



October 2019

Ostomy Association of the Houston Area

AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Ostomy Awareness Day— October 5, 2019

Easy Ways to Get Involved Share Your Lifesaver Story, Photos/Video

How many years have you been alive because of your ostomy surgery? Share your stomaversary and how this surgery saved your life. It's also a chance to share your stoma's name if it has one. Email ed.pfueller@ostomy.org or post on your social media use the hashtag #MyOstomyMyLifesaver and #ostomyday2019. Also, use this year's lifesaver logo frame in a profile photo. See Molly Atwater's story below for inspiration.

Please tag UOAA on (Facebook @uoaainc, Instagram @uoa, or Twitter @uoa)



[Click on this link to view a video!](#)

Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

Get Your Rear in Gear—Houston

When: Saturday morning, November 16, 2019

Where: Baylor College of Medicine, The McNair Campus,
7132 Staffordshire, Houston, Texas 77030

Colorectal Cancer Survivors—Your registration is FREE!!

We're committed to empowering personal change on a national level by bringing understanding, raising awareness and eliminating fear of colorectal cancer. Join us for Get Your Rear in Gear—Houston to help raise awareness about colorectal cancer, the second deadliest cancer killer, right here in Houston. Survivors, caregivers, family, friends, and the local community will come together and work to educate our community about this largely preventable cancer. Events include a timed (certified) 5k run, 5k walk, Kids fun run, and dog costume contest!! Please join us for this family friendly event and learn how to take control of your gut. Please join us for this family friendly event and learn how to take control of your gut! If you have any further questions please feel free to email Allison Rosen at arl@bcm.edu.



Allison Rosen is the Lead Project Coordinator, Baylor College of Medicine, Dan L. Duncan Comprehensive Cancer Center, Office of Outreach and Health Disparities and she is the Event Director for Get Your Rear in Gear—Houston.

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

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Central Group News

On Monday, September 16th the Central Group enjoyed an insightful PowerPoint presentation from Board member, Mike McGinity. Mike attended the UOAA 7th National Conference in Philadelphia. The 5-day conference was filled with presentations, social events, discussion sessions and a 2-day product exhibition hall—something for everyone. The conference included dedicated tracks for caregivers, young adults and pediatrics and sessions with top medical professionals, an active lifestyle panel discussion and also free stoma clinics with WOC nurses. Social events included a 5K NuHope Fun Run/walk, an improv comedy show and a roaring 20's casino night. Hollister introduced a Peristomal Skin Assessment Guide for Consumers which is a resource developed to help you take your skin health into your own hands. You can find more information on the UOAA website at www.ostomy.org. Thanks Mike! We have a lot to look forward to in August 2021 when Houston will be the host for the 8th National UOAA Conference.

We also welcomed Carolina and Bert at our meeting and we hope to see them again in October!

I wanted to thank Laurie P. from the Northwest Group for sharing her Cayman Islands vacation with us in our September newsletter. It sounds like Laurie and her friends had a wonderful time and I especially enjoyed reading about her kissing the stingray! How many of you are brave enough to kiss a stingray? Here's wishing Laurie many years of good luck!

Ostomies Are Life-Savers and October 5th is Ostomy Awareness Day. You can get involved by going to the UOAA website www.ostomy.org and sharing your story. You can even add photos and/or videos and tell how your surgery saved your life. To learn more about this please check out the Ostomies Are Life-Savers ad in this newsletter.

Did you know there is an Ostomy and Continent Diversion Patient Bill of Rights (PBOR)? The UOAA encourages you to speak up and be a force for change if you believe your rights are not being met. A copy of the PBOR is in this newsletter and you can download the PBOR from the UOAA website (there is a wallet size and a wall hanging size). You will also find the Top 10 Ways patients should use UOAA's PBOR in this newsletter.

One more thing: please save the date for the Holiday Luncheon, 11:00 am on Saturday, December 14th at the Junior League of Houston, 1811 Briar Oaks Lane, Houston, TX. 77027. We are working on the menu and the price (around \$30 per person). Look for more information in our November newsletter.

