

Issue 007 | Spring 2021

OSTOMY IRELAND NEWS

Quarterly Journal of OAI



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and also that any identified is addressed by the most suitable
product.

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LETTER FROM THE CHAIRMAN

Hi All,

I hope everyone has been keeping safe over the last couple of months , I am getting very tired of all the restrictions during covid 19 ,not going out ,not meeting people for coffee and a chat, thankfully people have started to get vaccinated and the end is in sight ,shops pubs and hotels will start to reopen and I have also received my call about getting my vaccine and I can't wait,I have been off work since last November because not only do I have an ileostomy I also have a doggy heart and cannot risk mixing with the public because I work in retail.

With the National Vaccination Programme progressing and the hope that 70%+ of the population will have received their vaccination before End of June, I am more optimistic now that once we have approval from HSE/NPHET we can have a Public Meeting for members with Ostomy companies exhibiting their Ostomy Products at the end of October/early November. I am in discussion with the Ostomy Companies to sound out their interest in us holding such a meeting. The question of a suitable venue has to be considered and it is felt that the Ashling Hotel is restrictive because of size of room available. I intend to explore if the Red Cow Hotel offers a better option. We would look at the feasibility of having a shuttle bus service from Heuston Station to the Hotel and also from the Hotel back to Heuston Station.

During March and April I have partaken in a few webinars and zoom meetings about new products and better ways to look after anyone that has an ostomy. As we are now coming into the summer months I always start taking a dioralyte drink every day as it helps me stop getting dehydrated and headaches .

We have been working on producing three Booklets in collaboration with some of our Ostomy Company Social Corporate Sponsors. These Booklets will hopefully go to print in July/August .

The Titles of the Booklets are:

1. Living Life To The Full with a Stoma or Internal Pouch



2. Nutrition and Dietary Advice for Ostomates



3. Going on Vacation – Holiday advice for Ostomates.



We are also exploring through our insurance broker BHP to be able to offer a good Travel Insurance Package for our members which is specially for Ostomates with pre-existing medical conditions.

Mark despite his recent health difficulties and who is presently recuperating from his recent Colostomy surgery on 31 March has committed a considerable amount of time in preparing Documents for OAI so that we can submit the final documents to complete our application for Charitable Status. Our Policy Document 2021 to 2025 is now available in PDF format on our website. We hope that we will have completed all steps required for registration as a Charitable Organisation by 15 June 2021.

I would like to thank all the members who have contacted us to let us know that they have Ostomy products they want to donate to the Moldova Project. Due to COVID travel restrictions there has been some difficulty picking up product or it was not possible for you to deliver to us especially to Tullamore where we have to prepare an inventory list of the contents of each box which we are sending to Moldova. I wish to especially acknowledge the support we have received from Caroline Flynn, Pharmacy Manager at CARA PHARMACY, Dun Laoghaire who donated a huge amount of Ostomy products which might have otherwise been dumped.

The Moldova project which began as a small pilot project has grown faster than we ever thought possible. The success and the response we have received from the

Hospitals and Cancer Hospitals who have benefitted from the product we have sent is providing a new lease of life for so many ostomates in Moldova, is that they have been overwhelmed by what we have sent to them. Cimisia Hospital who received the first batch of product we sent last December has networked with so many other hospitals and they have been able to contact other hospitals in their region and also one of the main hospitals in the Capital City Chisinau has received some of the ostomy product which is also benefitting so many people there. Please if you have any surplus ostomy product no matter how small we will be happy to receive it from you. There are 4 trucks come to Dublin each week with produce and all have responded generously and deliver the boxes of Ostomy products at no cost. Every part of this project is voluntary and most worthwhile of your support. THANK YOU.

I would just like to remind everyone about the importance of renewing their membership. When renewing, your membership remember to tick the GDPR consent box so we can contact you with information on meetings, send you Ostomy Ireland News journal etc. Final date for renewal of membership is 30 June. If you do not renew your membership we will be unable to contact you because of GDPR regulations.

Send completed application forms to the Treasurer, OAI, 6 Marian Place, Tullamore, Co. Offaly, R35 KD 78.

*Take care & stay safe
Paul*



Stoma Solutions



Odour

LiftPlus 360 Citrus: a fresh citrus scent for added discretion

AbsorbaGel: solidifying agent to minimise odour*

DeoGel: enzyme action helps to reduce pouch odour*



Skin Issues

Check the fit is snug around the stoma to help prevent skin issues¹

Lift Plus Wipes and **LiftPlus 360:** help to reduce the pain associated with the removal of stoma pouch adhesives

Lift Plus: can be used to help remove any sticky residues left on the skin around a stoma

Skinsafe: an effective barrier film that helps protect the skin and prevents skin stripping



Leakage & Noise

AbsorbaGel: fast acting discharge solidifying agent, which solidifies stoma output into a gel and reduces pouch related noise and leaks*

Skinsafe: a highly effective barrier to help protect the peristomal skin



Pancaking

DeoGel: lubricates the pouch walls and helps prevent static problems such as pancaking, with the nozzle allowing for simple application to the inside of the pouch



Order information

LiftPlus 360 (50ml spray): order code 5506

LiftPlus 360 Citrus (50ml spray): order code 5507

LiftPlus sachets (30 per pack): order code 5502

LiftPlus spray (50ml): order code 5503

Skinsafe (50 wipes per pack): order code 6600

AbsorbaGel (150 sachets per pack): order code 9900

DeoGel bottle (200gsm): order code 2010

If problems persist, consult your Stoma Care Nurse or GP

**For further information or samples, please contact: Sheila Sweeney RGN/ RSCN
SCN (Stoma Care Nurse) sheila@opus-healthcare.ie 0667181636**

* Not intended for urostomy patients

Reference: 1. Stoma Complications <https://www.bladderandbowel.org/bowel/stoma/stoma-complications/>
Last accessed July 2020. Code: JB-000371 Date of Preparation: July 2020



SECRETARIES REPORT

Many of you have hopefully received your COVID vaccination already or are scheduled soon to receive your vaccination. After such a long time of COVID restrictions we can now hopefully look forward to being able to return to some degree of living normal lives again and meeting up with family, friends and our support groups. We are waiting to see what advice the HSE and NEPHET say about us being able to hold a Public Meeting with Ostomy Companies in attendance at the end of October/early November. We hope support group meetings can start meeting again in January 2022. Although it has not been possible to hold meetings some support groups have been active with their members using WhatsApp or having zoom meetings. We are now in an era of technological advancement but not all of us are IT literate and have a smart phone, tablet, laptop or desktop computer. Many of you do not send or receive emails, use WhatsApp, Twitter or YouTube. It has been a big step forward that 40%+ of our membership are happy to be contacted by email through the Send in Blue communication programme and to be able to access our journal Ostomy Ireland News in PDF format on the OAI Website.

