Issue 005 | Summer 2020

OSTOMY IRELAND NEWS

Journal of OAI

"Beautiful Noise Athy" - Athy Choral Group 2020

Ostomy Association of Ireland

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www.ostomyireland.ie

In This Issue

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The Next Edition

Ostomy Ireland News 06 (Winter 2020)
will be published on 25th November 2020
Final date for editorial contribution to be received is
5th November 2020

PUBLISHED BY
The Ostomy Association of Ireland, 6 Marian Place, Tullamore, Co. Offaly, R35KD78, Republic of Ireland

EDITORIAL TEAM CO-ORDINATOR
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COPY DATES
Editorial contribution must be received no later than 15th April, 15th July, 15th October

ADVERTISING RATES
Contact Editorial Team Co-ordinator Mark Sheehy, secretary Ostomy Association of Ireland.

CIRCULATION
500 copies are distributed to members of the Ostomy Association of Ireland, Ostomy companies, Stoma care nurses, Consultants, Surgeons, Doctors and others interested in the work of the Ostomy Association of Ireland.

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Print: Temple Printing, Athlone & Tullamore
www.templeprinting.ie

LETTER FROM THE CHAIRMAN

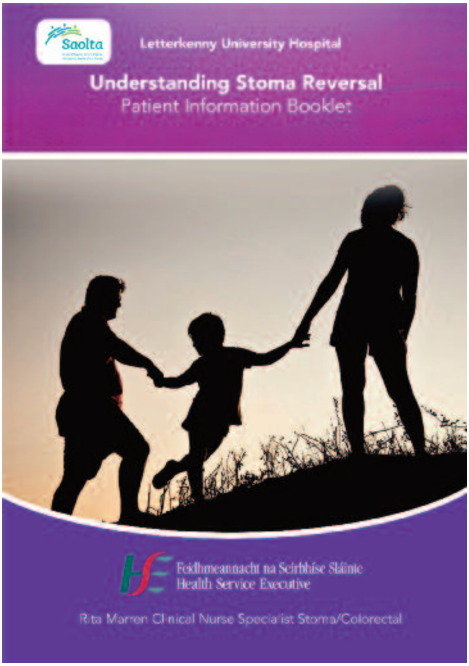
Hi Everyone ,
Hope everyone is keeping safe and well during all this Coronavirus .
I myself had been under lockdown for twelve weeks and I couldn`t wait to return to work and some type of normal living and working ,it was a nervous start going back to work but when it was made compulsory for everyone to wear masks I felt a little bit safer ,but there are still people who refuse to wear masks or face coverings when out and about ,I only hope that we do not go backwards over the coming weeks and end up were we all started ,

I really liked our first little newsletter sent out to almost everyone by email and by post to members who we do not have an email address for , I think not being able to stay in contact or have meeting with people in the groups around the country pushes you to organise a different way of staying in touch with people ,

I am of the opinion that all meetings and our AGM need to be cancelled and rescheduled for either the very end of 2020 or not until early 2021 just to keep everyone safe and by not having a large gathering. I know many of you are missing meeting up with all the stoma nurses and Ostomy companies and discussing any issues you may have. If any member needs to speak to their Ostomy company or nurse over the coming months we have all contact details available for anyone that might need them.
I would just like to say a big thank you to Melissa Lyons for all her hard work and good council during her time as assistant secretary . Melissa is still staying as part of the family looking after her Dublin Support group,

If anyone did not receive our newsletter last time by email could you please send your email address to Secretary - marksheehy47@gmail.com

Stay safe
Paul



Saolta
Letterkenny University Hospital
Understanding Stoma Reversal
Patient Information Booklet
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive
Rita Marron Clinical Nurse Specialist Stoma/Colorectal

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

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Item number 8815 – 2.3mm (slim)

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

2020 has been an eventful year and little did any of us think that we would see a Pandemic COVID 19 Virus which has had a devastating effect throughout the world. We have managed to control the virus relatively well here in Ireland following the initial lockdown of the country and the Regional lockdown in counties Kildare, Laois and Offaly. We have to realise the virus has not gone away and is still out there and each of us needs to play our part in preventing the virus spreading in the community. It is now the Norm that when we go out we continue to Social Distance, Wash Hands Regularly, Practice Cough Etiquette and wear a Mask to protect ourselves and our families.

Many of our members due to their age and also having underlying Health conditions have been self isolating. It has been a difficult time this past six months and it is a worrying time as we face into the winter.

Many members have experienced being lonely and miss being able to attend support group meetings. If any of you are having problems with your stoma the Ostomy Company Stoma Care Nurses are available and willing to give advice and support. If you need help contact your nearest Support Group Coordinator who will try and put you in contact with a stoma care nurse. It is not looking good for us to be able to hold any meetings before the end of this year. We must follow the advice given by NPHET and HSE as to when it may be possible to hold meetings again.