We are looking forward to welcoming you to one of our monthly meetings. The Central Group will meet on October 21 at 7:00 pm.

Kathleen Duplessis, President, OAHA, 713-299-3180

Northwest Group News

Our Northwest Group September meeting was cancelled due to inclement weather. Do not be disappointed. Ken Gross is going to teach at our upcoming annual picnic meeting in October! Line dancing does not require a partner. Also, please note, it is best to wear close-toed shoes and not sandals due to the risk of falling if your feet move and the shoe does not.



The annual Northwest Group potluck picnic is an opportunity for fun fellowship and great food. All members, family and friends of the Ostomy Association of the Houston Area are welcome. It will be held on October 16th at 7:00 pm at our regular meeting location. Please contact Patti Suler (contact information on the back page) to share details regarding your dish contribution – no one wants six potato salad dishes although we are sure everyone's version is delicious.

Ken Gross is one of our newest members. Prior to moving here from the Daytona Beach area, Ken and Paulette enjoyed ballroom dancing because of their shared love of music. Ken was diagnosed with prostate and bladder cancer in December of 2006. He underwent several BCG (Bacillus Calmette Guerin intravesical immunotherapy) treatments. Ken advises that they relocated here in 2007 to be closer to their daughter, family and excellent doctors.

Ken underwent radiation treatments in June of 2008. It was during that time when Paulette saw an advertisement in the newspaper about line dancing classes at a local community center. They decided to give it a try and after five months Ken became the instructor.

Ken underwent a radical cystectomy with an ileal conduit urostomy this past January and joined the Northwest Group shortly after surgery. Ken and Paulette returned to line dancing at the Tomball Community Center approximately three weeks after surgery. Ken hopes to return to teaching his own class again after he regains his strength and stamina.

Ken and Paulette have been married for 53 years. They were married in Paris, France, her hometown. We hope everyone can attend our picnic and get an opportunity to dance with Ken and Paulette.

Billy Locke, 337-515-6354



The **United Ostomy Associations of America (UOAA)** can be contacted at:
www.ostomy.org or 800-826-0826

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

Baytown Group News

Baytown Ostomy Support Group met September 9th for a presentation on Pelvic Health by Michelle Jernsletten, PT, MPT. Michelle led the group in a discussion that reviewed the anatomy of our pelvic floor and the relationship to urinary and fecal incontinence and sexual function. A Physical Therapist can identify and help restore problems with ones' posture and skeletal alignment as well as working to restore strength and coordination to pelvic floor muscles. Treatment is individualized and designed with ones' goals and needs in mind. Treatment may include exercise, neuromuscular re-education using biofeedback, electrical stimulation, manual therapy, and possible lifestyle modifications.

Michelle shared research which revealed that Physical Therapy intervention for urinary incontinence resulted in significant improvements in symptom and quality of life scores.

(Neville, et al. (2016) *Topics in Geriatric Rehabilitation*. Oct-Dec 32(4), 251-257.) Women were more likely to report cure/ improvement if pelvic floor muscle therapy was taught and supervised by a health professional versus self-administered. (Dumoulin. Cochrane Database Systematic Review 2011 Dec 7) Additional studies revealed that Pelvic Floor Muscle training elevated the bladder and rectum as well as reduced frequency and bother of symptoms. (Braekken IH, et. al. *American Journal Obstetrical Gynecology*. 2010 Aug; 203 (2):170.) In a final study, Women with symptomatic stage I or II prolapse who received 16-week physiotherapy intervention were significantly more likely to say their prolapse is better and had greater improvement in symptoms. (Hagen, S, et. al. *International Urogynecology Journal Pelvic Floor Dysfunction*. 2009 Jan; 20(1):45-51)

Michelle encouraged the group to talk with their physician if they felt their Pelvic Health could benefit. Referrals can be faxed to outpatient fax # 281-420-6885. Outpatient staff will verify insurance and contact patient.