We are looking again at holding a Survey/Questionnaire of our members in the Autumn. It will primarily be concentrating on the Medical Expenses Ostomates incur especially when they do not have a Medical

Card. One of the objectives we set when establishing OAI was to lobby for all Ostomates irrespective of their income to be entitled to a Medical Card as a primary entitlement due to having a Stoma or Internal Pouch as we do not have an illness but a Lifelong Medical Condition. In order to advocate our case we need statistics and the Survey/Questionnaire would be looking for information from you on what costs you incur monthly for your Ostomy products and medications.

The Survey/Questionnaire will be looking again for information on members level of IT literacy and competency. How you wish to be contacted either by post or using IT Technology. In accordance with GDPR your consent is required for us to be able to communicate with you. Any information you provide us with is not shared with any other organisation/company. Once the results of the survey/Questionnaire have been processed the Survey/Questionnaire Booklets will be shredded in accordance with GDPR guidelines. Information will be asked about private health Insurance, Medical Card History, have you been refused a Medical Card or had a Medical Card withdrawn. Information on Travel – use of Public and Private Transport



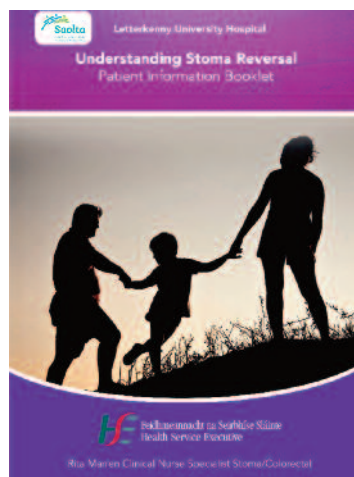
Do you take out travel insurance when travelling – is it through a broker, Health Insurer, Bank or other. This information will help us when lobbying for the benefit of our members. The Survey/Questionnaire will seek information on Quality of Life – Living Life to the Full. Do you engage in sporting activities, exercise, walking etc. Do you have hobbies or engage in creative activities – drama, singing, play a musical instrument, creative writing, painting, knitting or sewing. Do you have a garden and enjoy working in the garden. It is hoped through the Survey/Questionnaire that Ostomates will be encouraged and get fulfilment engaging in any of these activities and will be able to say they are Living Life to the Full.

Having a Stoma does not mean you become isolated and hide away from family, friends and neighbours. Nobody knows looking at you that you have a stoma and it is no longer taboo to have surgery which involves diversion of bladder or bowel through a stoma. We all know our limitations and precautions and preparedness we need to take when going out or going on a long journey. Meeting other Ostomates at Support Group Meetings will give you encouragement and support and you will be surprised when you are doing many things you thought you would never do.

My good news after more than 2 years since my reversal surgery in 2018 which was not successful is that I had my

Colostomy surgery on 31 March 2021 and my new best friend now is 'Robo.' Now again I can have a Quality of Life and be able to enjoy Life to the Full. Thank you to all of you who supported me during difficult times in the past two years and wished me well with my surgery. So life goes on and we must still even though restrictions may ease watch our Social Distancing, wash hands, wear a mask and practice good hygiene and hope by 2022 we can celebrate and as much as possible put the events of nearly two years behind us.

Take Care and Stay Safe
Mark



If you would like to receive a copy of this booklet on reversal surgery please contact the secretary.

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For a closer fit and less risk of leakage, choose Esteem™+ Soft Convex one-piece pouches. Soft and comfortable, they're designed to flex around the contours of your body, while the hydrocolloid baseplate reduces skin irritation. Giving you long-lasting confidence plus complete comfort.

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Serving the Needs of Ostomates in Ireland

ConvaTec has a history of Industry-leading innovation, and is dedicated to improving the lives of Ostomates.

The story of ConvaTec began in the Laboratory of a brilliant scientist, Dr James Chen of E.R. Squibb & Sons in the 1960's. His years of research exploring hundreds of formulations led to the invention of the first hydrocolloid medical adhesive for use in dental surgery. The magic lay in the fact that it retained its tack even on wet and warm surfaces, making it perfect to adhere to mucous membranes.

In 1978, ConvaTec was founded, and soon began operating as a division of E.R. Squibb & Sons, Inc., later part of Bristol Myers Squibb.

ConvaTec's first product Stomahesive® skin barrier, based on Dr Chen's original research, revolutionised ostomy care and established the company's reputation as an innovator of skin adhesives. Our product portfolio grew to include a complete ostomy care line and advanced wound care line, including the proprietary DuoDERM® dressings, AQUACEL® and Hydrofiber® Technology, ConvaTec Moldable Technology®, Flexi-Seal® Fecal Management Systems, and most recently, the Avelle™ Negative Pressure Wound Therapy System.

In 2008, under private ownership, ConvaTec merged with Denmark-based Unomedical, expanding our product offerings into continence and critical care, and infusion devices. In 2012, 180 Medical was acquired by ConvaTec, through which we distribute disposable, intermittent (single-use) urological catheters directly to patients in the United States of America.

Today, the same spirit of inventiveness and collaboration of Dr. Chen and his colleagues continues amongst our 9,400 employees and in more than 110 countries where our products and services in advanced wound care, ostomy care, continence and critical care, and infusion devices can be found.

Vision & Strategy



At ConvaTec, we are committed to help people with chronic health conditions lead the life they want – giving them more mobility, confidence and freedom. With the help of almost 1,000 colleagues across the company, we have shaped a new long-term vision for ConvaTec.