We have received encouraging feedback from members following the launch of the Spring Issue of Ostomy Ireland News and the May Newsletter by Email to those members who have provided us with their Email ID's. A Winter Issue will be in November. We would like to hear from members who are willing to share their story in the My Life My Stoma section of Ostomy Ireland News. It is very encouraging for members to know the struggles many of you have had following surgery for a Colostomy, Ileostomy, Urostomy or Internal Pouch. Please send in your stories to the Editor, Ostomy Ireland News on stoma.ie. When we conducted our survey of members back in 2018 one of you who lives in Co. Mayo and had served in the Defence Forces contacted us but we have unfortunately lost your contact details. Please can you make contact with our Chairman Paul Hughes 085 7182405.

Members living in Munster and South Leinster will hopefully be interested in a research project being conducted by Teagasc Food Research Centre in Moorepark -Fermoy,Co.Cork in a new project to study The Digestion of Gluten with the support of volunteers who have an Ileostomy. Details of this project are in an article given to us by Teagasc in this issue. We would encourage many of you who have an Ileostomy to volunteer to take part in this most worthwhile study project.

Many members have renewed your membership subscription for 2020 but there are still some members who have not renewed for 2020. You can renew your membership by sending a cheque or postal order made out to the Ostomy Association of Ireland to the Treasurer, Ostomy Association of Ireland, 6 Marian Place. Tullamore, Co. Offaly, R35KD78. It is most important when completing the membership form that the information given is clearly legible – Name, Address, Eircode, Contact Details and Email ID if you have one. Many of you also make a Donation when renewing your membership subscription and this is very much appreciated and is a great help towards the costs of Administration of the Association.

You can also renew your membership by EFT payment through Bank of Ireland. It is most Cthe payment and that you either send an email confirming you have renewed your subscription or post a completed membership form to the Treasurer.

The Bank details are

Account Name
Ostomy Association of Ireland
Branch
Bank of Ireland, Tullamore
Sort Code
90-19-19
Account Number
26207296
IBAN Code
IE42 BOFI90190926207296
BIC Code
BOFIIE2D

Membership Renewal can also be completed by logging on to :
https://forms.ge/c3ghYRNvsedhXaVS7

Many thanks for the encouragement an support you have given me over the past 6 months. Lets hope we will soon have a vaccine that will allow us to get back to a new normal lifestyle and be able to meet up again in 2021. Due to COVID 19 restrictions I am still waiting to have my Colostomy surgery and hope that by end of October I will have my quality of Life again once more.

Take Care and Stay Safe
Mark

Photcopy this form if renewing membership by cheque or postal order.

APPLICATION FORM

(BLOCK CAPITALS PLEASE)

Mr ○ Mrs ○ Miss ○ Ms ○ Other ○

Full Name:

Address:

Eircode:

Contact No:

Email:

Date of Birth (dd/mm/yy)
or Year of Birth

Which Surgery you had:

Colostomy ○ Ileostomy ○ Urostomy ○

Internal Pouch ○ None ○

Date of Operation:

Reason for Surgery:

I consent to The Ostomy Association of Ireland holding details about my medical condition to enrich the membership services offered. ☐

(A Summary of how we use your data is overleaf)

SUBSCRIPTIONS :