Baytown Ostomy Support Group continues to meet the second Monday of each month in the CRCU Community Room. (Located in Plaza 2 of the hospital.) We hope you will make plans to join us. Presentations scheduled for the remainder of the year include: October–Nutrition; November–ConvaTec; and December–Dr Kronfol.

Best regards,

Cindy Barefield, RN, CWOCN 281-428-3033

Houston Area, Ostomy, Pediatric Education & Support Group (HOPE)

Date: Sunday, September 8, 2019
Time: 2:00-3:00 p.m. (2nd Sunday of every month)
Location: Texas Children's Hospital The Woodlands
 Inpatient Building *See page 8 for flyer and more information!*

Sugar Land Group News

Due to weather our September meeting was cancelled. Our next meeting will be October 17th from 6-7 p.m. at Houston Methodist Sugar Land Hospital Main Pavilion Conference room B, featuring Tracy Baranzky with Convatec on the me+ products.

Joan Burnham, MSN, RN, OCN, Oncology Nurse Navigator
 281-274-0188

Sepsis

*By Brendan Furlong, MD
 Chief of Service, Emergency Department, Medstar Georgetown University Hospital, Edited by Metro Maryland*

What is sepsis? The definition of sepsis is evolving and best thought of as a range of reactions to infections. Your body's immune system protects you against bacteria, viruses, and other infections by releasing chemicals into your blood, causing inflammation and activating helpful protective cellular components. Even localized infections such as a skin or urinary tract infection can cause sepsis, as can more systemic infections like the flu.

Anyone can get sepsis. People who are highest risk are children under 12 months, adults over 65, people with chronic health conditions, and people with weakened immune systems (for instance, people who are ill or are undergoing treatment like chemotherapy).

Some symptoms and signs of sepsis are:

- General weakness, body aches, and/or shaking chills
- Confusion, sleepiness, and/or a lack of alertness
- Temperature greater than 101 degrees or lower than 96.8 degrees
- Elevated heart rate
- Difficulty breathing or breathing unusually fast or slow
- Any symptoms associated with the inciting infection
- You can lower your risk with these healthy steps:
 - Take good care of chronic health conditions
 - Get all your recommended vaccines
 - Wash your hands thoroughly and often, and keep cuts and scrapes clean
 - If you have an infection (or suspect one) and develop signs and/or symptoms, get to the Emergency Room immediately. Don't be afraid to ask, "Could this be sepsis?"

Thanks to Metro Maryland Ostomy Association, Sept./Oct. 2019



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Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

WOC Nurse Directory

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Houston Methodist Baytown Hospital
cbarefield@houstonmethodist.org

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com

Get Ostomy Answers!

Each *Phoenix Ostomy Magazine* answers the many questions about returning to a full and active life after surgery. Topics include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy.

America's Leading Source for Ostomy Information, Education and Inspiration!

Each subscription directly supports the nonprofit United Ostomy Associations of America, www.ostomy.org, who provide information, support and advocacy to ostomates and their caregivers throughout the country.



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"The Phoenix magazine is the most important tool that ostomates can get a hold of."
M. Bauer, Nebraska

*Based on \$9.95 cover price. One-year Canadian subscription: \$35 Two-years: \$60. U.S. funds only. Published March, June, Sept. and December.



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Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus** skin barrier have reported visible improvement in the appearance of their skin.[†]

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[†]Global User Evaluation. Data on file, Hollister Incorporated.