Pioneering Trusted Medical Solutions To Improve The Lives We Touch

It captures three concepts :

‘Pionering’ expresses how ConvaTec want to be innovation-driven to better serve the people who need us.

‘Trusted medical solutions’

explains that ConvaTec offer covers more than products. ConvaTec provides a range of solutions (spanning devices, services and digital support) with outstanding quality, so people know they can trust and rely on ConvaTec.’

‘Lives we touch’

is all about the people whose ‘lives we touch’. ConvaTec touch people in multiple ways : physically, emotionally and psychologically. ConvaTec provide solutions to serve and support people with deeply personal and challenging conditions.

ConvaTec - Strategic Pillars

To achieve our vision we have developed a new strategic framework. Known as ‘FISBE’, which consists of five Strategic pillars :



FOCUS

on our ‘must-win’ geographies and core categories – we already operate in attractive markets.

INNOVATE

in our work and solutions and increase investment in R&D.

SIMPLIFY

our operations to be more customer-centric, agile and accountable.

BUILD

‘mission-critical’ capabilities.

EXECUTE

with excellence.

ConvaTec - Our Values



IMPROVE CARE

We are passionate about serving and supporting people with challenging medical conditions. We actively listen and respond to their needs – demonstrating deep empathy and using the insight we gain to develop and to share innovative and trusted solutions.

DELIVER RESULTS

We consistently deliver work, say what we do and so what we say. We focus on what matters to the people we serve, fulfilling our own roles while working in a team with shared goals. We keep things simple and strip out complexity wherever possible.

GROW TOGETHER

We help colleagues around us grow, develop and thrive, so we can fulfil our potential and make ConvaTec a 'destination employer'. We respect what each of us contributes to ConvaTec – inspiring and supporting each other to excel, while sharing our successes and learning from mistakes. We are candid, constructive and committed to collaboration with colleagues and partners.

OWN IT

We take personal ownership of all our work – taking the initiative, innovating, taking smart risks and never settling for second best. We are bold but humble, manage ambiguity and quickly to seize opportunities or adjust to new demands.

DO WHAT'S RIGHT

We are honest and trustworthy, meeting our obligations and operating with the highest standards of integrity. We challenge what feels wrong : no matter what the issue or circumstance. We seek advice and input from others when in doubt. We embrace responsibility for our contribution to local communities and make a positive economic, environmental and social impact on society.

ConvaTec - Ostomy Care

ConvaTec Ostomy Care specialises in devices, accessories and services for individuals with a stoma (a surgically-created opening where bodily waste is discharged) commonly resulting from colorectal cancer, bowel cancer, bladder cancer, ulcerative colitis, crohn's disease, inflammatory bowel disease, diverticulitis, obesity and other causes.

ConvaTec is dedicated to helping each Ostomate become more than their ostomy, and to continue creating products and solutions that inspire Ostomates to live the life that they want. Our goal is to make sure that all of our consumers' needs are taken care of – so they can stop thinking about their condition and focus on what is really Important.



Our Technology today allows us to offer cutting-edge products and of-the-moment services. We offer tools and expertise to help Ostomates, caregivers and medical professionals with insights and knowledge to make care simple, easy and accessible, and we are constantly looking for new ways to improve our products and services to make ostomy care as seamless and comfortable as possible.

Key products and technologies include the Esteem™+ one-piece and Natura™+ two-piece advanced pouch ranges, each of which feature our skin-friendly and clinically-proven adhesive technologies, Stomahesive®, DuraHesive® and ConvaTec Mouldable Technology®.

We are proud to support the Stoma Community

Today we work alongside Stoma Healthcare professionals and the wider community of Ostomates to provide a wide range of Stoma solutions. We believe everyone should be able to lead a full and active life - and it is our mission to empower you to be able to do so.

Our new me+™ Direct-to-Consumer programme is designed to help resolve unmet needs and elevate the experience of living with an ostomy pouch. Through the me+™ programme, ConvaTec provides support to clinicians and

caregivers, as well as personalised solutions for ostomates living with a pouch. This is done through ongoing resources, tools, honest information, emotional support and superior products.

We offer a full range of products and accessories, including the Esteem™+ Soft Convex drainable pouch that has been described by many people as “Life Changing”. It works by flexing around your body so that it always stays close, comfortable and secure.

Have you joined our me+™ Stoma Community?

The me+™ stoma community is growing – and not just in numbers of members. Join today and you can access a wide range of stoma-related resources, guides, blogs and inspirational personal stories.

Our me+™ Recovery programme is now followed by thousands of stoma care nurses around the world, promoting the benefits of gentle exercise and core strengthening to increase mobility and enable everyone with a stoma to move with confidence. As a member, you too can follow the full programme.

At a time when mental health resources are stretched, you can access specialist stoma counselling from people who can help. Many of our Counsellors have a stoma themselves and are passionate about helping others.



If you would like to join the me+™ , simply go online to

www.convatec.co.uk/forms/enroll-in-meplus/

It only takes a few minutes. By combining, our comprehensive products portfolio with a robust service and support programme, it is our belief that ostomates living with a pouch are more likely to have good outcomes and a better experience of Ostomy care.

Esteem One-piece Products



Esteem TM+ Mouldable Drainable Pouch

Flexible and discreet, the Esteem® one-piece system is the all-in-one solution that combines the skin barrier and pouch in a single unit allowing for a simple secure and comfortable experience,

Available with Stomahesive® technology that gently adheres to skin and protects skin from breaking down.

ConvaTec - Corporate Responsibility

Delivering For Customers

The people who use our products are our primary stakeholders and central to our vision. Our entire business is orientated to provide them with innovative, effective,

safe, reliable and fairly-priced medical devices that meet their needs.

The areas of focus are to ensure that :

- Our products are effective, and that we constantly innovate to deliver improvements.
- Our products are safe for ostomates to use.
- We are ethical in our approach to product research and development.
- We maintain a reliable supply of products to those who use them.
- We help reduce barriers to access our products.
- We safeguard the personal data of users that we hold as part of our activities.

