

LETTER FROM THE CHAIRMAN

Hi Everyone ,

I Cannot, believe we are now into Summer and we are still dealing with the COVID PANDEMIC. Thankfully the amount of people catching it and ending up in Hospital or even passing away is getting less and less as the weeks go by. I am hoping everyone in our groups have being vaccinated by now and are safe to get out and about. Seeing family, greeting friends, and getting back to as normal a life as possible. My own family are just looking forward to meeting up as a group in a restaurant and playing catch up about everything.

During the month of July we have finally started to organise the first meeting of my local group the Drogheda and Northeast Ostomy Support Group to be held on the 25th Sept in our local St Peters Church Hall, it will be great to meet up with everyone for a cuppa and chat. The Church Hall have provided us with the use of the big hall on a Saturday Afternoon and this will be great for social distancing and staggered meeting times.

Because it has been quiet on the meeting front myself and mark have been busy meeting the Ostomy Companies, Stoma Care Nurses and anyone who can make the

lives of Ostomates a better place. During the previous 7 years Cepta and Gerry worked hard with the HSE getting new Ostomy products listed for people with Medical Cards and the Drugs Payment scheme but since Covid started no new Appliances have been added to the list of items available to Ostomates. We now must work at getting these items listed and available to everyone.

We have some exciting time coming over the next couple of months and with the 10th World Ostomy Day coming on 2nd October 2021, OAI will be Launching the OAI Ostomy Visitor Training Programme and our new Travel Advice, Healthy Eating and Living with a Stoma Booklets and Travel Certificates. This also leads us to consider having our first National Public meeting of the Association on either the 6th or 7th November 2021 since all the Madness began and in compliance with HSE/NEPHET guidelines.

The most important thing about having a good support group is the goodness it brings out in people, it is wonderful that when someone or groups are looking for help or assistance how quickly people put their name forward. They may be only available to help certain times of the year but still put themselves forward.



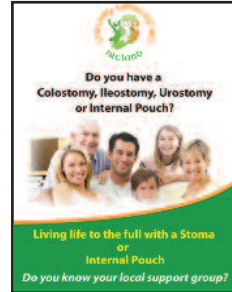
The Titles of the Booklets are:

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

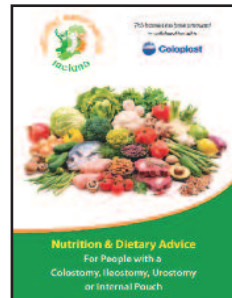
We are presently finalising the Training Manual for the OAI Ostomy Visitor Training Programme and have established a working group to look at the implementation of the Training Workshops and also to seek validation and approval of the Training Programme by the HSE which will be available for all Ostomates in Ireland to consider participating in the Training Programme, We will be looking for members who are interested in training to be on one of the five National OAI Ostomy Visitor Panels we are hoping to establish and to let us know they are interested. Details on the OAI Visitor Training Programme will be in the next issue of Ostomy Ireland News.

Hopefully we can all meet up soon

Take care and stay safe
Paul



2. Nutrition and Dietary Advice for Ostomates



3. Going on Vacation
Holiday advice for Ostomates.



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

 **ALLIANCE**

SECRETARIES REPORT

The past 17 months since March 2020 has been a challenging time for many of us. Now we can at last hope that the lifting of restrictions will increase after allowing indoor dining in Restaurants, Hotels and Pubs. By the end of August Ireland will hopefully have more than 85% of the population fully vaccinated, we await the advice of the HSE/NEPHET regarding numbers allowed to gather in a large room. Provisionally we are looking for a suitable venue to hold a Public Meeting on 6th or 7th November, but current restrictions only allow 100 people in the room. Paul and myself, have been meeting many of the Ostomy Companies over the past couple of Months and they like yourselves are looking forward to being able to meet up again and give you advice and samples to try. However, if only 100 people allowed in a room it is not viable to hold a meeting. We are encouraged by the recent comments of the Chief Medical Officer that we can now look forward to a greater easing of restrictions as the percentage of the population Vaccinated increases. The Autumn issue of Ostomy Ireland News will contain all the information regarding a Public Meeting on the 6th or 7th November at a venue in Dublin once it is safe to do so.

World Ostomy Day is on Saturday 2nd October 2021 and will be celebrated all over the World. OAI will be celebrating the 10th World Ostomy Day in DCU – Dublin City

University, St Patrick's College Campus, Dublin 9. Because of restrictions in numbers, we are looking at the Local Group Coordinators along with two others from their group attending, Representatives of the Stoma Care Nurses – HSE and OSTOMY Company nurses, Medical Professionals, HSE Personnel, Representatives of the Ostomy Companies, and members of the OAI Executive. The OAI Ostomy Visitor Training Programme along with the three booklets which have been produced this year will be launched at this event. It is also hoped approval of our charitable status can be announced.

We have a large database of members names going back to the days of IA Ireland in 2018. We have continued to communicate with members on the Database even when membership annual subscriptions have not been renewed. However, because of GDPR compliance regulations all members must each year complete an application form with their details and tick the consent box and send the application form to the Treasurer. This is especially important when renewing and making payment by EFT through your Bank or Now since 1st August 2021 you can log onto the OAI Website www.ostomyireland.ie complete an application form and pay by Paypal. If you wish to make a donation there is a separate link to make a donation on Paypal. Especially when paying by EFT you must notify us you have made a payment and

send a completed application form to the Treasurer, Ostomy Association of Ireland, 6 Marian Place, Tullamore, Co.Offaly, R35 KD78. . If you were previously a member your details would be on the database. However, if a new member and you make a payment by EFT but do not make contact by returning a completed Application Form we are unable to send you a receipt and Membership Card. To renew your membership by EFT you require the following information:

Account Name

Ostomy Association of Ireland

Account Branch

Bank of Ireland , Tullamore, Co. Offaly

Sort Code 90-19-09

Account Number 26207296

IBAN CODE IE42BOFI90190926207296

BIC CODE BOFIE2D

OAI have set a Final Date to renew your membership which is now 31 August 2021. If not renewed by this Date you will no longer be on the OAI Database. Over the past couple of weeks renewal notices have been sent out to members whose membership has not been renewed and I wish to thank so many of you who have brought your membership in line with the GDPR compliance regulations. It is important that you know as a paid-up member you are covered by the OAI Insurance Policy which provides all Local Support Groups with Insurance Cover for

the activities they organise each year. If you do not have a membership card which is renewed each year, then you are not covered by the OAI Allianz – Community & Voluntary Insurance Policy. Please If you have still not renewed your membership for 2021 do so as soon as possible as only paid up members will receive a communication from OAI post 31 August 2021 in compliance with GDPR regulations.

The Moldova Project continues to be a great success and thanks to everyone no matter how large or small your donation of Ostomy Products has been, it has made a huge difference and we hope we can continue to receive surplus or unwanted supplies of Ostomy Products you may have. Group Coordinators may be willing to accept the ostomy products you wish to donate and arrangements can be made to get them to Tullamore. More information on the Moldova Project in this issue.

OAI hope to undertake a Survey/ Questionnaire again at the end of August/early September. A lot of valuable information was obtained from the last survey/questionnaire we conducted in 2018. In this survey/questionnaire we are seeking information which will hopefully assist us in our quest to have all Ostomates deemed eligible to receive a Medical Card as a Primary Entitlement due to the Life Long Medical Condition Ostomates Endure.



It is only when we have accurate information on the lives of our members and the difficulties many Ostomates experience in their daily lives that the OAI can lobby the Government Department of Health and Department of Social Protection. The cost of Ostomy Appliances and Medication that many Ostomates require each month is a major financial burden especially when you do not have a medical card.

The survey/questionnaire is in five sections :

Section One: General Information

Section Two: Health

Section Three: Travel

Section Four: IT and Communications

Section Five: Fitness, Leisure & Recreation

Please be assured that all returned Survey/Questionnaires will be treated as highly confidential and protected by GDPR obligations and will be shredded once information is analysed.

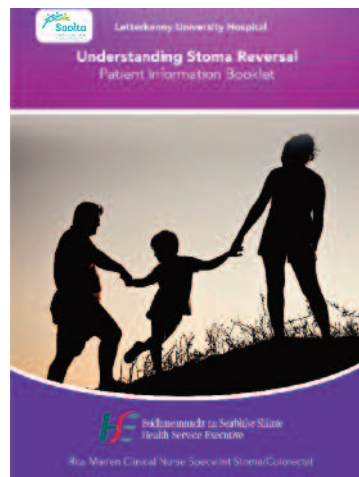
Hope you can all enjoy the rest of the Summer and that we have good weather for all of you enjoying staycations in Ireland. I wish to thank everybody for their good wishes they sent me following my surgery on 31 March 2021 to have a Colostomy Pouch. I thankfully have my Quality of Life back and the challenging times I had for over 2 years are now past history. Hope we get good news concerning being able to hold Local Support Group Meetings soon again once the Chief

Medical Officer gives us the green light and the venues where we meet are available to us also.



If you would like to receive the OAI Travel Certificate please contact the Secretary of OAI

*Take Care and Stay Safe,
Mark*



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



“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.

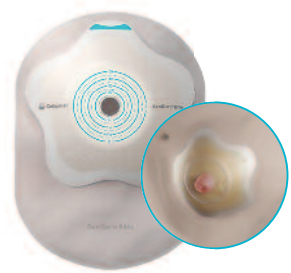
SenSura Mio is the worlds leading ostomy product - from the elastic adhesive on SenSura Mio, our three unique levels of convexity, through to the fit zones on SenSura Mio Concave - these are all examples of BodyFit Technology and demonstrate that when we innovate – we have you and your needs at the heart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



SenSura[®] Mio



SenSura[®] Mio Convex



SenSura[®] Mio Concave

To request a [free sample](#) or to find out more about our products and services visit:

www.coloplast.ie

or contact 1800 409 502



Coloplast Ireland Nursing Service and Clinics

Coloplast have a team of 21 people in Ireland committed to making life easier for patients with intimate healthcare needs. As a global company who are dedicated to improving outcomes for Ostomy patients it is great to see that they are now investing more in Ireland.

Coloplast have recently opened a new office in Citywest in Dublin adding to their existing office in Belfast and are currently looking to shape the future of how they support Irish patients in the backdrop of a global pandemic.



Country Manager, Alice Murphy writes:

"As a company we are investing more in Ireland, we have recently opened a new office in Citywest in Dublin which is adding to our existing office in Belfast. We now have a space to accommodate a growing Coloplast team, meet with patient organisations like the Ostomy Association of Ireland and have the ability to use this space for patient and nurse education meetings.

When designing the space we thought it would be good to have somewhere to offer patients to come to see our nursing team. Our nursing service is evolving with the needs of the patients that use it and with the additional constraints that living with Covid has brought. We have listened to some of the feedback we have received and some patients due to many reasons would prefer to come to a clinic setting rather than have a home visit. This has been exacerbated by covid as many people were anxious about leaving a person outside of their bubble visit their home, we had to adapt to allow us to continue to support our patients as best we could. This meant we were conducting phone calls, virtual calls and now the clinic spaces will give us the ability to see those patients who want to be supported in a different way. We will still see patients at home too as we know it is important in the early stages of recovery to have the ability to meet with the Coloplast Nurse in the comfort of your own home.