Under age 60yrs on 1 January - €20 per annum

Over age 60yrs on 1 January - €15 per annum

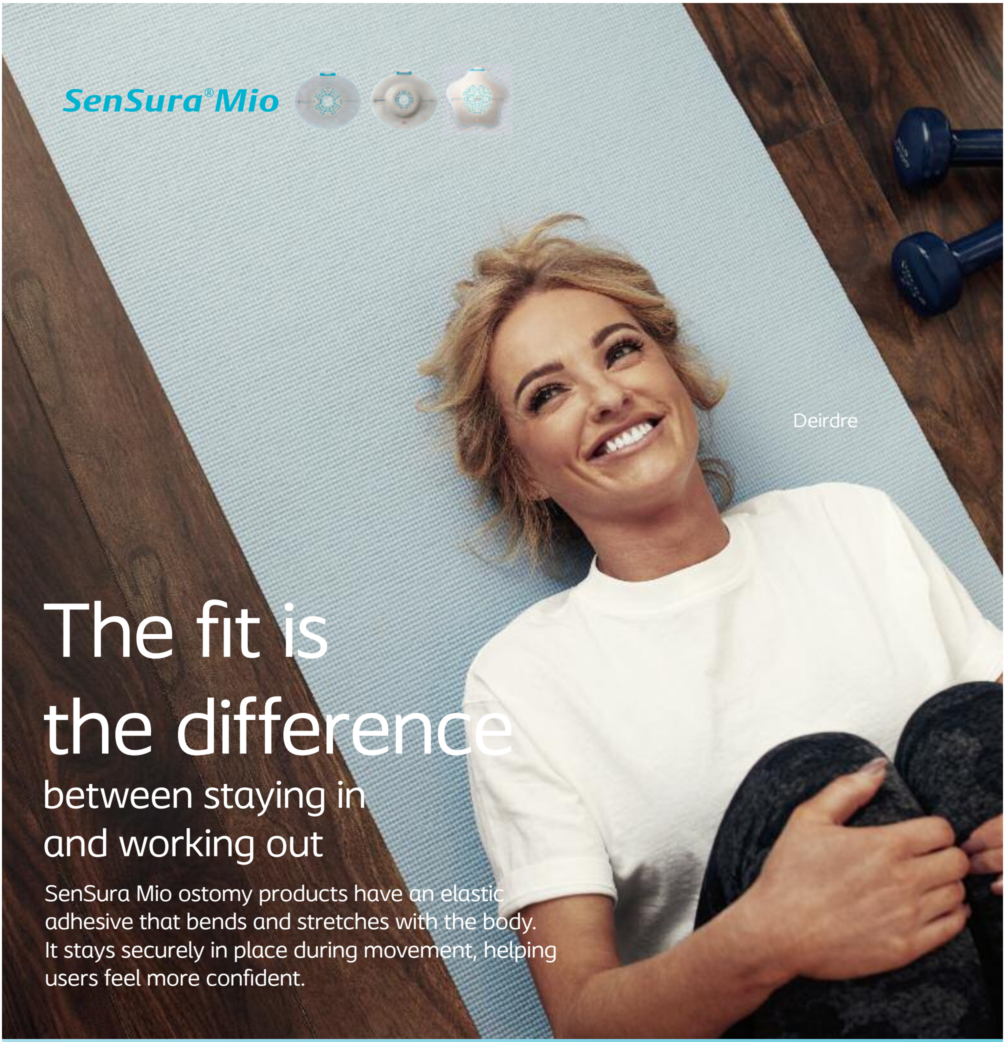
I enclose a subscription of €

I enclose a donation of €

Total amount enclosed €

Signed:

Date:


Deirdre

A day in the life of a nurse during COVID-19

Life changed dramatically in March

Hello, My name is Lucy and I have worked as a stoma care nurse with Coloplast for the last 6 years. Like all of us, my life as I knew it changed dramatically back in March when Covid-19 took over the headline and stopped us all in our tracks. Up until this point my working day consisted of home visits and community clinics. I loved my job as no two days were every the same. My visits involve new ostomy patients who were just starting their journey with a stoma but also just as importantly seeing people with established stomas that need some support and advise. I feel that my role is about empowering people and making their life's earlier. In addition to offering solutions with their stoma issues, I also provide advice and support regarding lifestyle and useful hints and tips.

When Covid 19 restrictions were implemented I was worried this would be limited. However, thankfully how we communicate over the last 10 years has really evolved. This meant that I had options of alternative ways I could meet my patient's needs. I was surprised by how effective we could communicate with picture and phone calls. I was really proud of how Coloplast reacted and met the new needs of their patients. Samples were dispatched and received in record time. I also have to compliment the postal and courier services for ensuring that patients received the items they required through a challenging time.

I was pleasantly surprised how effective virtual clinics could be

Virtual clinics have been around for the last few years especially with GP appointments. However, it was very new for me. Thankfully, I was pleasantly surprised by how effective they could be. However, some visits still need a face to face review and I was confident when providing these that I had the right personal protective equipment to ensure both my safety and also the safety of my patients. I also carried out a pre-visit assessment assuring patient and anyone living in the house were symptom free. Also, at this point I would reassure the patient that I was symptom free and unaware of any reason that the visit could not be carried out safely.

My typical day during COVID-19 times

So, finally getting around to my typical working day in covid-19 times. For the first month, I started my day with a conference call with my colleagues. I found this so helpful to express my anxieties about the uncertainty surrounding us and how I could safely and effectively meet the needs of my patients. Here we shared work practices, what worked well and what we could do better. I am so lucky to work with fantastic nurses and I found them so supportive during this challenging time. I then spent the morning doing home visits. I tried to limit these visits and spread them out through the week to reduce any cross contamination between calls.

My afternoon is spent following up phone calls, providing virtual consultations and ordering samples. I understand how important it is for people with a stoma to have the right products. Liaising with pharmacists is always an important part of role especially during this time.