ConvaTec - Engaging With Customers

Our interaction with customers is fundamental to our success and goes beyond building trust and enhancing our reputation. By listening to the people who use our products, we can identify ways to improve both the products and services that we offer. We engage with our end-users in four main ways:



- Our me+™ support programmes specifically designed to gain insights for product and service innovation.
- Targeted research programmes specifically designed to gain insights for product and service innovation.
- Responding to specific questions raised with us.
- Tracking, and responding to complaints about our products and services.

We also engage extensively with healthcare professionals through our commercial teams, briefing on product capabilities and new innovations and through professional learning such as ConvaTec Academy for Professional education.



ConvaTec have been providing a Community based service for Ostomates in the Republic of Ireland for more than forty years. ConvaTec Services in Ireland is led by Caroline Cord together with her colleagues Darina Jennings and Paula Kennedy all of whom are qualified specialised Stoma Care Nurses.

Between them they cover the 26 Counties of Ireland providing a valuable service to Ostomates by making home visits and also attending support group meetings at the 12 Ostomy Association of Ireland

Support groups which are spread across Ireland. Since the establishment of the Ostomy Association of Ireland on 1st January 2019 to meet the needs of all Ostomates who had either a Colostomy, Ileostomy, Urostomy or Internal Pouch ConvaTec have been proud to join with the Ostomy Association of Ireland to develop a **Partnership of Service for Ostomates** living in the island of Ireland.

Together we seek to improve the Quality of Life of all Ostomates and to enable them to Live Life to the Full with a Stoma or Internal Pouch. ConvaTec provides medical services and support to Ostomates and attends OAI Support Group meetings giving talks on topics of interest to Ostomates, showing ostomy products and giving samples of products and providing medical advice to ostomates who need support with their ostomy care. ConvaTec also attend the Public meetings organised by OAI by having an exhibition stand displaying ConvaTec Ostomy Products.

ConvaTec are pleased to have become Corporate Social Partnership Sponsors of OAI and together with OAI seek to improve the Quality of Life for Ostomates and support the OAI whose primary objective is to enable Ostomates enjoy life to the full by establishing support groups where Ostomates can meet



and socialise and enjoy recreational and sporting activities together, go on excursions and weekend breaks away.

ConvaTec - Team of Dedicated Stoma Care Nurses

The ConvaTec Team of Stoma Care Nurses led by Caroline Cord – ConvaTec Ostomy Services Lead Ireland together with her colleagues Darina Jennings and Paula Kennedy provide a most valuable service of stoma care in the community. They provide advice, support and guidance for Ostomates and also for their Families and Carers.

Want help, support or just someone to talk to?

We are here for you. You can get in contact by phone on 1800 721721 or email on stoma.webcare@convatec.com If you would like more information about any of the services in this article, just visit on of the websites below:

www.convatec.ie

meplus.convatec.co.uk

The contact details for the ConvaTec Team of Stoma Care Nurses and the geographic areas they provide a service in Ireland and their contact details are:



Caroline Cord RGN/SCN

Ostomy Services Lead Ireland
Ostomy Division. Republic of Ireland
Tel **086 245 3849**

email caroline.cord@convatec.com

Areas covered

Carlow, Cork, Kilkenny, South Tipperary, Waterford and Wexford.



Darina Jennings RGN/SCN

Senior Territory Manager
Ostomy Division. Republic of Ireland
Tel - **086 853 8421**

email darina.jennings@convatec.com

Areas covered

Galway, Mayo, Roscommon, Leitrim, Sligo, Donegal, Clare, Limerick, Kerry, North Tipperary, Longford, Westmeath.



Paula Kennedy RGN/SCN

Senior Territory Manager
Ostomy Division. Republic of Ireland
Tel **086 854 3642**

email paula.kennedy@convatec.com

Areas covered

Dublin, Louth, Meath, Cavan, Monaghan, Offaly, Laois, Wicklow, Kildare.



Sealed with the

Confidence of Ceramide



Ceramide is the skin's natural protection against dryness. **Adapt CeraRing barrier rings** are infused with ceramide to support healthy skin around the stoma. Available in a range of fit options.

Flat Rings

Item number 8805 – 4.5mm

Item number 8815 – 2.3mm (slim)

Round Convex Rings

Item number 89520 – 1-3/16" (20mm)

Item number 89530 – 1-13/16" (30mm)

Item number 89540 – 1-9/16" (40mm)

Oval Convex Rings

Item number 89601 – 7/8" x 1-1/2" (22mm x 28mm)

Item number 89602 – 1-3/16" x 1-7/8" (35mm x 53mm)

Item number 89603 – 1-1/2" x 2-3/16" (38mm x 56mm)

Flat ring can be stretched and shaped, or used in pieces to fill in gaps, creases or folds. Round or oval convex ring helps provide uniform pressure around stoma for customized fit.

To request samples:

Contact Hollister at

email: customerservicesie@hollister.com

Freephone: 1800 503 400

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

The Hollister logo, Adapt CeraRing, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.

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Ostomy Care

Healthy skin. Positive outcomes.

MY LIFE MY STOMA MARY MCLOUGHLIN



My name is Mary McLoughlin, I am the coordinator of the Sligo Stoma Support Group and this is my story.

I first started to have symptoms when I was 18 years old in 1972 and weighed about eight and a half stone. This continued for about two years until I noticed blood in the mucus that I was passing.

I had never told anybody about the mucus but when I saw blood I got frightened and decided to go to my G. P. This led to a referral to a surgeon as well as admission to Sligo General Hospital. I received an examination of my bowel under anaesthetic. At this point cancer was ruled out, but no other diagnosis was made.

I got married that year and was pregnant with our first child a few months later - this was my cure for nine months. As soon as my baby was born the blood and mucus returned. I had three other children in the

next five years and each time I went into remission during the pregnancies.

I became very ill after our fourth child was born and had to be hospitalized and placed on a drip for a week. It was now 1982, ten years on, and at this stage the word "colitis" was mentioned for the first time. I was prescribed a drug called salazopyrn as well as a course of antibiotics and discharged, but two weeks later I was readmitted with a bad reaction to the drug. The decision was made that I should undergo a course of iron and vitamin injections.

