque Support Group Meeting. Board meeting is postponed to September. After support portion, Nurse Barbara will be presenting information from the WOC* nurses' national convention pertaining to ostomies. Topics to include peristomal skin care, considerations for urostomates in protecting kidneys from damage, and more as time allows.

Aug 6-10, United Ostomy Association of America (UOAA) Biennial Conference in Philadelphia, PA. We wish safe travels for our members who will be attending this exciting event this year. We hope you have a fun time, enjoy the location and learn a lot to share with us at the September meeting!!

Sep 1, Board Meeting at 1 PM and Regular Support Group Meeting at 2PM. We hope to have members who attended the national conference share information about new/interesting products and information!

Oct 6, Regular Support Group Meeting. As usual, watch your email in case more speakers are added.

* Wound, Ostomy and Continence Nurses

Upcoming Meetings:

- August 4, 2019 (quarterly)*
- September 1, 2019 (Board Meeting)
- October 6, 2019
- November 3, 2019 (quarterly)
- December 1, 2019

*Meetings are at 2 PM
in Aspen room
at Kaseman Hospital
unless otherwise stated.*

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PRESIDENT'S Message

By Brian Leen, President OAA, NM

After much hard work by Ben working with our consultant, we have a new website. The address is:

www.ostomyalbuquerque.com.

I encourage each of you to take a look at it and let us know what you think. If there is anything you believe should be expanded or added let us know. Further, if any of you has anything they would like to add to the site, let us know either Ben or I know, and we can advise you what format it should be in and who to send it to. We are hoping the website will provide useful information to folks who Google us and encourage them to join our meetings. It should also connect us with those folks who don't go to meetings but carry out their interactions by social media and the internet. Recently, we have been seeing better connections to the local medical community, especially UNMH and Lovelace but there are still folks who have their operations elsewhere or long term Ostomates who are moving into town.

In August I will be going to my third UOAA National Convention. There is something amazing about seeing a hotel full of Ostomates coming together to share their knowledge and experiences. It clearly shows that having an Ostomy is not a deterrent to having a full life. I am looking forward to bringing information back. Although, I must confess that since my wife has retired from teaching and is going with me, I might just sneak out of a few presentations to join her in seeing the sites in Philadelphia.



Remembrance

Bernice Newman

5/10/36 - 5/2/19



One of the regulars at the Ostomy Association of Albuquerque (OAA), Bernice Newman passed away May 2, 2019. Bernice began attending the OAA after her husband had urostomy surgery, about 16 years ago. Her death caught many people by surprise as she always presented as "fit as a fiddle" and "sharp as a tack" which she was...She was very serious about maintaining her health and worked at eating healthy and doing things to support her health. It was incredible to me that someone in their 80's bought AND USED a treadmill when the weather prevented her from her walks. Unfortunately her heart failed and put her on a course that led to her death. It was a short illness measured in weeks although in retrospect signs had begun months before. I am glad that she was spared a lengthy debility as she was always active and the caregiver, and was not likely to accept being limited by bad health.

Bernice was very active in the OAA, she served as secretary to the group for many years as well as the sunshine lady. She sent sympathy cards for members who died, attended funerals, sent get well cards and reached out to people by phone and in person when someone was going through a rough patch. She greeted new people to welcome them to the group. She and Chuck visited with other urostomate couples to help them adapt to the changes a urostomy makes in your life. She was more than these roles however to the people in OAA, maybe it was her Kansas upbringing, her strong Catholic faith, her peppy personality, or that she was simply a very kind and caring person.

Looking at the petite gray haired lady who we knew from the meetings you might not have guessed that she was a balloon chase crew member for 16 years and was always up for travel adventures and also adventures of the mind; documenting her families' genealogy, learning German as well as many historical topics. Her care giving was also manifested in her 26 years as a volunteer at Presbyterian Hospice and working with children as an educational assistant and later reading program volunteer.

Bernice showed up, she was there when there was work to be done and comfort to be given, she connected with all people. We will miss her and her sunshine at OAA.