Over the last number of months we have seen people in our Dublin and Belfast clinics and the feedback has been super positive so we have taken a decision to have a regional approach and to offer clinic visits in Dublin, Cork, Belfast, Limerick and Waterford initially".

We are conscious that Ostomates will need support at various times in their journey. As body shapes change over time Ostomates can experience leakage which can lead to sore skin. We are here to support Irish Ostomates at any stage of the journey.

If you are experiencing issues such as leakage or sore skin and would like to be reviewed by our Coloplast Care nursing team please contact us by emailing Dublinoffice@coloplast.com or phone our Dublin office on [0874 624751](tel:0874624751) and we will arrange an appointment at our nearest clinic to you.

If you would like to use our space to hold a patient support meeting we are happy to support that too. As a company we are passionate about looking after patients with intimate healthcare needs, we know discretion is important to you and we believe that offering the option of coming to a clinic setting can help address all patients needs better in the future.

Coloplast products are available throughout Ireland and can be ordered via your local pharmacist or from Coloplast Charter if you live in Northern Ireland.

All products are available on either your Medical card or on the drug payment scheme or over the counter at your local pharmacy.

Coloplast Nursing Service and Clinics

The Coloplast Nursing Service works in collaboration with referring healthcare professionals to ensure patients get access to the best ongoing care, advice and support. The Coloplast Nurses are all qualified and accredited specialist nurses who can provide free of charge confidential care, support and impartial advice.

Could you benefit from our FREE Stoma reviews?

If new to Stoma we can provide you with extra support and advice.

The service we provide includes:

- Expert assessment and guidance of your Stoma routine
- We provide education, hints and tips on living with a stoma
- Advice on skin care, diet, travel, exercise, body image and intimacy and lifestyle in relation to optimal management
- Advice on hernia prevention
- Support garment fitting for parastomal hernia
- Support and advice for people who do self catheterisation and also people who use trans-anal irrigation (Peristeen)
- Home visits, virtual consultation either by phone or online

We can help you if:

- Have experienced any leakage?
- Have red/sore skin around the stoma site?
- Suffer with Ballooning/Panacking?

If you have any of the above issues you may benefit from a **free review** with an experienced Bladder and Bowel Nurse Specialist.

The Coloplast Care Nursing Service works in collaboration with referring health care professionals to ensure you get access to the best ongoing care, advice and support in the community.

Coloplast®
Nursing Service



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Coloplast Nurse, West
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gbddo@coloplast.com



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gbccc@coloplast.com



Saragh Broe
Coloplast Nurse, Leinster
Tel: 0860 494897
gbsgb@coloplast.com



Location of Clinics:
Limerick, Belfast, Cork, Dublin and
Waterford

Clinic is by appointment only, please call
Dublin Office on 0874 624 751 who will
arrange your free review at a location
nearest to you.

More information on the products or services we offer you
can also contact us via:



coloplast.ie



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



“Ostomates’ Rights are Human Rights – Anytime and Anywhere!”



Since 1993 the World Ostomy Day WOD is celebrated every three years on the first Saturday in October. In 2021 we are celebrating a special anniversary: It is the 10th WOD and it will again unify ostomates and International Ostomy Association, IOA member associations in the whole world.

For each WOD one of the three IOA regions :

- The Americas
- Europe
- Asia & South Pacific

Takes the responsibility for organising World Ostomy Day – WOD

This year the motto for WOD 2021 was proposed by the European Ostomy Association EOA.

The Motto for WOD 2021 is :

“Ostomates’ Rights are Human Rights – Anytime and Anywhere!”

The Executive Council of the European Ostomy Association EOA chose the Motto for this years WOD from among nine different proposals which were suggested by EOA members. The “Charter of Ostomates Rights”, issued in its first version by the IOA Coordination Committee 1993, defines the needs and the care of ostomates to live a life in dignity. It is necessary that ostomates receive the information and care which will enable them to live a self-determined and independent life and to participate in all decision-making processes.

In 2020 and again in this year 2021 ostomates in nearly the whole world faced the threat of the SARS-Cov2-virus (Covid 19) and its consequences for health and daily living. Many activities of Ostomy Associations could not take place in the usual way. Chapter Meetings with personal contacts was not possible, visiting service to hospitals had to be stopped in most cases, Conferences and Congresses had to be cancelled or postponed.

Often the personal care needed by Ostomates when at home for the first time after surgery by a Stoma Care Nurse was considerably reduced or not available. The EOA even heard about problems in some countries where the resources of the health system had been concentrated on Covid 19. The access to affordable appliances had been limited which created a very big challenge for ostomates and ostomy associations.

In these times it is one of the great concerns of the EOA to put the focus on the Charter of Ostomates Rights : The defined needs and care are not anything at all! They describe necessary needs of a special group of people. The rights of Ostomates and People with a Disability are an own right, and all these rights are Human Rights. Ostomates matter, People with a Disability matter!

So with the WOD Motto 2021 Ostomy Associations throughout the World will underline that Ostomates Rights are not negotiable. They must be respected by governments, politicians, healthcare authorities, companies, and suppliers, by doctors and nurses, by every Human Being and by every Society – even in uncertain times.

On Behalf of the EOA

Jon Thorkelsson

President EOA

January 2021





Charter of Ostomates' Rights

The Charter of Ostomates' Rights presents the special needs of Ostomates and the care they require. They have to receive the information and care which will enable them to live a self-determined and independent life and to participate in all decision-making processes. It is the declared objective of the International Ostomy Association that this Charter shall be realised in all Countries of the World.

