



December 2013

Ostomy Association of the Houston Area



"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

Houston Area Ostomy Supply Program Ending

By OAHA President, Denise Parsons

It is with great regret that the Ostomy Association of the Houston Area Board of Directors must end its ostomy supply program. For many years, the organization has accepted donated supplies and provided those supplies to persons in our area who needed them. I know from talking with recipients of the supplies that they have made a difference to them. As we all know, ostomy supplies are very expensive without insurance to help defer the costs. For those who donate supplies, the thought of wasting them is awful. However, several factors have combined to make continuing the program impractical. First, we have lost the spaces that were available to us for storage and the cost to rent climate controlled space is prohibitive. Second, we have had volunteers to manage the supplies, but they need more help than we have been able to provide. Costs have been rising to mail supplies and many ostomates do not have transportation to come pick them up. Third, there are other sources available that we can refer people to. Fourth, we are hoping that some ostomates will qualify for help under the new healthcare laws and that no one will be discriminated against by insurance companies for their health condition.

For those who have supplies to donate, we recommend sending the supplies to Osto-Group who distributes supplies to those in the U.S. without insurance or other means of paying for their supplies. Alternatively, Project Cure collects supplies and sends them to locations overseas. The contact information for these groups will be in the newsletter and on the web site.

For those needing supplies, we will direct you to Osto-Group who will send supplies for a nominal handling fee and postage. In addition, Hollister, Convatec, Coloplast, and possibly other manufacturers have programs to provide supplies. Once you qualify for their programs, it is necessary to renew your application periodically. As we hear of other sources, we will pass those on.

Again, we sincerely regret that we cannot help fill this need anymore. We know very well that you cannot do without supplies and we will continue to look for other sources.

A History of WOC Nursing

By Major Melissa W. Kaufman, Dwight David Eisenhower Army Medical Center, Ft. Gordon, GA UOAA Update 10/20/13

The world's first enterostomal therapist was Normal N. Gill-Thompson who also served as the co-founder of the Rupert B. Turnbull, Jr. School of Enterostomal Therapy Nursing at the Cleveland Clinic Foundation in Cleveland, OH. Norma served as the pioneer for what was to become the nursing specialty known as ET (enterostomal therapy). She was perfectly suited to serve as an ostomy leader and teacher of patients at the Cleveland Clinic because she personally endured horrible complications as a patient with ulcerative colitis which eventually resulted in her requiring ileostomy surgery (Turnbull, Erwin-Toth & Krasner, 1999).

(Continued on page 3)

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.

Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Marian Newman at 281-485-1961.

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Central Group News

We had a good group hear Dr. Dalal, a Physical Therapist with Memorial Hermann Sports Medicine & Rehabilitation in Memorial City. Physical Therapy has changed greatly in the last 15–20 years. Most therapists now have a doctorate level education. The training focuses on addressing the causes of issues and not just treatment of the symptoms. The location of the symptom and the type of complaint, such as continuous pain versus pain when moving, lack of mobility or a change of capability, accident trauma versus slow onset, all help determine the cause of the problem and determine the best treatments. Physical therapists have to determine if the problem is with the “train or the tracks”. Dr. Dalal went through several typical problem areas, neck and spine, legs and feet, and shoulders discussing common injuries and treatments. He also said that maintaining your body with general physical conditioning makes a big difference if you do suffer an injury. He cautioned that some exercises are better than others and some should be avoided by everyone. Your physical therapist can be a miracle worker.

The Central Group will not have a meeting in December. The next meeting will be January 20, 2014.

I hope everyone has a nice Holiday Season. Our thoughts and prayers are with those in treatment or recovering and their families.

Best regards,

Denise Parsons, President, OAHA
713-824-8841

Northwest Group News

A dozen members participated in the final Northwest Group meeting for the year. Newsletter Editor Patti Suler presented a photo rich program highlighting the UOAA 2013 Convention. If you missed this program, you are invited to the Baytown Group in February for another opportunity to see it.

We missed several regular members and hope they are saving up for the December Holiday gathering. No December meeting will be held and all members were encouraged to attend the Holiday party.

Next meeting will be a roundtable discussion on Tuesday, January 21, 2014. This meeting serves to define our 2014 programs. Have an interest? Come.

Craig Cooper
281-948-6883

Tony Romeo
936-588-4031

Baytown Group News

Baytown Ostomy Support Group scheduled a Roundtable session for the second time this year for the November meeting. A popular topic of conversation was the status of our current health insurance system and the uncertainty of the future.

Members discussed these new innovations in ostomy care that they had sampled and shared info on how to obtain each of them for those not in attendance:

- Just a Drop Ostomy Odor Eliminator—Place drops in toilet before emptying, odors are trapped below water surface and this leaves bathroom odor free. Website: justadrop.net or call toll free at 888-887-3468.
- Ostosolutions—Seal is inserted into the coupling opening of any used two-piece closed-end ostomy pouch or drainable pouch so you can dispose of the pouch in a 100% odor-proof manner. Website: ostosolutions.com or call toll free at 888-549-3555.
- Coloplast Brava Elastic Barrier Strips—Skin friendly alternative to tape, follows the contours of body & ensures position of barrier & minimizes roll up. Website: www.us.coloplast.com or call toll free at 888-726-7872.