Susan Mueller

Principles of Ostomy Care

by Jan Colwell RN, MS, CWOCN, FAAN; in Friends of Ostomates Worldwide (www.fowusa.org) Newsletter, Spring 2019

Let's talk about the basic principles in ostomy care. The first and perhaps the most important principle: find a pouching system that provides a consistent wear time that maintains intact peristomal skin. So, what does that mean? A pouching system should not leak from the time it is placed on until it is taken off or changed and this is called "wear time." Wear time varies from person to person with an ostomy. A group of people with an ostomy were asked how long they wore their pouching systems; the average wear time was at or about 4 days. But that is an average; some people wore their pouching system for 3 days, some for 5 days. There are several items to consider when determining wear time. The adhesive or seal on the pouch is made out of a material called hydrocolloid. A hydrocolloid absorbs moisture over time and slowly loses the adhesive seal, causing the skin around the stoma to be exposed to the stoma output. Moisture comes from several sources, including from the skin from sweating and from the stoma output (the more liquid the stool the quicker the hydrocolloid absorbs moisture; the same happens with a urostomy). So, what does this all mean? When the pouching system is removed it is important to look at the back of the pouching system adhesive to check for erosion or softening of the hydrocolloid. If the opening in the skin barrier is much larger than it was when it was placed on (i.e. erosion), the larger opening could allow the stool or urine to contact the skin and cause skin injury. It might be advisable to decrease the wear time by one or two days if erosion is present. Wearing the pouching system too long can also cause leakage, allowing the stoma output to get under the adhesive seal.

Another important principle is that the size of the opening in the skin barrier should be the same size as

the stoma. The skin barrier opening should be at the junction of the skin and stoma to cover all of the skin around the stoma to prevent the stoma output from contacting the skin and causing injury. Skin barriers are available with cut-to-fit stoma openings or (round) pre-cut openings in a variety of sizes. If the stoma is round the opening in the skin barrier should be round; if the stoma is oval the opening should be oval. There are some skin barriers that you can mold to fit, by stretching the skin barrier opening to fit the stoma. It is advisable to periodically measure the stoma as stomas can change with weight gain or loss or just with aging.

A third principle is that a pouch should not be allowed to be more than $\frac{1}{2}$ full because the weight of the stool or urine can pull the adhesive from the skin, another cause of pouch seal failure.

It is a good idea to periodically review the principles of ostomy care to avoid problems. Remember to consider these principles as you review



SLEEPING WITH AN OSTOMY

Posted on Newbieostomy. Thanks to *The Advocate*, Greater Eastside Ostomy Support Group, Sammamish, WA and *The Pouch*, Northern Virginia

Sleeping is different for everyone and is based on personal preference in many different areas including:

Ileostomy and Colostomy

What position to sleep in? Here's the progression of positions I went through after surgery, as I became more comfortable with my ostomy. Immediately after surgery and when I got home, I started sleeping propped up so I was almost sitting. I had a fear that my output wouldn't fall to the bottom of the pouch and felt this position would encourage it to do so better. It was also more comfortable right after surgery, as my abdomen was really sore and it was uncomfortable for me to lay flat.

As I became more comfortable with my ostomy, and my abs healed a little, I started laying on my side (the one my ostomy is on), but I still kept myself kind of propped up. The pillow props decreased to where I was sleeping on my ostomy side with just one pillow for my head. At this time, I also used a pillow on either side of me to help keep me on my side. I was worried about rolling onto my stomach and not quite sure if sleeping on my back would be okay. Despite the pillow barrier, I woke up on my back occasionally and it was fine. I used my front pillow barrier as a pouch barrier too, keeping it close to me so my pouch wouldn't fold over. It came in handy as a leg support, because it's much more comfortable to sleep on my side with my top leg bent slightly.

Fast forward a little bit more and I still like to sleep on my side spooning a pillow, though I don't use a pillow behind me for support any more. I don't really like sleeping on my back and have always struggled to fall asleep in that position, but I still wake up there on occasion. For sleeping through the night, I don't sleep on my stomach, though I have fallen asleep on my stomach for a short nap and have been just fine.

What kind of pajamas work best for you? My pajama preference is high-waisted shorts or pajamas. I like the

mental security they provide, keeping my pouch close.

How often do you get up in the middle of the night (if at all)? Most nights I get up once to empty. I usually set an alarm just to be safe, mostly because I tend to eat later in the evening and prefer to wake up once and empty than risk waking up in a mess. Sometimes I wake up on my own, before my alarm. Other time, I sleep through my alarm completely and am just fine.

Urostomy

What time to be done eating before bedtime? What you eat does not affect your ostomy in this instance so enjoy dinner at whatever time you like! However, your liquid intake will affect your output. People with urostomies can use night drainage bags to eliminate the need to get up to empty in the middle of the night. These **night drainage bags** hook onto the bottom of your pouch.