The Ostomate shall:

1. Receive preoperative counselling to ensure that they are fully aware of the benefits of the operation and the essential facts about living with a stoma.
2. Have a well-constructed stoma placed at an appropriate site, and with full and proper consideration to the comfort of the patient.
3. Receive experienced and professional medical support and stoma nursing care in the preoperative and postoperative period both in hospital and in their community.
4. Receive support and information for the benefit of the family, personal caregivers and friends to increase their understanding of the conditions and adjustments which are necessary for achieving a satisfactory standard of life with a stoma.
5. Receive full and impartial information about all relevant supplies and products available in their Country.
6. Have unrestricted access to a variety of affordable ostomy products.
7. Be given information about their National Ostomy Association and the services and support which can be provided.
8. Be protected against all forms of discrimination.
9. Receive assurance that personal information regarding their ostomy surgery will be treated with discretion to maintain privacy, and that no information about their medical condition will be disclosed by anyone possessing this information, to an entity that engages in the manufacture, sales or distribution of ostomy products, nor shall it be disclosed to any person that will benefit, directly or indirectly, because of their relation to the commercial ostomy market without the expressed consent of the ostomate.



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085 239 1274 to arrange a consultation

WE'RE HERE TO SUPPORT YOU

Supportx offers a range of compression products especially designed for stoma patients with or without parastomal hernias. Get in touch to arrange your free consultation!

Our customer service team can help find the most suitable garment for you.

AVAILABLE ON MEDICAL CARD AND DRUG PAYMENT SCHEME




Easy Peel Belt
Firm Support



Shield Belt
Firm Support

Our **entire range** is available in a **variety of sizes and colours**, get in touch for **more information**

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For more information visit
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 Ceannaire Medical Ltd, Unit 1 Riverdale House, 11 Riverdale Park,
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**CEANNAIRE**
MEDICAL

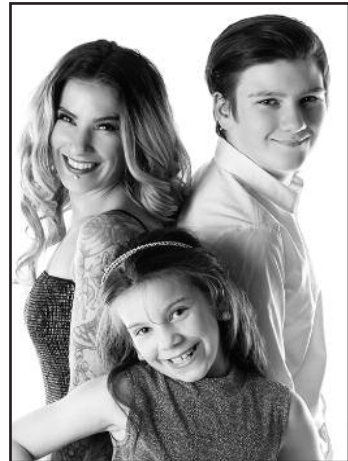
MY LIFE MY STOMA SANDRA FARMER



Hi my name is Sandra. I am 36 and I am an Ostomate. My story began back in 2008, Just over a year after having my first baby, when I was diagnosed with Ulcerative Colitis. I started on Pentasa sachets and Questran. After a couple of flare ups and steroid stints I had been doing fairly ok. Then on my second pregnancy in 2010 I became very ill. My daughter was born in June 2011 and medication started all over again. Many steroid stints along with Imuran, 6mp, Humira and finally Infliximab. Unfortunately for me, none of these medications worked and I became a prisoner in my own home until finally in January 2013 my life changed for the better.

I had emergency surgery to remove my entire large bowel creating an ileostomy. This surgery was my lifesaver. Although there were many struggles mentally, having my bag, although seen as a disability was actually an ability for me. An ability to live life again. To do all the little

things I'd taken for granted like food shopping, taking the kids to the park, walking the dog. All of these had been a struggle for so long, always looking for places with bathrooms, having to use staff toilets midway through food shopping because I just couldn't make it through a full shop, and finally this was no longer a problem. My kids had their mammy back and I felt like me again. By the end of 2014 I hit another struggle. My rectum became diseased and it was back to trying medications to help.



Sandra, Kai, & Ryleigh

In this time I had come across the IA which is now The Ostomy Association of Ireland. Going to their events really opened my eyes to many products available out there and also introduced me to so many people with ostomys. Hearing other peoples stories really gave me a boost. This made me want to help others who were going through the same as myself.



I took it upon myself, through crohns and colitis facebook groups, to reach out to anyone needing advice or just a chat. In this time I met a lovely 16 year old girl about to go through surgery. I went to the hospital to visit her before surgery. I showed her products I used and spoke about how great life can be with an ostomy. I also went to visit her after surgery and again when she got home and felt it really helped her get through the tough times. I am also on a facebook group for parents of children who have cancer. I am on this group as my son had cancer as an infant and is now 12 years clear. On this group I met a lovely family whose 5 year old son has 2 ostomies. I organised to meet up with them and have a chat. Myself and this boy had great fun comparing bags. This was huge for me and for the family.

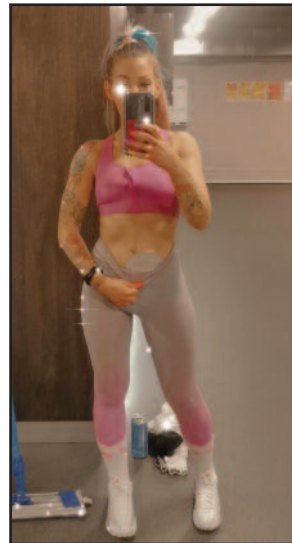
In 2017 it was decided my rectum needed to be removed and closed and I was beyond happy to have this done because there was no way I was giving up “Stomy” (the name I'd given to my stoma). At the end of 2017. I had won a gym membership and almost gave it to a friend, but hearing other people tell me it was possible with the right supportwear, I was only delighted to get myself in shape. Which leads me to my new job. I am now a Product specialist with Ceannaire Medical promoting Suportx hernia support garments and Trio Ostomy Care products. These products not only help with my everyday ostomy appliance but also with my everyday exercise plan. The Trio products are silicone which make them

so kind and gentle on the skin with no residue left behind, that I have no skin issues at all. The Suportx hernia support belt not only prevents me from developing a hernia while training, but it's also comfortable enough to wear all day while keeping up with my busy schedule. If it was not for my ostomy I would not be here to see my kids grow up, to enjoy the good things in life, and if it was not for The Ostomy Association of Ireland, I would have never met the amazing people that changed my outlook on life with an Ostomy.