Members agreed that one of the most frustrating issues they face is the uncertainty of leakage. They feel it is beneficial to follow manufacturers' guidelines, seek education from resources such as the UOAA newsletter, support group and their WOC nurse and physician.

The November 2013 OAHA Newsletter had an article “Man on Street Interviews” which shared findings from a survey that an affiliated support group member had conducted regarding what is an ostomy or an ostomate. Although some of the answers were quite humorous, the group agreed that education is lacking for the general public regarding Ostomates!

In December, we are fortunate to have a Houston Methodist San Jacinto Hospital Pharmacist join us. He will speak on “Being Medication Savvy.” Don't miss it—Monday, December 2.

Cindy Barefield, RN, CWOCN
281-428-3033

Check out the December 2013 issue of *The Phoenix* magazine—you might see names of some local folks you know!

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

A History of WOC Nursing *(Continued from page 1)*

Although Norma functioned as the first enterostomal therapist, she was not actually a nurse. She was, however, a key player in the development of the first ET nurse education program which opened in 1961 (Gray & Mawyer, 2000). The focus on enterostomal education at that time involved caring for patients with urinary and fecal diversions prior to and following surgery.

It was not until the late 1970s and early 1980s that enterostomal therapists became interested and involved in skin and wound care. There was a call to broaden the role of the enterostomal therapist. In the clinical setting, ET Nurses were often being called upon to pouch and contain drainage from all types of wounds and fistulas. Often, ET Nurses had to learn about skin and wound care conditions through on-the-job training and by applying peristomal skin guidelines that they had learned while caring for ostomates (Turnbull, Erwin-Toth & Krasner, 1999).

In order to meet the changing educational needs of enterostomal therapists, WOC (Wound, Ostomy and Continence) Training Programs have changed over the years. The requirements for training as an ET have grown from an initial interest in ostomy care in the 1960s to the current requirement that attendees at a WOC(ET) Program have a nursing degree and a bachelor's degree (Gray & Mawyer, 2000). Today, WOC Nurses work with patients who have stomas, fistulas, draining wounds, vascular ulcers, pressure ulcers and urinary and fecal incontinence. In 2000, there were more than 3,400 nurses functioning worldwide as WOC nurses (WOCN Nurses Society, 2002).

The following areas are just a few examples of the WOC nurse's scope of practice:

- **Stoma care:** It is estimated that 70,000 ostomy surgeries are performed annually in the United States and Canada. The WOC nurse provides pre- and post-operative education, stoma site selection and discharge care.
- **Pressure ulcer prevention:** New cases of pressure ulcers each year result in approximately 60,000 deaths. Many WOC nurses are involved in evaluating and treating patients with pressure ulcers.
- **Urinary and fecal incontinence:** This is a growing problem particularly for the elderly in our country because the average life expectancy continues to rise. Urinary incontinence affects approximately ten million Americans, and up to 50 percent of clients in nursing homes have fecal incontinence (WOCN Nurses Society, 2002). Needless to say, the roles of the WOC nurse have dramatically expanded over the years. Some WOC nurses specialize in only one area of practice such as urinary and fecal incontinence. Other WOC nurses are involved a little in all scopes of practice. Roles that the WOC nurse assumes are primarily defined by the needs of the patient population served. Norma Gill-Thompson, the pioneer of ET Nursing, died October 25, 1998, after an extended illness. She

remained very involved in ET Nursing over the years and was recognized as a worldwide leader and pioneer in ostomy care. Today, individuals functioning as WOC nurse have Norma Gill-Thompson to thank for this wonderful nursing specialty.

References

- Gray, M. & Mawyer, R. (2000). A brief history of advanced practice nursing and its implications for WOC advanced nursing practice. *JWOCN* 27(1), 48-53.
- Turnbull, G., Erwin-Toth, P. & Krasner, D (1999). In loving memory: A tribute to Norma Gill-Thompson. *WOCN* (2002). Website: <http://www.wocn.org>.

Protecting Your Memory

by PTSue, November 2013

A note from Barbara, Pouch Editor—As you may know I exchange newsletters with a number of other ostomy support groups and this one caught my eye. A gal by the name of PTSue is a good nurse friend of an ostomate in Hemet-San Jacinto, CA Ostomy Association and she has asked her to write a monthly article for their newsletter—which is called *Keeping Seniors in Motion*.

Research has definitely proven that exercise, both strengthening and aerobic, along with weight control, proper eating, and proper medical management, can extend our lives by several years. There is growing concern that quantity of life is not good if there is no quality of life, namely, the protection of memory to secure our intellect. People want to grow older but they also want to stay mentally alert and competent.