A trick for making sure your night drainage bag drains is to connect it while you still have a little urine in your urostomy pouch. Doing this allows the urine to flow down the tube as you hook it up, forcing the air from the tube to go into the night drainage bag. This keeps your ostomy pouch empty through the night and encourages the output to go into the night drainage bag.

If you use reusable night drainage bags, it's really important to **wash them thoroughly** between uses and use a new one each week. You can also buy **disposable night drainage bags** that are a one-time use.



ILEOSTOMY FOOD FACTS

Edited by B. Brewer, UOAA 1/2011

Usually people with ileostomies experience hunger more often than other people do. When this happens, drink fruit juice or water and eat a couple of saltine crackers.

If you need to eat a snack at bedtime or during the day, try to cut down on calories somewhere else or you may gain weight.

Never skip meals in order to prevent fecal output. An ileostomy keeps working (peristalsis) whether the ostomate has eaten or not.

Never limit your fluid intake in order to thicken the drainage, since this can lead to dehydration.

Avoid foods that you know from experience makes drainage too loose and too frequent. Some foods help in thickening and add bulk to the drainage, they include: bananas, applesauce, boiled rice, tapioca and peanut butter.

Bananas (good source of potassium) may darken the stool.

Cooked oatmeal can help slow down ileostomy activity.

Don't be afraid of new foods, but do be a bit cautious with foods such as nuts, coconut, popcorn and mushrooms.

If your stoma gurgles a lot, try eating solid food at mealtime first and then the beverage. Don't eliminate salt from your diet; however, be careful adding excessive salt for your needs.

Suggested Food Remedies...

A glass of grape juice works wonders in

loosening a food blockage.

Tea is antispasmodic and is soothing to an upset stomach and contains potassium.

Orange juice provides twice the amount of sodium and thirteen times more potassium than that found in the same amount of Gatorade.

The large amount of pectin in applesauce tends to lower stomach gas noise and helps counteract the liquid discharge.

Fats of all kind should be kept at a minimum by most ostomates. Fats induce an increase flow of bile into the intestines and make the body wastes more liquid and harder to control. They also tend to produce gas.

Source: Greater Seattle Ostomy Association The Ostomist— Fall 2018.

OAA Roadrunner Newsletter

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Tips for Living Well with an Ostomy

by Ann G. Sloane, LCSW-C; from presentation to Metro Maryland Ostomy Association, March 2019

1. Learn the basics of your ostomy care. Practice your skills. Build your confidence.
2. Anticipate solutions to potential problems. Practice them, too.
3. Live life. Hold onto your goals. Problem solve, as necessary.
4. Have compassion for yourself as you discover and embrace your “new normal.”
5. If you have an intimate partner, communicate honestly with one another – you may both have new feelings and needs.
6. Know you are not alone. Use your ostomy support system for seeking and sharing help with special issues – e.g., insurance, intimacy, airport scanners, skin breakdown, scuba diving, paid caregivers, self- acceptance.
7. Take advantage of professional sources of support for further help with medical, emotional, relational or spiritual issues.
8. Acknowledge what having an ostomy has contributed to your life – the positive and the negative.
9. Use your experience to help yourself and others. Consider becoming a systems advocate for issues important to many living with an ostomy.



Exercising My Rights

by Alexis Wasson, Editor of Tulsa (OK) Ostomy Life Exercise.

We all need to do it, at least in some form or other. My only beef with exercising is gravity. Gravity gets me down...literally. I feel as though I have invisible weights strapped to my arms and legs. Exercising becomes a dreaded chore and, therefore, I don't do it. Occasionally I rally and realize I would feel better if I felt better. Of course, that's a catch 22. How does one feel better without exercising? And, how can I conquer gravity? For me, I have found that water aerobics is the solution. Whenever I'm in the water I am weightless! I am Esther Williams and can do all those exercises while defying gravity. The only thing different from me and “everybody else,” is that I am concealing a urostomy pouch under my swimsuit. I haven't shared this fact with anyone else in the class. The reason being is that I don't want an uninformed person accusing me of peeing in the pool. Most of the women in these classes are seniors, and, the way I figure it, I'm probably the only one who has NOT peed in the pool. I have as much right to be in that pool as anybody. (P.S. that pink tape holds your appliance securely). Any form of water exercise is excellent. Actual swimming is best, but even if all you do is stand in one spot and make leg circles, you're exercising your range of motion. You'll be able to do squats and maybe even jog around. It gets the old ticker pumping without overly huffing and puffing. Plus, the more you do, the more you'll be able to do. So break out that swimsuit and find a facility with a therapy pool that has nice, warm water that's only arm-pit deep. I guarantee you'll feel better. Exercise your Rights!