I hope that anyone struggling can get some comfort from my story. The road is long but my god it was worth it.

***“Make your smile change the world,
But don't let the world change your
smile”***

Sandra



trio ostomy care™

CEANNAIRE
MEDICAL

it's time to
CHANGE

John's Story...

I have been using the Trio Silicone products that were sent to me and Siltac 3 is amazing! I can't believe the difference they have made. I have been able to keep my pouch on for two and a half days the first time in 18 years! For all the sores and pain I have been through over the past years, I cannot believe how in just a short time the Trio products have changed my life. I just can't thank you enough.


Call our Product Specialist on

085 239 1274

to order products or make an appointment
with your Trio representative



Order your FREE sample today
feel the difference, experience the benefit

 Ceannaire Medical Ostomy Supplies

www.ceannairemedical.com





A Bigger Life

You are not alone

Having stoma surgery can be a life-changing event. You may feel scared, shocked, relieved or embarrassed. But now you can feel more prepared.

A Bigger Life will support you throughout your stoma journey no matter what stage you are at, answering all your questions, from managing common stoma problems, to going on holiday. It also connects you to other ostomates and clinical experts to support you on living your bigger life.

Visit abiggerlife.com today or call 01 6794400 to request your free bigger life booklet.

MY LIFE MY STOMA MADELEINE GRANT



If you change the order of the words in the title to - My stoma my life — it depicts what often happens when our body image is altered, our focus narrows.

'The Body Keeps the Score' by Bessel Van Der Kolk and 'When the Body Says No' by Gabor Maté, are some of the books that have enabled me to understand how memories of traumatic life experiences, are held within our bodies. If these experiences are not properly processed and integrated it can result in the development of physical illness or illnesses of the psyche.

This has been the story of my life. Unexplored and unexpressed grief that was held in my body for years and as a result, I believe, my immune system was compromised and I developed Ulcerative Colitis (UC). The first symptoms of UC appeared following the deaths of two people within my immediate family within a 7 month period. My method of coping was to keep very, very busy, therefore minimising the time I had to reflect on what had happened. Yes, there was a family history of Ulcerative Colitis – my mother developed

UC after the death of her baby son who died at full term. I was born 2 years later, so my memories of my mother include her running very quickly past me to the nearest loo!! She never got professional advice re her UC, she was just treated by our family GP. My mother feared the prospect of ever having a stoma. When her adult son died as a result of a drowning accident, she developed cancer within 5 months and died 7 weeks after diagnosis. She was only in her 50's.

A few months later at the age of 19, I had my first colonoscopy which diagnosed Ulcerative colitis. I struggled with UC over the next 20 years, at times being very ill. How normal running to the loo 15-20 times became, while at the same time trying to get my young children ready for school. Why would anyone put up with this??? It is the nature of chronic illness, that over its duration, we accept, without recognising it, a reduced quality of life.



One of my memories around this time is of an appointment I had with my consultant a few weeks before Christmas begging him to give me something to get me through the festive period. My children were young and I wanted to be well enough to do what needed to be done.

Eleven months later I had surgery to.. as I saw it then.. give me back a 'quality of life'. I was living finally, without an illness that had taken up a substantial part of my life. I was the patient who bounced back after the surgery, kept smiling and kept very, very busy. The well-meaning phrases of 'I don't know how you do it' 'You are great' became some of my most hated expressions to hear. I didn't necessarily feel great, I did it because I had no choice. I still had not acknowledged feelings of loss and anger ...I was unaware of them....so my body had to shake me to the core again. A year after my first surgery, I was on the way home from a close friend's funeral when I started to get abdominal pains. I ended up in hospital with a twist in my bowel. I was very ill after this surgery. I was in ICU, on a ventilator, with many complications. It was at this point I knew I needed to change how I processed and dealt with different events in my life. This was not easy as my body was so programmed to act/react in a specific way. I was the person who, just got on with things. I did not dare show any signs of vulnerability. I needed to learn that it is not a weakness to be vulnerable and to say 'it is / I am NOT OK'.

Adrienne Rich summed it up in this line from one of her poems 'There must be some among us with whom we can sit down and weep and still be counted as warriors'. I read many books. I started to meditate. I went to a wonderful Buddhist retreat centre on the side of a cliff on the Beara Peninsula. I studied to become a play/creative arts therapist. The creative arts got me out of my head and into my body. No words were required, the creative mediums were all I needed. I gave myself the permission to be vulnerable. As Brené Brown says 'Vulnerability is the birthplace of creativity, innovation and change'.

I wanted to learn more about the grieving process so I completed a MSc in Bereavement Studies with the Irish Hospice Foundation. Grief is not something we feel just at times of death. There are many different life events, that can leave us with a sense of loss, two of these being illness and surgery. When we grieve we are also grieving for future losses. We all have a vision or an expectation that life might pan out in a certain way, and then an illness/surgery occurs and those things we assumed would happen, now may not, or we perceive they may not. I had refused to give myself the permission to grieve for the many losses I had experienced, one of those being the loss of my body as I knew it.

Creative Arts Workshops



This personal learning, plus my work as a stoma nurse - visiting patients in hospital and at home following bowel surgery, hearing their stories - inspired the development of Creative Arts Workshops for those who have had bowel surgery resulting in a stoma. A friend and wonderful therapist agreed to run them with me. By limiting the size of the groups, a sense of intimacy and openness was created, which helped those who attended to feel safe and ... the creative mediums did the rest.