If you have any concerns contact your local stoma care nurse

Finally, I would ask that if you are concerned about any issues or seeking advice please don't hesitate to contact your local stoma care nurse. Although we have restrictions with Covid 19 it has not stopped us meeting the needs of our patients. All our details can be found below or overleaf.

Written by: Lucy Fitzgerald, Stoma Care Nurse, Coloplast Ltd.

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gbgga@coloplast.com

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- More information on the products or services we offer

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Sat 9am - 12.30pm

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

Coloplast

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Odour

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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 issues[1]

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

ALLIANCE

MY LIFE MY STOMA

CAROLINE MULHALL

My name is Caroline Mulhall and I am from the great town of Athy in Co. Kildare. I was diagnosed with Crohn's disease in 2005 leading to an Ileostomy. I am extremely nervous writing about this, and It is a massive challenge for me to express how I feel. Hopefully, I can relate my experience to you and do my story justice, so it may give strength and courage to other Ostomates who find themselves in similar circumstances.

In my 20s I was working in a job that I loved and going to college in the evenings life was good. I started to feel extremely tired but because I was so busy, I was not overly concerned, however this was about to change. My journey began as I said in 2005. I suffered a six-week period of illness and GP visits and I was very unwell. Eventually in September of that year I was admitted to Tallaght Hospital where I had life saving surgery for a perforated colon. Later that night when I awakened in the intensive care unit, I was completely unaware of how close I had come to losing my life.

I still remember the absolute devastation I felt when I was told I had Crohn's disease and I had an Ileostomy; it is still like it was only yesterday. My life had changed forever overnight and to say I was shocked would be an understatement. I was at rock bottom and trying to find a little spark of energy or fight for the strength and the will to help me to climb this mountain which grew bigger and bigger each day. I had to learn to walk again which was the toughest thing I ever had to do or will do in the future. I was also dealing with several body image issues, and I could not bear to see the bag and avoided looking in the mirror. I cried a lot of tears during this time of recovery and if it were not for the support of my family, I think I would not have been able to cope.

I was then given the opportunity to try reversal number 1. In hindsight this proved to be a very bad decision. From the very start I developed the nastiest fistula and developed several infections, so it was time for stoma number 2. Being ever the optimist, I decided after 3 months to go for reversal number 2. This time it was successful, I started to feel well I was healthy, and life settled down for about a year. Then unfortunately I was feeling unwell again and tests revealed the Crohn's disease had returned. So, it was to be Ileostomy number 3 and this time it felt final. Mentally I had enough of surgery and feeling unwell. With this realisation finally came acceptance, if I wanted to be well and healthy, I needed to have my stoma.

Caroline with her family

I remember saying to my consultant that I felt bereaved I was so sad and I cried and cried dealing with the different stages of grief. Then one day it all changed, I looked in the mirror and I admired myself and I started to regard my stoma as my little friend. It was a miracle really that this small little stoma was keeping me alive and healthy. I named my little friend Jack.

Major changes have been happening in my life since. I absolutely love country music and I could not go to gigs because of my illness. Now it is great I am so healthy I'm able to travel anywhere . I love going to see my favorite country singers, Gerry Guthrie , Mike Denver, Robert Mizzell, and Michael English. I really enjoy nights out meeting up with my friends and socialising . I also love going to concerts with my brother and my sister in law and family nights out are fun again.

I love singing and I always sang before my illness, but I never sang a note since this trauma happened in my life. Then I had a chance meeting at a concert with a lovely lady from my hometown. She asked me to join a local vocal group called " Beautiful Noise Athy" which is a local community vocal group in the town. The first night of practice I was so nervous about even walking through the door and putting myself out there again. I had become so good at hiding my vunerable self and now I was shaking. This is not a good way to live your life.
I was just inside the door when the musical director of the choir,

Athy singer Shane Sullivan had me singing on my own and this was the best thing I ever did. My confidence has grown so much, and I have made great friends within the group. Now I love meeting my soprano girls for lunch. During the last year I have sung with my choir for "The Made of Athy" initiative, I have met the singer Jack Lukeman and also got to meet Emmy award animator of "Watership Down" Sheamus Malone. I am looking forward to the future which I know now will involve singing with Beautiful Noise Athy.

I remember seeing the following words somewhere I do not know the author, but they have such power.

"Sometimes the smallest step; in the right direction.
Ends up being the biggest step of your life.
Tiptoe if you must but take the step."