There is now increasing research linking such factors as belly fat, lack of on-going mental stimulation, stress (perceived or real), and lack of exercise to Alzheimer's disease. One such study examined the effect of moderate exercise three times a week in a large group of people diagnosed with the early stages of Alzheimer's disease. All individuals were tested cognitively before and after the study. One group was enrolled in the exercise program and the other group was placed on Aricept with no exercise. The results indicated that the exercise group improved cognitively without any medication as well as the non-exercise group who only took the Aricept.

The conclusion was that exercise increased cerebrovascular function as much as the medication did.

(continued on page 5)

WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

Charlene Randall, RN, CWOCN (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799
Pat.thompson@tenethealth.com

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Denise Parsons 713-824-8841
rockynme2@aol.com
Meeting: **No December meeting due to Holiday Party on December 10**

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist San Jacinto Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Meeting: **December 2, 2013**
Program: A Pharmacist from Houston Methodist San Jacinto Hospital will speak on "Being Medication Savvy."

Northwest Group

Monthly: Third Tuesday of the month
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: Tony Romeo 936-588-4031
sa1tmr@sbcglobal.net
Meeting: **No December meeting due to Holiday Party on December 10**

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Cerreta 832-439-1311
Ron Meisinger 281-491-8220
Meeting: **No December meeting due to Holiday Party on December 10**

Monthly support and information meetings are held in three locations for member convenience.

Osto Group www.ostogroup.org

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of America (UOAA)
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Protecting Your Memory *(continued from page 3)*

A second study done by Finnish researchers and just published in JAMA Internal Medicine, May 27, 2013, studied the effects of exercise in Alzheimer's individuals. From the data gathered, the researchers concluded that individuals diagnosed with ALZ who participated in structured exercise two times weekly showed slower mental deterioration compared to the group that did not exercise. The length of the program was one year. They also found that the exercise group had fewer falls and lower overall health care costs compared to the non-exercise group.

Here are some tips to consider trying to reduce the risk of ALZ:

- Maintain a healthy weight
- Eat properly—fruits, vegetables, proteins from lean poultry, fish, tofu, nuts (such as walnuts)
- Monitor health issues including blood pressure, blood sugar, triglycerides, and cholesterol
- Exercise regularly and routinely
- Manage your stress and learn how to relax while handling stress, real or perceived
- Sleep well
- Quit smoking and minimize or quit alcohol
- Protect your brain from injury

Another note from Barbara — PTSue can be contacted via her website www.ptsue.com or askptsue@gmail.com.

Thanks to Ostomy Support Group of Northern Virginia, LLC's *The Pouch* and *Stomalife Newsletter*, Hemet-San Jacinto Ostomy Association, CA.

Complete vs. Finished

No dictionary has ever been able to define the difference between "complete" and "finished." However, in a linguistic conference, held in London, England, and attended by some of the best linguistics in the world, Samsundar Belgian, a Guyanese, was the clever winner.

His final challenge was this. Some say there is no difference between "complete" and "finished." Please explain the difference in a way that is easy to understand.

His response was: "When you marry the right woman, you are 'complete.' If you marry the wrong woman, you are 'finished.' And, when the right one catches you with the wrong one, you are 'completely finished.'"

His answer received a five-minute standing ovation.

Opportunities and Announcements

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.

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?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com or send your request to the provided address below.

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

Ostomy Association of the Houston Area
Attn: Ron Cerreta, 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.)

Use Those Shopping Cards

Kroger and Randalls 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/>

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

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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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: _____

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.**

- | | | |
|--|--|---|
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| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Nurse |

☐ 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.

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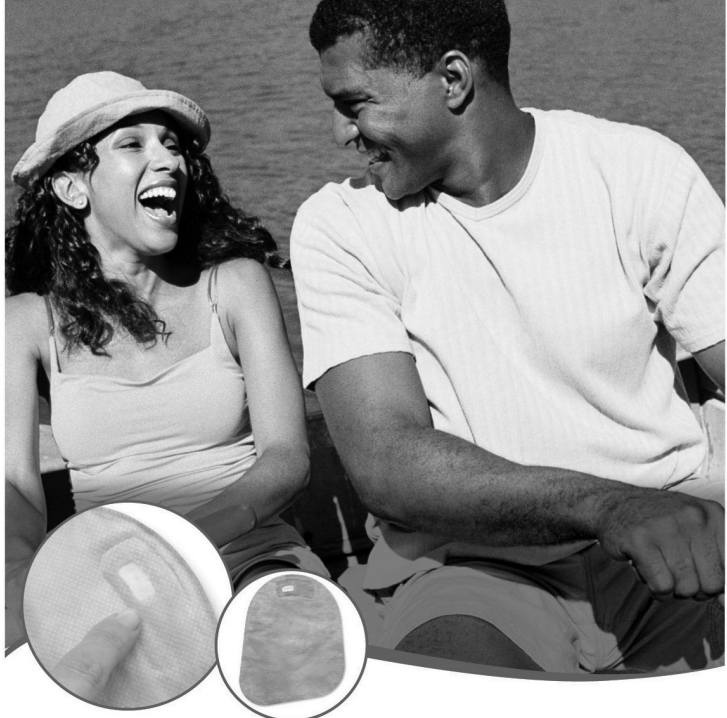
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