It is so important to acknowledge that some people will need a 'leg up', to help them over the hurdle of dealing with the losses related to illness and surgery and the loss of body image. Our previous ways of coping with loss and grief in our lives, may interfere with how we process these changes. Acknowledging these ways of coping can be the start of developing a healthier mind/body relationship.

Our main funding for these workshops came from St Vincent's University Hospital. As a result of Covid 19 these workshops have stopped but I hope that I can get some up and running in the near future.

Woodland Therapy Room - bringing nature into therapy



To top up my Qualification as an Accredited Play/Creative Arts therapist I have completed a Post Grad diploma in Integrative Counselling and Psychotherapy to enable me to work therapeutically on a one-to-one basis with adults who are struggling post-surgery. I am also completing an Environmental Arts Therapy Course so I can bring my therapy out into nature if that is what a client would find more helpful. This course is an experiential one, giving me 'hands on' experience, of the power of nature, to provide and to heal.

Nature has a way of giving us what we need at any given time. It has been a huge support to me over the years – being out in its wildness and its absolute beauty reminds me of how

insignificant I am in the greater scheme of things and what seems like an insurmountable obstacle is actually manageable if seen from another perspective.

Albert Einstein described how we need to free ourselves from the delusion of being separate from nature and everything around us and he says our task must be to widen our circle of compassion to embrace all living creatures and the whole of nature in its beauty. My reading, studying, self- exploration, interactions with others, and life experience have taught me that I and only I, am responsible for how I live my life – despite the fact that very difficult events, sometimes life changing ones, can and do occur, it is me, myself, who is responsible for how I respond to them. I have choices. I intend to continue to explore the literature and any research available that investigates the relationship between previous traumatic events and illness and how our bodies 'keep the score'.

The stoma does not stop me from doing anything. It is the reason I have lived to the age I am now. I am very grateful for the joy I feel when I am out in nature and also for my acknowledgement of how my body has held onto memories deep within its core, in the muscles, in the bones and the fact I have given myself the compassionate permission to explore and go with these emotional memories in a non- judgmental way.

Of course, having a loving immediate and extended family, both 2 legged and 4 legged, really is the icing on the cake.

If you have any questions about the Creative Arts Workshops or anything else in this article please do not hesitate to contact me.

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<https://www.wicklowplayandcreativeartstherapy.com>

Madeleine Grant, MSC Bereavement Studies, RGN,

Accredited Play/Creative Arts Therapist

Diploma in Integrated Counselling & Psychotherapy





WHEN I AM AMONG THE TREES

by Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.
And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine."

Hollister Stoma Care Nursing Service

Who we are...

100 years ago, John Dickinson Schneider started a company printing birth certificates in the basement of his home in Chicago. Mr. Schneider purchased The Franklin C. Hollister Company manufacturing innovative products, such as a newborn baby foot printer, Cord Clamp and the revolutionary Ident-A-Band patient-identification bracelet.

In the early 1960's an employee, whose father had a colostomy came to Mr. Schneider with an idea to develop ostomy products. Hollister introduced its first ostomy products in 1963. These products were revolutionary, creating overwhelming demand from hospitals, nurses and patients.

Built in 1976, the Hollister ULC manufacturing facility is set in 40 acres of wooded parkland on the banks of the famous River Moy and has grown in strength, currently employing over 950 associates, mainly from the North West area. Hollister ULC manufactures advanced medical products for Ostomy Care, which includes two strong global brands – Hollister and Dansac Ostomy and Continence Care. As mentioned we have been serving healthcare professionals and patients for 100 years, 45 of those years in Ireland - making a difference in the journey of life for people throughout the global community.



Ostomy Care
Healthy skin. Positive outcomes.™

The facility, originally 163,000 sq. ft., now covers 240,000 sq. ft. (5.5 acres) houses two plants, Ostomy and Continence Care manufacturing and the Hollister Global Continence Research and Development department.



Hollister Ballina makes a significant contribution to the community as one of the largest employers in the area, supporting organisations and charities in the area.

Environmental responsibility is an extension of the Hollister Immutable Principles to act with *Integrity* and be a good *Steward* of earth's limited resources. Hollister ULC have been shortlisted for the 2021 Green Medtech Award in Ireland.



All associates at Hollister, an employee owned company, firmly believe in Our Mission to make life more rewarding and dignified for those who use our products and services.

Hollister Stoma Care Nursing Service

A team of eight highly experienced Stoma Care specialist Nurses provide care and support in both hospitals and homes across Ireland.

We welcome referrals from our colleagues in the HSE hospitals, Public Health Nurses and any patient or carer, can of course, self-refer. Our nursing services are available to anyone with a stoma regardless of the kind of product you choose to use - your wellbeing is our priority.

Throughout the pandemic we have offered telephone or video consultations where a home visit has not been possible. We adhere to COVID-19 public health guidelines with full PPE, our nursing team are fully vaccinated and perform twice weekly lateral flow tests.

We pride ourselves in providing compassionate and excellent care and a recent patient feedback questionnaire showed that 100%* of respondents would recommend our service.