Caroline with niece Kate & Nephew Richard

Another source of great joy in my life are two little people called Kate and Richard my niece and nephew. Kate was only 6 weeks old when I had my last surgery. Every year we get a birthday cake for her and one for Jack the 'stoma' so that we can celebrate my good health. My 2 little doctors like to assist me changing the bag and to hear the 6-year-old and 3-year-old experts discuss the health of the skin around the stoma is remarkable. I have the best family in the world. I have no doubt I wouldn't be where I am today with such a positive outlook on life if it wasn't for the love and support from my Mam, Dad, my brother Richard and my sister in law Xiao Xiao (Sammy) and all my extended family who are always there for me as I move forward with my life. Thankfully now the Crohns disease is in remission and I am healthy, and it is all thanks to my little stoma Jack.

I am forever grateful to Professor Neary of Tallaght Hospital who always greets me with a smile, and I am so thankful he had the expertise to save my life and give me a second chance. As the saying goes who knows what might happen next, but watch this SPACE …..

.

MY LIFE MY STOMA
TONY CONNOLLY

Tony Connolly with wife Pat in Alaska

My name is Tony Connolly, I am 76 years old and I live in Drogheda County Louth with my wife Pat. I am the coordinator of our local support group here in Drogheda with Paul Hughes our Chairman. My Life story began way back in the 1960s when I was a young man in my 20's and recently married.

I was experiencing a lot of abdominal pain and constant diarrhoea and I went to see my GP who sent me to be checked over in the local hospital, where after some tests, I was told I had an " angry" bowel. I guess today that would be called IBS or Iritable Bowel Syndrome. I was not given any medication and the only advice I was given was to "mind what you eat and eat plenty of roughage"!

For the next few years I continued to suffer with my "angry bowel" My diet did not seem to make much difference. For long periods of time I endured chronic pain and stomach cramps with very bad diarrhea . Sometimes I felt I was spending half my life in the toilet! Things got a little better when having changed to a different GP who organised a colonoscopy and other tests, I was diagnosed as having UC or Ulcerative Colitis. My new doctor prescribed Lomotil for my newly diagnosed condition. That helped, but I continued over the years to get flare ups with debilitating cramps, very bad diarrhoea and total exhaustion and sometimes passing blood in the stools.

Fast forward to 1998 when I was having a particularly bad flare up. My GP took some blood tests and shortly after, my wife got a call from my doctor who asked if she could contact me at work and that I was to get home asap. He told her that I was not to drive and to contact him urgently. As it so happened, I was already on my way home early from work that day as I was feeling unwell and was completely exhausted.

When I phoned the doctor, he told me my blood test had shown that my Hemoglobin level was dangerously low and that he had arranged for me to go straight into hospital.

When I presented at the hospital I was immediately given a bed and they started giving me blood transfusions. I was told that my bloods were so low that I was in real danger of heart failure, hence the GP's earlier advice not to drive. The consultant that my doctor had contacted, came to see me and told me he would do a colonoscopy the next morning.

When I awoke after the procedure he told me he was concerned at what he had seen in my colon and that I would require surgery and that I might have a colostomy bag after the surgery.

When I awoke after the surgery I discovered that I did indeed have a bag. When the surgeon came to see me he explained that he found two tumours in my colon and that he had no choice but to remove the whole of my large bowel. He assured me that he was confident that he had excised all of the tumours but that it would be advisable to talk to the resident oncologist as one of the tumours had been quite close to my liver.

The oncologist recommended that I do a course of chemotherapy. I started the course of chemo 6 weeks after my surgery. I had to attend a day ward for 5 consecutive days every 20 days to receive my treatment and it went on for 7 months. That was the toughest time of all. I felt nauseous most of the time, I had no appetite and I lost a great deal of weight.

When my treatment finally ended and I was eventually given the all clear, I started to feel a lot better. With the support of my wife Pat, my family and friends, my strength and appetite slowly returned to normal over time.

That was when the reality of what I had been through started to dawn on me and I began to realise how lucky I had been. Yes I now had to cope with living and dealing with a stoma and a colostomy bag but the alternative outcome could have been so very different. I have always tried to be a positive thinking type of person and I genuinely believe this attitude really helped me through the darkest times.

Whenever I felt a bit down, I tried to think back to what my life was like before surgery and I soon realised that life with a stoma was not so bad after all. When I thought back to all the debilitating pain I endured, the long sleepless nights sitting for hours on the toilet, the fear of travelling on a plane and making sure I sat close to the toilet, the times I was in the middle of a meeting or in company and I had to excuse myself and run to the loo etc.etc. It occurred to me that my stoma had given me the opportunity of leading a “normal life” where I did not have to worry about the location or how far the nearest toilet was. So I resolved to try to change my life for the better.