Support Group and Medical Resources

New Mexico Ostomy Support Groups:

- ◆ Albuquerque: Ostomy Association of Albuquerque meets monthly in Albuquerque, NM.
For current info call voicemail: (505) 830-2135
Email: oa.albuquerque@gmail.com
Website: (coming soon!)
- ◆ Albuquerque: VA Ostomy Support Group for military veterans. Meets at the VA Hospital, Albuquerque, NM. For current info call ostomy nurse at VA Medical Center Hospital voicemail: (505) 265-1711, Ext. 5171 or 5232 or 4411
- ◆ Las Cruces: Ostomy Support Group of Southern NM. Meets in Las Cruces, NM. For current info call ostomy nurse at Memorial Medical Center voicemail:
(575) 640-5242 or (575) 521-5038

Ostomy Care in Albuquerque, NM

- ◆ Lovelace Medical Center Ostomy Nurses:
(505) 727-8250
- ◆ Lovelace Medical Group—General Surgery — Ostomy Outpatient Clinic— Savanna Noel
(505) 727-7096
- ◆ Presbyterian Main Hospital Ostomy Nurses:
(505) 841-1251
- ◆ Presbyterian Outpatient Wound and Ostomy Care Clinic: (505) 823-8870
- ◆ University Medical Center Hospital Ostomy Nurses: (505) 272-9098
- ◆ Veteran's Administration Hospital Ostomy Nurses:
(505) 265-1711 Ext: 5232 or 5171 or 4411

Manufacturer Resources:

- ◆ Coloplast Ostomy Supply Manufacturer:
(855) 385-3991 Web: www.coloplast.us
- ◆ ConvaTec Ostomy Supply Manufacturer:
(800) 422-8811
Web: www.convatec.com/ostomy
- ◆ Cymed Ostomy Supply Manufacturer:
(800) 582-0707 W: www.cymed.ostomy.com
- ◆ Hollister Ostomy Supply Manufacturer:
(888) 808-7456 Web: www.hollister.com
- ◆ Marlen Ostomy Supply Manufacturer:
(216) 292-7060 Web: www.marlenmfg.com
- ◆ Nu-Hope Labs Ostomy Supply Manufacturer:
(800) 899-5017 Web: www.nu-hope.com

Local Supply Resources:

- ◆ HME: (Home Medical Equipment) 2 Locations:
-611 Osuna Rd. NE Albuquerque, NM
-10801 Golf Course Rd., NW Albuquerque, NM
Web: www.hmespecialists.com
Cust. Svc. for both locations: (505) 888-6500
Toll free: (866) 690-6500
- ◆ Phillip's Pharmacy: carry some ConvaTec supplies for over-the-counter purchase
-5510 Lomas Blvd NE Albuquerque, NM 87110
Cust Svc.: (505)-265-6868
- ◆ Sandia Surgical, Inc.: carry Coloplast, ConvaTec, and Hollister supplies for ongoing or OTC purchases
4431 Anaheim Ave. NE, Ste. A, Albuquerque, NM
Cust Svc.: (505) 883-2817 or Toll free: (800) 753-1589
Web: www.sandiawheelchairs.com

Join Our Albuquerque Ostomy Support Group

OSTOMY ASSOCIATION OF ALBUQUERQUE MEMBER APPLICATION

The Ostomy Association of Albuquerque (OAA) is a member of the national American Ostomy Association. This allows us to have access to all the latest ostomy information available for our use. The OAA annual membership fee is \$20.00 and can be paid by check or cash. If being paid by check, make the check payable to Ostomy Assn. Of Albuquerque. Your payment can be mailed to OAA, PO Box 35598, Albuquerque, NM 87176-35598 or at any monthly meeting. If you are financially unable to pay this fee, please call 505-275-2470 and leave a message with your name and telephone number and someone will contact you. Please complete the form below as best as you can and all information will be used for our records and be kept confidential.