- 4% Yes, to some extent
- 96% Yes definitely

* Patient Satisfaction Questionnaire
Hollister, April 2021 (95 sent in total)



Stoma Care Nursing Team

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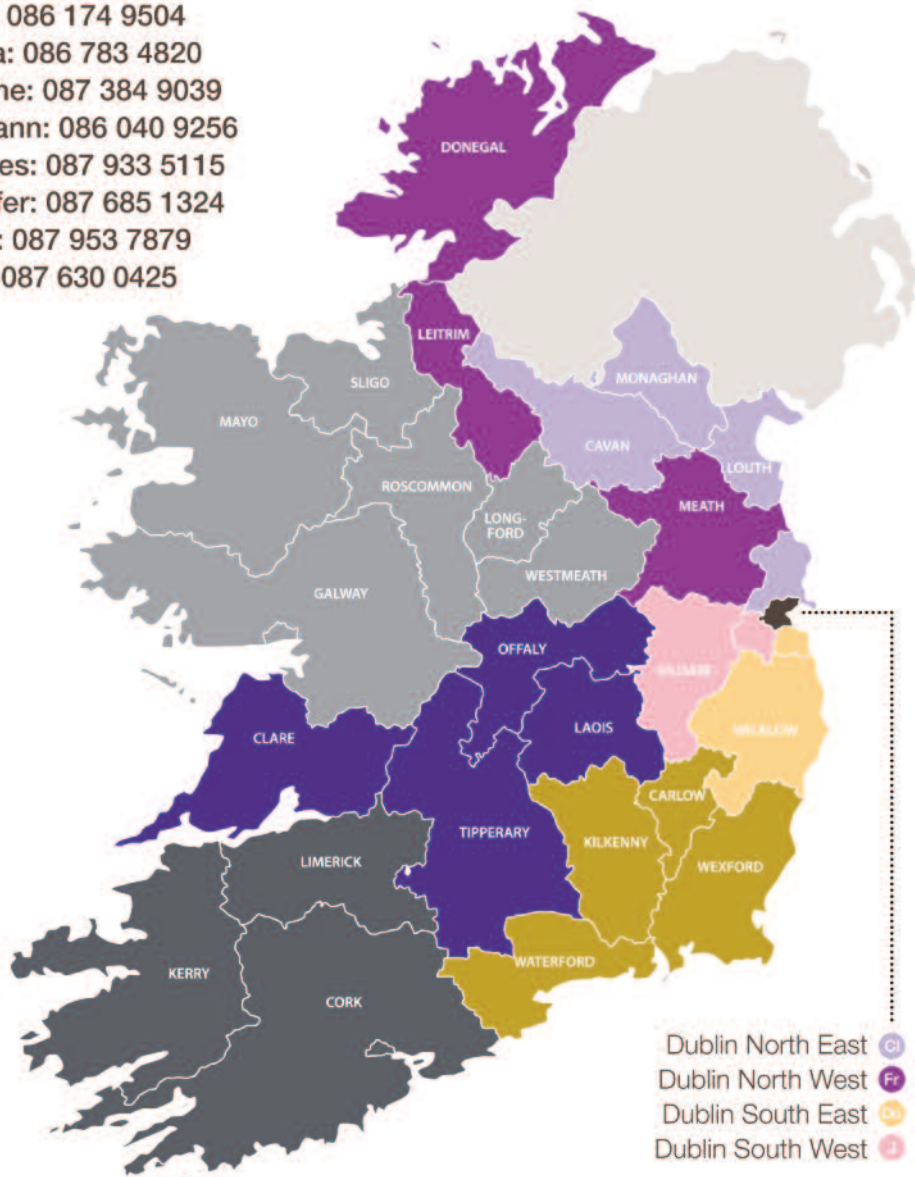
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Hollister Customer Services: 014688480

www.hollister.ie

Stoma Care Nursing Service

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- Cl** Cliona: 086 783 4820
- Dp** Daphne: 087 384 9039
- Do** Doireann: 086 040 9256
- Fr** Frances: 087 933 5115
- J** Jennifer: 087 685 1324
- Fi** Fiona: 087 953 7879
- R** Ruth: 087 630 0425



Skin Health and when to contact your stoma nurse

Many people believe skin problems are a normal part of living with a stoma. When peristomal skin is compromised, it can lead to leakage, irritation and worry. Our goal at Hollister is to help you maintain healthy peristomal skin from the start. Skin health is important, the correct fit and formulation of product can exceed individual needs.

Remember to check your stoma and surrounding skin regularly.

Take a look at what's **NORMAL**



✓ Your Stoma should be:

- red
- wet
- warm
- sticks out

✓ Your Skin should:

- be dry
- not have a rash
- show no redness
- show no flakiness

Take a look at what's **NOT NORMAL**



✗ Your Stoma

- doesn't stick out
- sticks out too far
- is cool or cold
- is very dark or pale

✗ Your Skin

- has a rash, or redness
- is dry and flaky
- is itchy, burning or painful
- have any wetness

You do not need to be on Hollister or Dansac products to use our services and our nurses so please do get in touch if there is anything we can help you with.

Healthy Skin,

Positive Outcomes



Peristomal Skin Deserves Better.

The importance of peristomal skin health in ostomy care can't be overstated. The condition of this skin greatly affects how well the skin barrier can adhere, as well as the general comfort and well-being of patients living with a stoma. Maintaining healthy peristomal skin from the start is the ultimate goal.

CeraPlus™ skin barrier with Remois technology* has arrived. Our latest skin barrier is infused with ceramide, the skin's naturally occurring protection against dryness.



WHAT HAPPENS WHEN YOU CHOOSE CERAPLUS SKIN BARRIER?

PREVENTION OF
LEAKAGE

↑ **25%**¹

increased satisfaction

PREVENTION OF
ITCHING

↑ **22%**¹

increased satisfaction

👍 **75%**

of patients were very
satisfied with **OVERALL
PERFORMANCE**

You have a choice. Choose Cera Plus skin barrier and help maintain healthy peristomal skin from the start. **Order your personal supply today on 1800503400.**



Ostomy Care

Healthy skin. Positive outcomes.

1. Colwell et al. 2018, A Randomized Controlled Trial Determining Variances in Ostomy Skin Conditions and the economic impact (ADVOCATE trial), J Wound, Ostomy & Continence Nursing, 45(1), 37-42.