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Ostomy Care
Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **October 21, 2019**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@gmail.com
Program: **Roundtable**

Baytown Group

Monthly: Second Monday of the month
Date: **October 14, 2019**
Time: 6:00 p.m.
Place: Houston Methodist Baytown Hospital, Community Resource Room, Plaza 2, 4401 Garth Road, Baytown, Texas 77521 (Parking is best from Baker Rd. Entrance to back of hospital.)
Contact: Cindy Barefield 281-428-3033
Program: **Nutrition**

Northwest Group

Monthly: Third Wednesday of the month
Date: **October 16, 2019**
Time: 7:00 p.m.
Place: NW Medical Professional Bldg., (The Cali Bldg.) 17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)
Contact: Billy Locke 337-515-6354
Program: **Annual Picnic, NW Group Member Kenneth Gross will be teaching line dancing.**

Sugar Land Group

Monthly: Third Thursday of the month
Date: **October 17, 2019**
Time: 6:00 p.m.
Place: Houston Methodist Sugar Land Hospital Main Conference Room A, 16655 Southwest Fwy, Sugar Land, TX 77479
Contact: Joan Burnham, MSN RN OCN, Oncology Nurse Navigator 281-274-0188
Program: **Tracy Baranzky** with Convatec on the me+ products

J-Pouch Group

Monthly: Third Monday of the Month
Date: **October 21, 2019**
Time: 7:00 p.m. or by Appointment
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Meisinger 281-491-8220

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website: <http://www.ostomyhouston.org/>

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Mike McGinity, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)

Brava®

"I don't want to be thinking about my ostomy pouch while I'm focusing on something else."

– Mike

Mike is a Brava user who has received compensation from Coloplast to provide this information.

Security to live *everyday life*

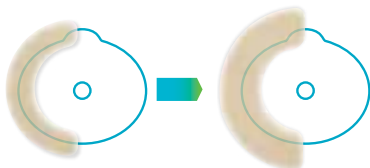
The new Brava® Elastic Barrier Strip XL

The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura® Mio barriers to improve feelings of security.

Improved coverage and larger adhesive area

Provides an increased feeling of security to those looking for extra security

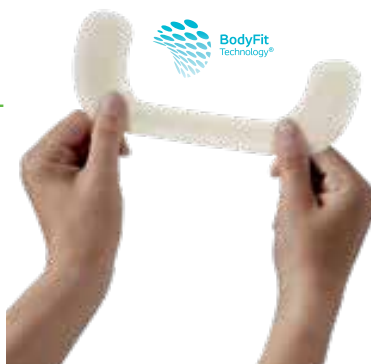
Brava Elastic Barrier Strip



Brava Elastic Barrier Strip XL

Designed for extra security

Helps keep the edges of the barrier firmly in place



Supports an active lifestyle

Absorbs sweat and moisture, and keeps its elasticity during physical activities, which makes Brava Elastic Barrier Strip XL suitable for moving around in everyday life



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SAVE THE DATE FOR THE HOLIDAY LUNCHEON

Saturday, December 14, 2019

11:00 am

Junior League of Houston

1811 Briar Oaks Lane, Houston, TX 77027

We are working on the menu and the price
(around \$30 per person). Look for more information
in our November newsletter.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

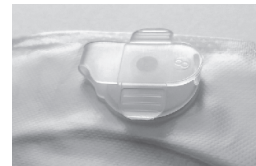


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Newsletter Advertising: Please contact the President or Treasurer for advertising opportunities.

Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown.

Dues of **\$25.00 per year** are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: **(required)** _____

Surgery Date: _____ Birth Date: _____

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: _____

Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

☐ I would like to attend meetings with the **(please circle one)**:

Central Group Baytown Group Northwest Group J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.

Houston Area, Ostomy, Pediatric Education & Support Group

Presented by Texas Children's Hospital The Woodlands

Date: October 13, 2019

Time: 2:00-3:00 PM

(Offered 2nd Sunday of every month)

**Location: Texas Children's Hospital The Woodlands
Inpatient Building, 2nd Floor, Conference Center "A"
17600 I-45 South, The Woodlands, TX 77384**

**Topic: Ostomy Resources at Your Fingertips: Hollister
Secure Start Program.**

Speaker: Lisa Osterhaus, Ostomy Sales Specialist

Purpose: To foster supportive relationships with peers who share common diagnoses; to support healthy lifestyles and enhance body, mind and spirit.