The surgeon brought me back every month for check ups but there was no other medication to give for my colitis. I had lost a stone weight and was now seven and a half stone. At my next appointment a new drug was mentioned but it was not on the GMS and would cost 250 pounds for a month supply. It was called Asacol. This drug worked for me for a few years and after several letters to the minister for health and local TDs it was added to GMS.

In 1985 I began to get very sick again and was then referred to a Gastroenterologist in Dublin and had my first of many colonoscopies. At this time I received a definite diagnosis of Ulcerative Colitis.

More new drugs were prescribed, Pentasa, Steroid enemas, and asacoln suppositories - then a fifth pregnancy gave me a further 9 months of remission.



After my last pregnancy, what followed was 10 years of different combinations of drugs being prescribed – all while on a continuous course of oral steroids. The last attempt at a solution was weekly infusions of IV steroids in 1997. At this stage, I was spending much of my time in bed.

With options exhausted, my Gastroenterologist referred me to a colorectal surgeon in Beaumont Hospital.

My operation was performed in November 1998 and then in May 2000 I had to return to have my rectum removed. After the second surgery, I can honestly say that after 26 years, I finally had my life back.

At that time there were no support groups but our stoma nurse Susan Moore had just arrived in Sligo University Hospital and was my guardian angel when I returned home from Beaumont Hospital after surgery.



The following year, 2000, Susan set up the Sligo Stoma Support Group with just six members. Our group has grown from strength to strength And now we have over 50 members.

At first our meetings were held in Sligo University Hospital and then we acquired a meeting room at The Embassy rooms, John F Kennedy Parade Sligo compliments of Kevin Quinn, the proprietor. Our meetings were Bi Monthly at first and gradually our little group began to grow. In order to let people know about our new group, we put articles in local papers, spoke on local radio and arranged meetings in neighbouring counties Leitrim and Donegal to encourage anyone with a stoma to join us. We had over 20 members at this stage.

In 2008 Susan had to take a step back due to work and family commitments so I then took over the role of Coordinator – with Susan always available to offer guidance.

We are a very active group and our main aim is to make our members feel safe, happy, and to enjoy being with like minded people on the same journey. But above all else, we are there to support each other.

We have had many visits to The Hollister Plant in Ballina where Rosemary Rowe and all the team looked after us very well. It is a worthwhile experience as we are taken on a tour of the factory floor and shown how the appliances are made and well as getting to hear the full story of how Hollister was formed.



We also went to the Eakin Plant in Co. Down where we were made very welcome. There, we were given a tour of their plant and got to meet Mr Eakin himself.

In 2009 we formed an alliance with Sligo Cancer Support Centre and we now have our meetings monthly in this beautiful place. We organize fundraising events, sponsored walks, rock n roll Bingo, Raffles and many other events and we share our profits with the Centre.

2017 was a special year for us as we were awarded Sligo Co Council's Cathaoirleach award for the contribution the group made toward promoting health and well-being for people with Bowel and Bladder Disease. This was a wonderful honour for us and we are very grateful to Susan Moore for her nomination.

I organize a Dinner and social get together every year and in the last few years we have progressed to a dinner dance due to the growing numbers in our group. These events are very enjoyable and I feel they are very helpful for the morale of the group. We hosted the first ever National Association Dinner Dance in 2018.

As our group has continued to grow over the years, we started to go on day trips. We've visited Glenview Folk Museum in Ballinamore, gone to see the Greyhound racing in Galway and have taken trips on The Innisfree Cruiser on Lough Gill. In 2016, we began getting more adventurous and started doing some overnight trips. Achill, Belmullet, Downings and

Ballyliffin were all visited over the following years until Covid came along and put a stop to all of that. Now I'm 2021, we find ourselves having our monthly meetings via Zoom.



So far the meetings have been very successful but obviously there are quite a few members who do not have internet access so all I can hope for is that we will all be able to meet up in person again soon.

I would like to acknowledge those members of our group who have passed away in the past few years. Albert Bree, Owen and Mary Lee, Joseph Gilmartin, John Brehony, Vincent Hannon, Frances Burns, Ronnie Melly, Michael Dunbar, Michael Doyle, Kathleen Costello and Phil Gilmartin. Rest in Peace dear friends. You will always be part of our lives.

Anyone who is not a member of a support group should think seriously about joining one, it will make your life with a stoma a lot easier.

Take care everyone.
Mary



A group of five diverse people are sitting around a light-colored wooden coffee table in a bright, cozy living room. They are all smiling and holding white mugs, suggesting a social gathering. The table is set with several small plates of pastries or bread, a bowl of fruit, and a small white pitcher. The room has large windows with light-colored curtains, and a lamp is visible in the background. The overall atmosphere is warm and supportive.

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Kate.slattery@eakin.ie
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Louise Lyons

01 679 4400

Louise.lyons@eakin.ie
Tuesday – Thursday

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Carlow, Limerick, Tipperary,
Waterford.



Susan Carberry

086 703 6512

Susan.carberry@eakin.ie
Monday – Friday

Cavan, Donegal, Monaghan,
Galway, Roscommon, Leitrim,
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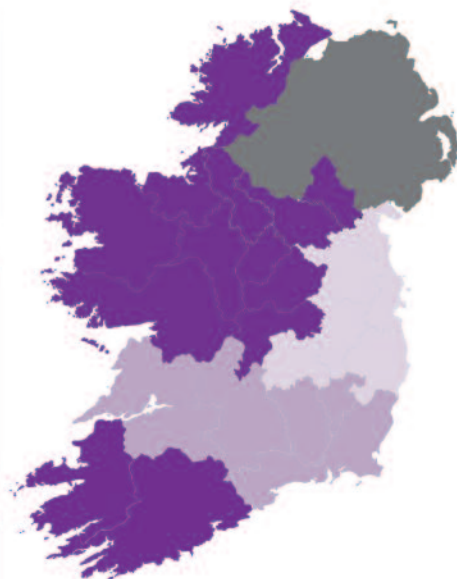


Marie McGrogan

Clinical Advisor

01 679 4400

marie.mcgrogan@eakin.co.uk
Monday – Friday



Contact your local
eakin® Stoma Nurse
today or call our
team on **01 679 4400**
or visit **www.eakin.ie**



A SMALL PART
OF A BIGGER LIFE.