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Empowering **your journey** with a stoma!



I N V I T A T I O N

Agenda:

- Everyday hints & tips
- Nutritional advice
- Exercise for Healthy You
- My ostomy journey
– Liam Manning
- My ostomy gave me
POWER – Gill Castle



Register TODAY to secure your place (please click)

2pm
Saturday 4th September

2pm
Thursday 16th September

6pm
Thursday 9th September

2pm
Saturday 25th September

We hope you can join us

Together with

Secure Start



Hollister.

dansac



MOLDOVA PROJECT

The Institute Centre of Health Cimislia provides palliative care for patients suffering with various forms of cancer. They have 80 ostomates who have had surgery because of Bowel, Colorectal or Bladder Cancer and now have a Stoma.

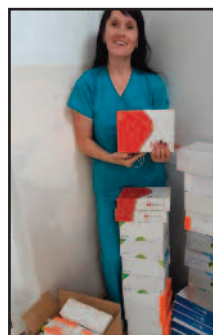
Following the appeal last September by Elena Cecati a Moldovan who is living and working in Dublin for ostomates in Ireland to donate any surplus or unwanted ostomy products for ostomates living in Moldova. OAI members responded most generously and so far 10 consignments of ostomy products have been sent to Moldova. The first consignment sent was last November and the most recent two weeks ago.



Delivery of Ostomy Products

The Institute Centre of Health Cimislia has created a Network with 6 other Hospitas I and a Residential Home for elderly people and has distributed ostomy products to them. Some members also donated Diapers or Sanitary Pads and these were also most welcome. The range of ostomy products donated and sent to Moldova have been gratefully received and the reaction

has been amazing. Doctors have said they had never seen nor known about some of the ostomy products OAI members donated. The feedback has highlighted the following ostomy products – Stoma pouches/bags in different shapes and forms, Adhesive remover sprays and wipes, Barrier creams, sprays and wipes, Flange extender strips to apply around the base of the pouch/bag and seals to help prevent leakage. The ostomy products members have donated have contributed so much to help improve and change the lives of so many ostomates in Moldova. They can now hope to have a Quality of Life again and to be able to Live Life to the Full again.



Nurse Parau Lidia Sorting Ostomy Products

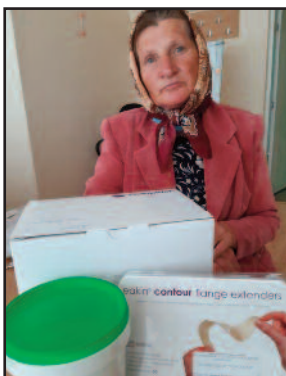
Prior to receiving donations of ostomy products from ostomates in Ireland, ostomates in Moldova suffered greatly with shortage and non availability of Stoma pouches/bags in pharmacies and when available the cost was so expensive and for many very difficult to afford and to be able to purchase them. Ostomates tried to save on the use of their stoma pouches by sometimes not wearing a pouch/bag and leaving their stoma exposed with no protective cover. If they happened to fall asleep, they often woke up and found their stoma had discharged waste while they were asleep



and they had discharge on their body and clothes. It does not bear thinking about. It was very stressful and embarrassing.

Ostomates also sometimes did not wear a pouch because of skin irritation caused when removing a pouch/bag without any adhesive remover spray or remover wipes. It was a painful and most unpleasant procedure.

Ostomates now after receiving the many different ostomy products donated are now able to leave their homes because they feel safe and are less fearful of having a problem with leakage and are starting to Live Life to the Full again. They can now think about going out of their homes for a walk, go shopping and are able to go and visit family and friends without being worried they would have leakage or a burst stoma pouch/bag.



Cecati Viewing Ostomy Products

One of the ostomates who has benefitted from the ostomy products sent is a 71yr old lady called Cecati Zinovia, a retired nurse who was diagnosed with bowel cancer last year and had ostomy surgery in March this year.

She is so happy to have received ostomy products donated by ostomates in Ireland.



Nurse Parau Lidia Unpacking Ostomy Products

Please continue to donate your surplus or unwanted ostomy products which are surplus to your needs and which you no longer require. It does not matter if pouches are loose and not in a box. Half boxes or broken boxes are fine. They will be gratefully received in Moldova. If you have ostomy products you wish to donate and can deliver or send to 6 Marian Place, Tullamore, Co. Offaly, R35 KD78 great, if not contact your local support group coordinator who may be willing to take them and arrangements can be made to have them then sent on to Tullamore.

If you would like more information about the Moldova Project you can contact

Elena Cecati 089 2050382 or

Mark 087 3843412.





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Secure

Fits securely to your body
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Soft, shallow convexity with ring flexibility holds your pouch closer to your body.



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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:



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Areas covered

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



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Areas covered

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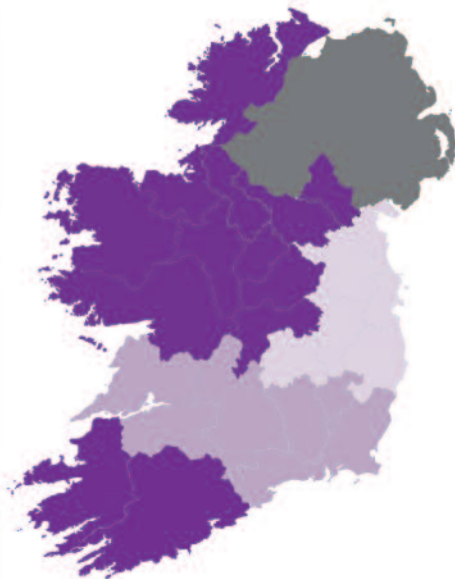


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