I had always yearned for a life that I could travel and see a bit of the world. Maybe this was my opportunity to fulfil that dream. Though obviously I was a bit concerned about travelling with a stoma and all it entails with extra bags and all the paraphernalia we ostomates need, I tried a short flight or two with no problems. Then I got a bit braver and slowly built up to flying further afield. I was soon bitten by the travel bug. Now I am delighted to say that in the 22 years since my surgery my wife Pat and I have been very lucky to have visited many countries. We have been as far away as Australia, Canada, USA and even Russia as well as many of the usual European holiday destinations.

The only time I experienced any problems in all those years travelling that were related to my stoma was in Malaysia when my bag was spotted by a customs official while he was patting me down. When I explained what it was he asked to see it (in a private room) When I started to remove my trousers and he saw the bag and all the scar tissue on my abdomen he quickly apologised and promptly left the room embarrased!!!

So if anyone out there is afraid to travel because of their stoma, please do not let it hold you back. I cannot wait for this Corona 19 virus to be eliminated so we can all get on with doing what we love.

Now where is that world atlas!!!
Tony.

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Ileostomy study by Teagasc researchers

Ileostomy study

We are studying the digestion of gluten and if it can be improved with food supplements

Would you like to help us?

Dr André Brodkorb and Dr Daniela Freitas are researchers working at the Teagasc Food Research Centre in Moorepark (Fermoy, Co. Cork) on a new project to study the digestion of gluten with the collaboration of volunteers with an ileostomy.

What do we do as Teagasc researchers?

Teagasc is the state agency providing research, advisory and education in agriculture, horticulture, food and rural development in Ireland. Teagasc researchers collaborate with academic and industry partners in a range of different projects spanning all areas of knowledge on food and beverages, from farm, to fork and beyond.

What is this study about?

This study focuses on better understanding how gluten is digested and whether its digestion can be improved.

What is gluten?

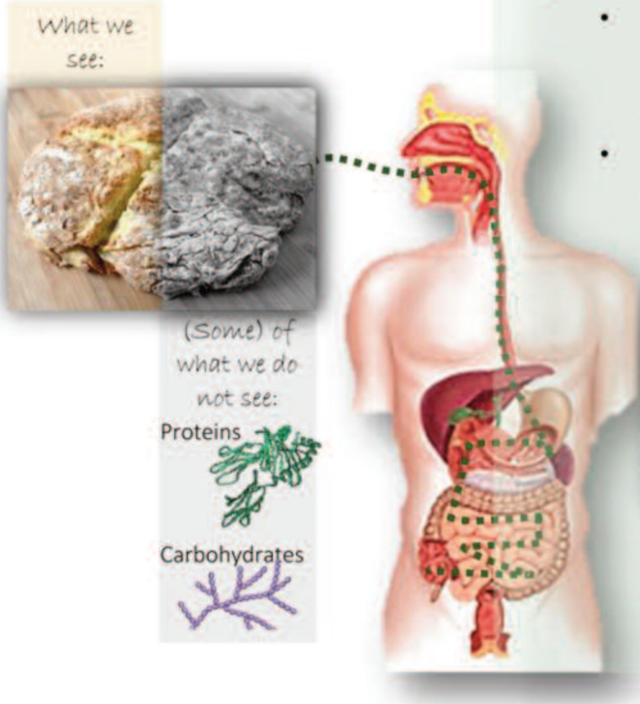
“Gluten” refers to a group of proteins that are naturally present in wheat and other cereals such as barley and rye. These proteins have unique properties, which have enabled us to create and perfect recipes for millennia. The texture of bread, for example, is made possible thanks to the presence of these proteins, which confer enough elasticity to the dough to allow it to rise while keeping its structure and shape.

Why is this study important?

When we eat foods containing cereals like wheat, barley or rye, it is possible that part of the gluten in them is not completely digested in the gastrointestinal tract. There are many factors that can influence the digestibility of foods: their composition, how they are cooked and what they are consumed with. So it is important to highlight that gluten digestibility is not a completely linear or a fully understood process. Additionally, the incomplete digestion of nutrients is not exclusive to gluten; there are other food components, such as fibre for example, which are not completely digested in the gastrointestinal tract. Most of the time, this incomplete digestion of nutrients poses no harm, or can even be beneficial for us. However, in the case of gluten, in some people, the accumulation of undigested gluten in the small intestine can lead to a variety of symptoms. For individuals who are sensitive to gluten, a gluten-free diet is currently the only way to manage their symptoms. However, this is not always possible to achieve due to, for example, cross-contamination of foods during the production process.

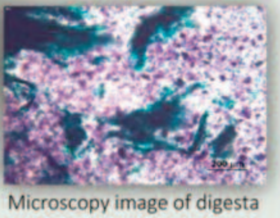
What are we studying?