NAME: _____ DATE OF BIRTH: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL: _____ PHONE NUMBER: _____

OCCUPATION (If retired, enter former occupation): _____

HOBBIES: _____

CHECK ALL THAT APPLY:

Colostomy Ileostomy Urinary Diversion Continent Ileostomy Continent Urostomy Pull-Through
 Parent with Child Procedure Spouse/Family Member Physician Nurse Other _____

Year of Surgery: _____ Reason for Surgery: Crohn's Ulcerative Colitis Cancer Birth Defects

I have enclosed an additional \$ _____ as a donation to support the ongoing work of the OAA

Join United
Ostomy
Association
of America

Save the Date

The next UOAA
National Conference
will be held
August 6-10 2019
Philadelphia, PA

UOAA's Mission

UOAA is an association of affiliated, non-profit, support groups who are committed to the improvement of the quality of life of people who have, or will have, an intestinal or urinary diversion.

- It is dedicated to the provision of information, advocacy and service to, and for, its affiliated support groups, their members and the intestinal/urinary diversion community at large.
- It is organized to grow and develop while remaining independent and financially viable.

Membership in UOAA is open to any non-profit ostomy support group that meets UOAA's affiliation requirements. UOAA has an IRS Group 501(c)(3) charity status that its affiliated support groups can use.

1-800-826-0826

Website: www.ostomy.org



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The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Officers and Chairpersons of OAA Chapter

President: Brian Leen

505-856-0203

Vice President: Ben Palmer

505-828-0936

Treasurer: Barbara Regan

703-261-3920

Secretary: Mark Walker

505-242-2173

Voicemail and Visitation Coordinator:

Brian Leen, 505-856-0203

Telephone Reminder:

June Kulow <jckklk@hotmail.com>

Ostomy Supply Closet:

(donations & supplies)

Eunice Hoeft

Call ahead; 505-889-9705

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About Us

Ostomy Association of Albuquerque (OAA) is organized to support people with ostomies and their caregivers in the New Mexico region. OAA publishes *The Roadrunner* newsletter quarterly to inform and update its members.

Membership is \$20.00 a year and includes the Roadrunner newsletter and monthly informative meetings. This money is used for promotional purposes and expenses of the OAA. Although chapter membership is encouraged, anyone with financial hardship, should see the Treasurer or President for help in this matter. No one is denied based on ability to pay.

Meetings are monthly at 2:00 PM in the Aspen Conference Room at Presbyterian Kaseman Hospital. Meetings are usually held on the first Sunday of every month. Since there are occasional changes due to holidays, please

refer to *The Roadrunner* for information or call the association's voicemail.

Executive Board Meetings are held at 1 PM prior to the Quarterly meetings (Feb, May, Aug, and Nov.) in the Aspen Room. Everyone is welcome to attend and participate.

Directions: Address: Kaseman Hospital, 8300 Constitution Pl., NE; Albuquerque, NM. Kaseman Hospital is one block North of I-40 and Wyoming Blvd. Then it is about one block West of Wyoming on Constitution. Drive to West end of parking lot and enter the Emergency Room entrance. Take an immediate left, go through double doors and find Aspen room on the right side.

Affiliation: Ostomy Association of Albuquerque (OAA) functions as a chapter affiliate of the national organization supporting people with

ostomies-- the United Ostomy Association of America (UOAA).

The UOAA holds biennial national conferences. They publish the wonderfully informative *Phoenix* magazine four times a year. There is a subscription cost for this publication. They have a great website with all kinds of information available for free. Much of it is available in any language on earth!

Contact Information:

United Ostomy Association of America

P.O. Box 525

Kennebunk, ME 04043-0525

1-800-826-0826

Web: www.ostomy.org

Find them on Facebook and Twitter.

Postmaster: Contains Dated Material.
Please do not delay.

P.O. Box 35598
Albuquerque, NM 87176

Ostomy Association of Albuquerque



Helping each other to live well and do the things we love!

How to Keep in Touch with Us

Contact us: For info please call voicemail 505-830-2135 or Email us at oa.albuquerque@gmail.com

Unsubscribe or Change to Mailing Address or Email: For any of these changes, please notify the sender by return Email. If your change concerns mailed copies, please call person in charge of mailing or send back cover page with your address and changes requested to return address. Thank You.

Supplies: If you have new and unused supplies you no longer need, please bring them to a support group meeting to be given to those who need them.

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