Objectives:

- Patients and parents will join group discussions and activities that provide solutions and coping strategies for challenges of managing an ostomy.
 - Topics include: mental, physical, financial and social issues impacting children and adolescents managing ostomy care.

To reserve your place, contact MaryAnne Lewis via e-mail (maryannelewis@hotmail.com) or 281--948-1490

Siblings welcome! Light snacks provided.



**The
Woodlands**

You Matter! Know What to Expect and Know Your Rights Ostomy and Continent Diversion Patient Bill of Rights®

The Ostomy and Continent Diversion Patient Bill of Rights is a tool for patients to advocate for their own care. It is meant to empower those who live with an ostomy (temporary or permanent) or a continent diversion. It identifies the needs and expectations for those needing this type of surgery and for the community of people who are currently living with an ostomy or continent diversion. In order to achieve a desirable quality of life, a person undergoing ostomy or continent diversion surgery must have access to high-quality care in all healthcare settings. Counseling and Care in the patient bill of rights should be provided by a trained medical professional such as a Certified Wound Ostomy Continence Nurse (WOCN), Ostomy Nurse, Ostomy Management Specialist (OMS), or Ostomy Care Associate (OCA). The patient shall be involved in all phases of the surgical experience except in emergent situations and shall:

Receive preoperative counseling that must include:

- Preoperative stoma site marked by a medical professional following Standards of Care (established by the Wound, Ostomy and Continence Nurses Society, American Society of Colon & Rectal Surgeons and American Urological Association position statement)
- Explanation of surgical procedure and the rationale for surgery
- Discussion of ostomy/continent diversion management
- Impact of surgery on activities of daily living such as physical adaptation, clothing choices, exercise, possible changes in sexual activity and treatment, and dietary needs
- The opportunity to talk with someone who has been through ostomy or continent diversion surgery
- The opportunity to discuss the emotional impact of surgery
- Counseling in a language and at a level of understanding that is comfortable for the patient

Receive postoperative nursing care specific to ostomy/continent diversion type and include the patient as well as their designated advocate (if any). Preparation for discharge will include:

- Individual instruction in care of ostomy including demonstration of emptying and changing pouch
- Ways to troubleshoot difficulties with basic skin and stoma issues including blockage and hernias
- Dietary and fluid guidelines given both verbally and in a written format such as UOAA's Ostomy Nutrition Guide
- Information on the availability of a variety of supply and product choices
- Information about the supply ordering process
- Resources for obtaining supplies specific to patient circumstances (e.g., uninsured/underinsured)
- Concierge services through ostomy manufacturers
- Resources to organizations who support and advocate for patients living with an ostomy or continent diversion
- Educational materials (such as UOAA's New Ostomy Patient Guide)

Receive during the operative phase:

- A stoma that can be fit with a quality functioning pouching system
- A stoma that is appropriately positioned for their unique body, needs and comfort (if medical condition allows)

Receive during the lifetime of the ostomy or continent diversion the patient/designated advocate will benefit from ongoing support and care to include:

- Access to healthcare professionals with knowledge specific to the care of an ostomy or continent diversion in the outpatient setting
- Recognition of the need for reevaluation of care with the changes caused by aging and change in medical status

If you believe your rights are not being met, speak up - be a force for change!

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Advocates for a Positive Change

www.ostomy.org 1.800.826.0826



SOME REASONS OSTOMY SURGERY IS PERFORMED TO SAVE A LIFE

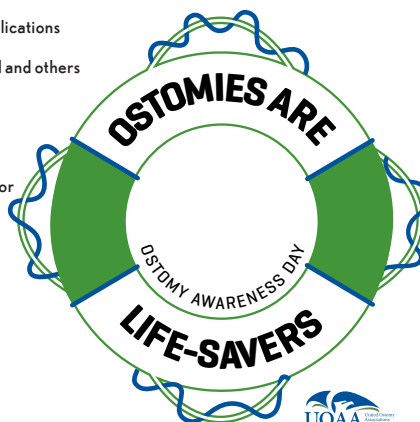
DURING COMPLICATIONS & ADVANCED STAGE:

- 1 **Crohn's disease** or **ulcerative colitis** complications
- 2 **Cancers** such as colorectal, bladder, cervical and others
- 3 **Infection (sepsis)** of the abdomen
- 4 **Perforated diverticulitis** or an abscess
- 5 **Birth defect** (for example imperforate anus or spina bifida) Rare diseases (such as Hirschprung's disease and FAP)
- 6 **Blunt or penetrating abdominal trauma** to the bladder, rectum or colon (for example stabbing, gunshot wound, or sexual violence)



OSTOMY SURGERIES PERFORMED ANNUALLY IN THE U.S.

"My daughter's ostomy saved her life at the age of four." Elsa Y.



"Without my ostomy surgery I wouldn't be here today." Mary F.



80,470

NEW **BLADDER CANCER** CASES ANNUALLY



4th

MOST COMMON CANCER IS **COLORECTAL CANCER**



2 MOST COMMON

ORGANS WITH PENETRATING ABDOMINAL TRAUMA ARE **SMALL BOWEL (50%)** **LARGE BOWEL (40%)**

SPREAD OSTOMY AWARENESS...IT CAN BE A LIFE-SAVER. OSTOMY.ORG
Advocates for a Positive Change

TOP 10 WAYS

PATIENTS SHOULD USE UOAA'S OSTOMY & CONTINENT DIVERSION PATIENT BILL OF RIGHTS (PBOR)®

- 1. Use the standards of care outlined in UOAA's Patient Bill of Rights as a basis for explaining the services you need with your health care providers, health insurance plan administrator, or while at the hospital or an outpatient clinic.** If you have questions or concerns, discuss them.
- 2. Read UOAA's PBOR and compare it to your surgical experience.** Is there information you did not receive that you would like to know more about? Go to UOAA's website: ostomy.org for the many resources available. For example: Check out the ostomy information tab, request a New Ostomy Patient Guide or download the guide.
- 3. Apply the standards to your current situation.** Do you have access to healthcare professionals who are knowledgeable about ostomies or continent diversions and who you can consult as an outpatient? Do you need to reevaluate your self care due to a change in a medical condition or a change in your ability to function?
- 4. Make sure family members or friends who act as your advocate have a copy of UOAA's PBOR.** Have them provide a copy for healthcare professionals in medical facilities or long-term care.
- 5. Self-advocate for your access to knowledgeable professional ostomy care, if, in your situation, it is limited or non-existent.** Include a copy of UOAA's PBOR when you contact your healthcare system, health insurer customer care or healthcare facility to inquire about how they can assist you by providing the needed care.
- 6. Share UOAA's PBOR with your family and support system, anyone you meet with an ostomy or anyone who is considering ostomy surgery, and ALL your healthcare providers.** Ask your physicians to post UOAA's PBOR in their offices.
- 7. Keep a copy of UOAA's PBOR in your wallet** with your list of ostomy supplies and medication list.
- 8. Discuss the standards in the PBOR at your local UOAA Affiliated Support Group.** No local support group? Contact UOAA for assistance with starting one in your area. Check out online discussion groups at ostomy.org.
- 9. Include a copy of UOAA's PBOR** in your information package when you are meeting with your legislators.
- 10. Share your feedback with UOAA** after you use the PBOR by entering your experience at: <https://www.surveymonkey.com/r/UOAA-BillofRights-Feedback-Form>

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Advocates for a Positive Change www.ostomy.org 1.800.826.0826





Seatbelt Relief

STOMASPAN is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection.

Created by an Ostomate, Stomaspan is a patent pending device that provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Stomaspan is made in the USA of durable lightweight aluminum and weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently. Its compact size allows easy movement from one vehicle to another. It can be carried in a briefcase, handbag or kept in your vehicle console.

Stomaspan sells for \$57 which includes shipping within the USA. For more information or to place an order please visit our website at www.Stomaspan.com or call 713-725-5890.