We are studying how nutrients in two different meals are digested and we are also studying the impact of two dietary supplements and whether they can improve gluten digestibility. For this, we need to analyse samples of intestinal fluids after the consumption of meals containing gluten with and without these supplements.



Our work in this project:

- What happens to these nutrients during the digestion of wheat-based foods?
- How can the digestion of wheat proteins be improved?



Microscopy image of digesta
Green: Protein
Purple: Carbohydrate (starch)
(Bread digestion sample obtained with an artificial lab digestion model).

What type of dietary supplements are we studying?

- Supplements with digestive enzymes
- Probiotic supplements

There are no drugs or medical procedures involved in this study.

Who can participate?

To be eligible for this study, volunteers must:

- Have an ileostomy that has been stable for at least 3 months
- Be between 18 and 75 years old
- Be available to attend the visits
- Have a body mass index between 18 and 30
- Be generally healthy (e.g. no mouth, throat or gastrointestinal pathologies that might affect digestion, no diabetes)
- Not be sensitive to gluten

How long is this study?

There will be two appointments at Atlantia Food Clinical Trials (based in Cork in the Blackpool area):

- Appointment 1 will be a screening appointment (max. 1 hour)
- Appointment 2 will be a test day and will last 10 hours)

Depending on the stage of the study at which volunteers enrol, there can be an additional four test days (10 hours each), but there will be a possibility for participants to complete these test days from home following the guidance of study staff.

What will we ask volunteers to do?

- To consume meals containing gluten and dietary supplements.
- To provide samples of ileal effluent.
- To wear a patch on the arm that will measure blood sugar.

Compensation

Participants will receive up to €650 upon completion of the study.

Please note that even after contacting us you will be completely free to decide whether you would like to participate in this research or not. You may also stop participating in the research at any time you choose. It is your choice and all of your rights will be respected.

What do you need to do if you would like to participate in the Ileostomy study?

If you are interested in this study and would like to participate in it, please follow the link below:

https://atlantiafoodclinicaltrials.com/cork/study/ileostomy-study

Once you open this page, click to open the
Pre-screening questionnaire
(Bottom of the page).
Please complete this questionnaire.
A member of the team will then contact you.

Recruitment of participants is being done by our collaborators at Atlantia Food Clinical Trials (based in Cork, in the Blackpool area).

Atlantia Food Clinical Trials
Contact details:
☎ 021 430 7442
💻 studies@atlantiafoodtrials.com

If you would like to be contacted by us, you can fill the contact request form below and send it to Atlantia Food Clinical trials by email (studies@atlantiafoodtrials.com) or post it to Atlantia Food Clinical Trials (Ileostomy Study), Floor 1, Heron House, Blackpool, Cork, Ireland. T23 R50R.

Contact Request Form

Please complete the form below if you would like to receive more information about the GlutDigest study. Please note - you will NOT be added to any mailing list; you will only be contacted in relation to this study.

First name: ____________________ Last name: ______________________

Email: __________________________ Phone number:___________________

☐ Yes, I authorise this information to be sent to the investigator in charge of recruiting volunteers for the Glutdigest project who may contact me with more details about this study.

Date: ___/___/_____ Signature: _____________________________

DIRECTORY OF SUPPORT GROUPS

CARLOW / KILKENNY OSTOMY 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
Next Meeting is on 4th April 2020

CASTLEBAR STOMA SUPPORT GROUP

Coordinator J.J. McLoughlin
Contact 087 2300580
Meet bi-monthly
Meetings held at Rock Rose House, Castlebar at 7pm
Next meeting is on 19th March, 21 May, 16 July, 17 September and 19 November

CORK STOMA SUPPORT GROUP

Coordinator Rose Flynne
Contact 087 2953404
Meet on first Saturday of the month
Meeting held in Clayton Hotel, opposite City Hall
Next meeting is on 1st Saturday of the month 2 – 3.30pm

DROGHEDA/NORTH EAST 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 STOMA 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
Next meeting is on 14 March 2020

GOREY OSTOMY SUPPORT GROUP

Coordinator Frank Norris
087 6204533
Meetings are held on a Saturday in St. Columbas Old Folks Club, O'Byrne Park, Gorey
Next meeting is in April

LETTERKENNY SUPPORT GROUP

Coordinator Rita Marron
Contact 074 9188887
Meetings are held
Next meeting is on

LIMERICK STOMA SUPPORT GROUP

Coordinator Miriam Canty
Contact 087 7940850
Meetings are held in the Milford Care Centre, Castletroy, Limerick at 7.30pm
Next meeting are on 30th March, 25th May, 27th July, 28th September and 30th November