MY LIFE MY STOMA VALERIU DAMIAN



My name is Valeriu Damian I am 72 years old and now working as an Insurance Agent. I studied to become a teacher on completing my secondary education and graduated as a teacher of foreign languages. I taught French to pupils in a secondary school

In 2001, Twenty years ago I was diagnosed with colorectal cancer at the age of 52yrs. Before I could have my surgery it was necessary for me to have 3 months of Chemotherapy. After my surgery during the post operative period it was a very difficult time, and psychologically I found it hard to accept that I had a stoma. I found it difficult to come to terms and accept that I was going to have to live with a stoma for the rest of my life. I had to make one of the most difficult decisions of my life and

realise the limitations having a stoma pouch created for me as a teacher. So I changed my career and worked as an inspector in the Customs Service and since the start of this year I now am working as an insurance agent. Caring for a stoma twenty years ago was very different to how it is now for ostomates. In Moldova we are not able to obtain the ostomy products which ostomates in Ireland have donated to Cimislia Hospital for ostomates living in Moldova. After my surgery I had to learn to use plastic bags to cover my stoma and because the skin surrounding my stoma was not even, trying to secure the bag in place with sticking tape was always difficult.



When I was contacted by Cimisia Regional Hospital and offered stoma pouches for the first time in my life It was like a dream. Receiving adhesive remover sprays and wipes , skin barrier products, deodorants and many other products has changed my life. To describe how my life has now changed, I am lost for words to express how happy I now am.

My Life has now changed and I am able to socialise, meet my family and friends which gives me so much pleasure as I now have the confidence to be able to enjoy Life to the Full. The ostomy product that has changed my life most is the Skin Barrier Film which allows me to make perfect contact with my pouch to my stoma – I now feel completely safe, I feel free.

My lifestyle has changed a lot. It is no longer necessary to check the condition of my pouch every hour. I do not need to carry a few plastic bags with me when I go out. I do not need to use adhesive tape any more to secure the bag and my skin no longer suffers from the irritation which the adhesive tape caused to my skin.



Ostomy Product All Ready For Dispatch

I want to thank all the Ostomates in Ireland who have donated ostomy products to help ostomates in Moldova. It has given so many of us who have benefitted from the ostomy products you have donated a new opportunity to live many more years in comfort and we now have the satisfaction of still being able to love life.

I want to wish all ostomates in Ireland, from the bottom of my heart – Good Health, Joy, Strength and Energy all the days of your life.

I want to thank also the Ostomy Association of Ireland who together with Elena Cecati have made this charitable donation of ostomy products for the benefit of people's health and well being in Moldova.



*Ostomy Product Being Sorted
Before being Dispatched for Moldova*





Join our Living and Thriving with a Stoma Webinar 'Making Life Easier - Being your best self in a post Covid world'



Date: Wednesday 16th June 2021
Time: 7pm - 9pm



Hosted via:
GoToWebcast

You are invited to join the second event in the 'Living and Thriving with a Stoma' webinar series. This event will be hosted by:
Catherine Dowling - Stoma Care Nurse Specialist, St James's Hospital, Dublin

- **Psychological Impact of having a stoma** – with guest speaker Mary Quigley, Clinical Nurse Specialist Colorectal Stoma Care, University Hospital Galway
- **Living with a Stoma a patient's journey** – with Mesha Moinirad, founder of MrColitisCrohns
- **Exercise & Core 4** – Maeve Connelly, Health and Conditioning Coach and Personal Trainer, The University of Limerick

There will be a Q&A with each speaker and a coffee break during the session

Register by **11th June** to receive your event pack.
Click on the link or scan the QR code to register your place:
Wednesday 16th June - <http://coloplast.to/Making-Life-Easier>



For further information please contact:

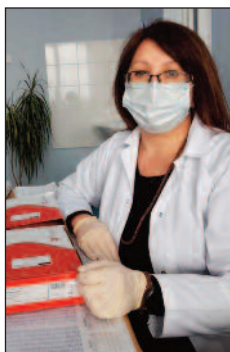
 0879 981907  GBMCO@Coloplast.com – Marie Costelloe, Territory Manager
 0861857539  GBKMG@Coloplast.com – Kevin McColgan, Territory Manager

MOLDOVA PROJECT



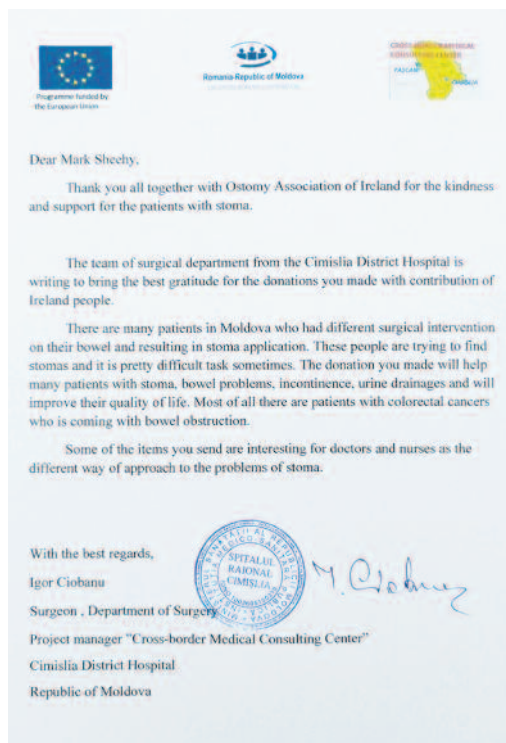
Elena Cecati

The Ostomates in Moldova whom we have supported by sending ostomy supplies to Moldova have been overwhelmed by the amount of ostomy products we have sent to them. Literally stoma pouches, seals, adhesive remover sprays and wipes, creams, powders and other medicinal products – we send everything. The logistics involved in sending boxes of ostomy products has gone well. Elena who co-ordinates the despatch from Dublin has identified 4 transport companies who transport the boxes free of charge to Moldova.



*Tamara - Oncologist
Cimslia Hospital*

If you have any surplus/unwanted ostomy products please contact your nearest support group co-ordinator or contact Paul Hughes 085 7182405 or Mark Sheehy 087 3843412 and let them know you have some ostomy products to donate for the Moldova Project.