NEWBRIDGE STOMA SUPPORT GROUP

Coordinator Veronica Lynch
Contact 087 7940850
Meetings are held in
The Parish Centre, Station Road, Newbridge, Co. Kildare.6.30 – 8.00pm
Next meeting is on 30th April

SLIGO STOMA 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
Next meeting is on 24 March, 21 April, 19 May, 23 June

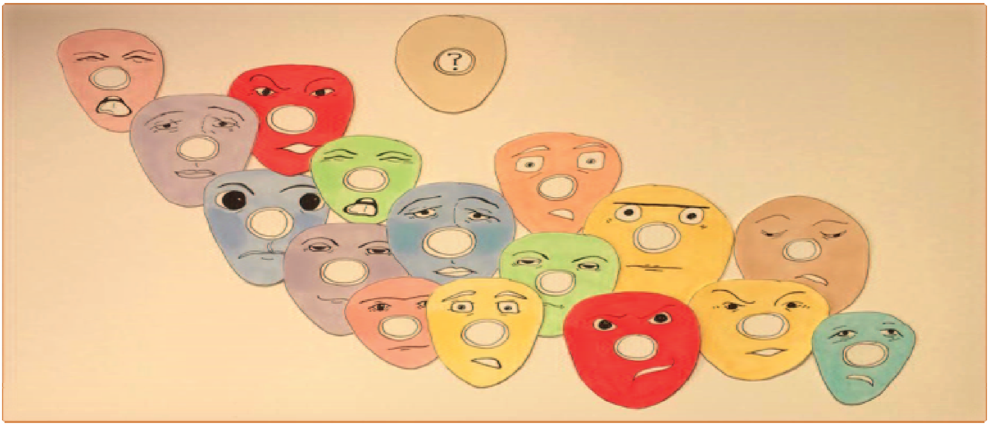
TULLAMORE STOMA SUPPORT GROUP

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
Next Meeting is on the 15 April 2020 from 6.30pm - 8.00pm

WATERFORD STOMA 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
Next meeting is on the 4th March 2020 at 7.00pm

THE ART OF STOMA



Those with a stoma for longer than six months are invited to participate in a Creative Arts Workshop exploring the issues that can affect those living with a stoma. These workshops are experiential in nature.

Facilitated by: Deirdre Kavanagh MA Play Therapist, Clinical Supervisor, Integrative Sand and Creative Arts Trainer (Sandy Lane Institute Ltd.)
Madeleine Grant Stoma Care Nurse, Play/Creative Arts Therapist, MSc Bereavement Studies.

Feedback received from those who attended a previous workshop on what they liked most about the day:
“Hearing others' stories and meeting people with the same issues as me”
“Shared experience, safe space, working with clay, feeling of being ‘minded’ ”
“The work with clay was liberating and gave me the courage to talk”

For details of upcoming workshops or to organise one in your area please contact:

Madeleine at 0872981642/grant.madeleine@gmail.com
Facebook site:
https://m.facebook.com/LifeandStomas/
Website:
https://www.wicklowplayandcreativeartstherapy.com/
Admission: Free -
This workshop is funded by: St. Vincent’s University Hospital.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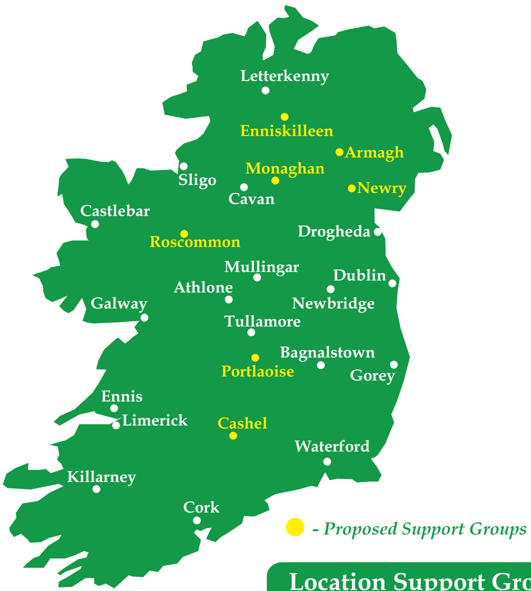

Location Support Groups

For information on where and when meetings will be held during 2019.
Please contact the following Group Co-ordinators.

BAGNALSTOWN : Co-ordinator Jamie Alcock 087 698 3719

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

CORK : Co-ordinator Rose Flynne 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 Lynch 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

Temple Printing, Athlone & Tullamore

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Email: info@ostomyireland.ie | Web: www.ostomyireland.ie
Mobile: 087 700 5966 | Landline: 057 9360 447