One of our members who had business connections with Moldova contacted us to say she was delighted we are able to support Ostomates in Moldova. She described Moldova being like Ireland was in the 1950's. We still have members who had stomas in the 1950's, 1960's and 1970's who can recall how primitive and difficult it was dealing with discharge from their stoma.



It was only post 1970 that the modern pouches as we now know them started to be developed by Ostomy Companies.

Ostomy Products are expensive here in Ireland especially if you do not have a medical card. In Moldova not only are they very expensive but almost impossible to obtain from pharmacies there. We hope we can maintain the momentum with this project and with your support we will continue to do so.



*Tatiana - Urologist
Cimsliia Hospital*

No donation of ostomy product is too small even half boxes of product. We are especially anxious to be able to obtain products for people with a Urostomy.

Thanks to all of you who have donated ostomy products it is most appreciated and a special Thank You to Caroline Flynn of CARA PHARMACY who heard about the Ostomy Association of Ireland and contacted Paul our Chairman to see if we could make use of the surplus products they had which otherwise would have been dumped.



*Tatiana - Ostomate
Inspecting Ostomy
Products*

We are featuring for the first time in this issue of Ostomy Ireland News the My Life My Stoma of one of the Ostomates in Moldova who explains how through the products we have donated is now able to start to have a Quality of Life and now able to Live Life to the Full. If you have any queries or wish to know more about the Moldova Project contact Elena 089 2050382 or Mark 087 3843412.



*Stoma Nurse
Explaining Ostomy
Pouch*

"When you match the right body type with the right product, you get great results, and the SenSura Mio has done that for me".

Mike



The fit is the difference



Every body is different, which is why our range of stoma care products have been developed to meet the needs of a variety of shapes and sizes of body, as well as the different types and positions of stoma - allowing you to find the right fit first time.

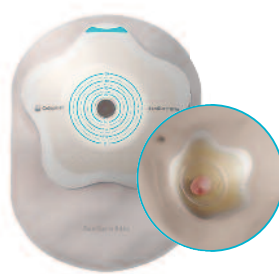
SenSura Mio is the worlds leading ostomy product - from the elastic adhesive on SenSura Mio, our three unique levels of convexity, through to the fit zones on SenSura Mio Concave - these are all examples of BodyFit Technology and demonstrate that when we innovate - we have you and your needs at the heart of every decision we make.



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Geraldine Gartland - Ostomy
Coloplast Nurse, N. Ireland
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gbgga@coloplast.com

For further details on how to...

- Order your supplies
- More information on the products or services we offer



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1800 409 502
Mon - Fri 9am - 5pm,
Sat 9am - 12.30pm



Niamh Ryan
Coloplast Nurse, South/South East
Tel: 0872 701375
gbnrm@coloplast.com



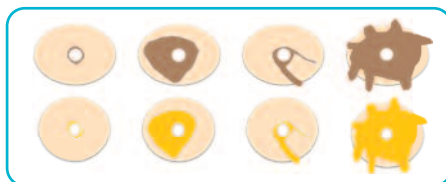
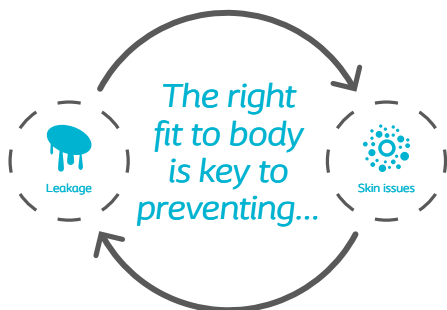
Information Sheet - Leakage

*Leakage refers to any output that is present on your baseplate when you change your pouch. It is the no.1 most common problem for ostomates - 92% of ostomates worry about leakage and 77% say they have experienced leakage in the last 6 months.**

What causes leakage?

Leakage happens as a result of your pouch not having a secure enough fit around your stoma and on the peristomal area. Without a snug seal around the centre of your stoma, output can leak underneath your baseplate and this can potentially lead to skin issues and soreness.

Leakage does not necessarily mean your pouch comes away or soils your clothes. It can vary in amount and severity depending on the fit of your baseplate. It's important to highlight that your baseplate should be completely clean when you change your pouch - if it isn't, then leakage has occurred and your fit needs reviewing.



If the underside of your baseplate looks like any of the examples above, then you are experiencing leakage and should contact your Stoma Care Nurse for a review.



Information Sheet - Leakage

How do I know I'm having leakage issues?

- Do you have red or irritated skin, whilst also experiencing stoma output on the skin? *This would indicate that output leaking under the baseplate is causing skin issues.*
- Does the hole fit the exact shape of your stoma? Has your stoma got smaller or bigger? *A poorly fitting pouch could cause leakage. Any gaps around your stoma could cause output to leak onto your skin and cause irritation. You should regularly check if your stoma changes shape or size.*
- Has your body shape (body profile) changed? Have you lost or put on weight? *Changes to your body profile will affect the fit of your baseplate - you may need a new pouch to accommodate your body profile.*



Regular profile



Inward profile



Outward profile

- Do you have skin creases or folds around your stoma? *This may prevent the adhesive fitting securely onto to the skin around your stoma. You should discuss this with your Stoma Care Nurse.*

More support

If you need to be reviewed by a specialist stoma care nurse, please contact the Coloplast Nursing Team at **0862566597**. Alternatively, you can visit www.coloplast.ie.



DIRECTORY OF SUPPORT GROUPS

CARLOW / KILKENNY

CARLOW OSTOMY SUPPORT GROUP

Coordinator Jamie Alcock

Contact 087 6983719

Meet every 2 months at An Gairdin Beo, Carlow (R93 E1HF)

Meetings held on a Saturday at 11.30 hrs

CASTLEBAR

MAYO OSTOMY SUPPORT GROUP

Coordinator J.J. McLoughlin

Contact 087 2300580

Meet bi-monthly

Meetings held at Rock Rose House, Castlebar at 7pm

CORK

CORK OSTOMY SUPPORT GROUP

Coordinator Rose Flynnne

Contact 087 2953404

Meet on first Saturday of the month

Meeting held in Clayton Hotel, opposite City Hall at 2.00pm - 3.30pm

DROGHEDA/NORTH EAST

OSTOMY SUPPORT GROUP

Coordinator Anthony Connolly

Contact 089 4418799

Meet on last Wednesday of each month from 7.00pm - 9.30pm.

Meetings are held in St Peters Church Hall Community Centre

DUBLIN

OSTOMY SUPPORT GROUP

Coordinator Melissa Lyons

Contact 086 8099918

Meetings are held on a Saturday from 2 to 4pm

Meetings are held every 6 weeks in the Irish Red Cross Building, Sunshine Industrial Estate, Crumlin, Dublin 12

GOREY / WEXFORD

OSTOMY SUPPORT GROUP

Coordinator Frank Norris

087 6204533

Meetings are held on a Saturday in St. Columbas Old Folks Club, O'Byrne Park, Gorey



LETTERKENNY

OSTOMY SUPPORT GROUP / POSH

Coordinator Rita Marron

Contact 074 9188887

Meetings are held at

Cancer Care West

Last Thursday of every second month
at 8.00pm

LIMERICK

OSTOMY SUPPORT GROUP

Coordinator Miriam Cauty

Contact 087 7940850

Meetings are held in the Milford Care
Centre, Castletroy, Limerick at 7.30pm

NEWBRIDGE

OSTOMY SUPPORT GROUP

Coordinator Veronica Lynch

Contact 087 7940850

Meetings are held in

The Parish Centre, Station Road,

Newbridge, Co. Kildare

6.30pm - 8.00pm

SLIGO

OSTOMY SUPPORT GROUP

Coordinator Mary McLoughlin

Contact 086 3608798

Meetings are held on the last

Tuesday of each month

Meetings are held in the

Cancer Day Centre on Wine Street
at 7.30pm

TULLAMORE

OSTOMY SUPPORT GROUP

Coordinator Ann Dold

Contact 086 3074846

Meetings are held in the Dochas

Centre on Offaly street

Meetings are held every two months
on the second Wednesday

WATERFORD

SOUTHEAST OSTOMATES SUPPORT GROUP

Coordinator Keith Drayton

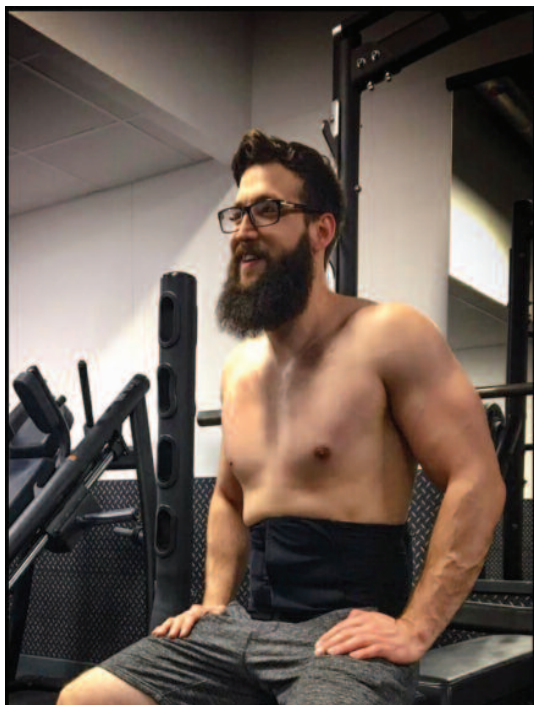
Contact 087 0666668

Meetings are held Quaterly on the
first Wednesday of each month

Meetings are held in the Solas

Cancer Day Centre at 7.00pm





**Our Support Belt
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and Drug Payment Scheme.**

**For further information:
Contact our Irish representative
Jamie Alcock on
087 6983719**

email: Jamie@vblush.com



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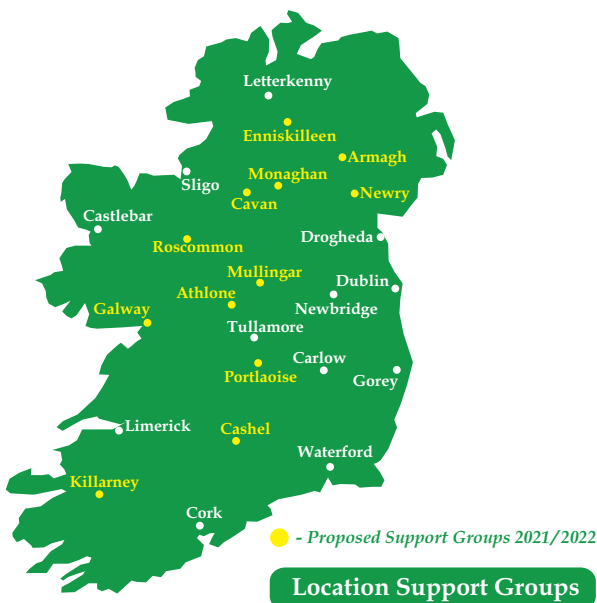
Ostomy Association of Ireland

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Heart Health, Children's Health,
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**For information on where and when meetings will be held,
please contact the following Group Co-ordinators.**

CARLOW: Co-ordinator Jamie Alcock 087 698 3719

CASTLEBAR: Co-ordinator J.J. McLoughlin 087 2300580

CORK: Co-ordinator Rose Flynnne 087 2953404

DROGHEDA: Co-ordinators Anthony Connolly 089 4418799 and Paul Hughes 085 7182405

DUBLIN: Co-ordinator Melissa Lyons 086 8099918

GOREY: Co-ordinator Frank Norris 087 6204533

LETTERKENNY: Co-ordinator Rita Marron 074 9188887

LIMERICK: Co-ordinator Miriam Canty 087 6741930

NEWBRIDGE: Co-ordinator Veronica Ruffley 087 7940850

SLIGO: Co-ordinator Mary McLoughlin 086 3608798

TULLAMORE: Co-ordinators Ann Dold 086 3074846 and Mark Sheehy 087 3843412

WATERFORD: Co-ordinator Keith Drayton 087 0666668

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Mobile: 087 700 5966 | Landline: 057 9360 447**