



Ostomy Association of the Houston Area

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

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

Basic Ostomy Skin Care

UOAA website—ostomy.org

People who have a stoma often share many of the same questions and concerns. This best practice document provides answers to some of the common questions that people ask about the day to day care of the stoma and the surrounding skin. The answers are directed to the person who has a stoma but may also be helpful for the nurse as a teaching tool.

People with a stoma often worry that their skin may become irritated from the stool, urine, or pouching system. It is important to treat the skin gently, protect it from stool, urine, and chemicals, and use products correctly to decrease the chance for skin problems.

The basic rule is to keep it simple.

Understand the reasons for doing what you do. Follow your Wound, Ostomy, Continence (WOC) nurse or health care provider's recommendations and the directions from the product manufacturers. When fewer products are used on the skin, there is a smaller chance for developing skin problems.

If you have questions about the information in this document, problems with leakage, or skin problems around the stoma, contact your WOC nurse or your health care provider.

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.

Caring for Yourself

How often should I change my pouching system?

- How often you will need to change your pouching system depends on the type of stoma, the location of the stoma, and the kind of drainage from the stoma. There are three basic types of ostomies. Urostomies are for urine, colostomies are for drainage of the large bowel and ileostomies are for drainage of the small bowel. Using the right type of pouching system and putting it on the right way will also affect how long you can wear it. Wear time may be affected by other factors such as activity level, body shape, and perspiration.
- Many pouching systems are made to be worn for three to seven days. However, there are some pouching systems that are made to be changed every day. The type of pouching system you think is best for you is a personal decision. However, issues of reimbursement from Medicare or your private insurance company may influence this decision.
- Contact your WOC nurse or health care provider if you are changing your pouching system more often than expected or suddenly more frequently than your normal wear time.

When is a good time to change my pouching system?

- Choose a day and time that is best for you. Try to pick a time when you won't be disturbed and when your stoma is not putting out a lot of drainage.
- The best time to change the pouching system is different for everyone. For most people, the stoma is less active before eating or drinking in the morning. Some people will do their care while they take their bath or shower. Other people may

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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.

Central Group News

We had a great turnout for our February meeting. Charlene Randall, CWON, gave a wonderful presentation about the different types of ostomies and answered our many, many, many questions. We really appreciate Charlene being a good sport. Not only did the Community Center put us in a much smaller room (due to early voting), Charlene had a prepared a power point presentation for us, but the Board members got our wires crossed and no one brought a laptop. Nevertheless, she was able to describe her pictures for us in great detail. Thanks so much Charlene! We were happy to have some attendees who were new ostomates and soon-to-be ostomates who were able to get questions answered and some much-needed support.

Just a note that we will be voting for new Board members in May. We have a nine member Board of Directors, who serve for three year terms. We have three members whose terms are up in June—Ron Cerreta, Mary Harle and June Huber. Our next fiscal year begins

July 1, 2018, and so we have selected nominees to serve July 2018 through June 2021. Denise Parsons agreed to be our nominating committee this year. Our nominees are Ron Cerreta, Mary Harle and Mike McGinty. If you would like any information about these nominees, please let Denise know.

As most of you know, we are an all-volunteer group. We always welcome people who can give a few hours a month to help us out. Let me know if you are interested in helping. We'd be happy to have you!

Our next meeting is on March 19th. Our speaker will be Emily Jones, CWCMS, the area manager for Shield HealthCare, one of our advertisers. It should be an informative meeting. I really hope to see you there.

Regards,
Lorette Bauarschi, President, OAHA, 713-582-0718

Baytown Group News

February Ostomy Support Group met again in the Cancer Center classroom. The group appreciated the presentation by T.J. McLaughlin from Byram Healthcare entitled “Maximum Reimbursement for Belts, Binders and Accessories – Making Sense of the Order Process”.

T.J. shared that Byram Healthcare has been a leading provider of ostomy supplies in the US since 1968. The company's goal is to help ostomates have a healthy normal lifestyle. Their Ostomy Center of Excellence consists of a team of specialists trained on the latest products, stoma management techniques, and insurance reimbursement and coverage issues. Byram maintains an Ostomy CareLine staffed by WOC Nurses. The toll free # is 1-877-902-9726 ext. 43312 or by email at clinical@byramhealthcare.com

T.J. explained his role in assisting with supplies as this: “My job is to help you get the supplies you need while navigating the difficulties and restrictions you may encounter with Medicare and private insurance.” Imagine you went to the grocery store and found out that the grocery store and your credit card company had restrictions on what you could purchase and that the quantities of those you could purchase were limited. TJ helps you “check out of the DME grocery store” so you can get what you need (or as close to it as possible) in order to let you live life normally without a supply worry. Feel free to contact T. J. McLaughlin directly at 281-740-3018 for any Supply/DME related questions.

Byram provides service for those with health insurance which include Medicare, Medicaid and private insurance. For patients that do not have insurance to cover ostomy supplies, Byram offers a discount off the cash purchase saving in ostomy supply costs for the year.

The company has one of the largest inventories of ostomy products in the US and carries only brand name ostomy products. They fill orders as prescribed and will check with you before making any product changes. We appreciate Byram for their support of the ostomy community.

Baytown Ostomy Support Group continues to meet on the 2nd Monday of each month at 6pm.

We look forward to Roundtable in March and then Coloplast in April. We hope you will plan to join us!

Best regards,
Cindy Barefield, RN, CWOCN, 281-428-3033

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



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

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.

Northwest Group News

The Northwest Group was pleased to host a new program presented by Renee Adair and Shannon Birkelbach with Five Horses, LLC. Ms. Adair is an Eponaquest instructor and received her certification in Shelley Rosenberg's Riding Focused program and Linda Kohanov's Power of the Herd program. Ms. Birkelbach is an EAGALA Certified Horse Specialist [Equine-Assisted Psychotherapy].

Together these amazing ladies shared information way beyond the expectation of learning more about riding horses. Both of them are specialized in assisting humans with a variety of mental, physical and spiritual needs using vast techniques, training and technology.

Their dedication to using honest, non-judgmental equine ambassadors to facilitate human growth and healing is amazing.

Their custom programs run the gamut from working with at-risk teenagers, creating cohesive corporate team building strategy to new communication method development between couples even sometimes helping people just learn to help themselves.

Ostomates and visitors enjoyed sharing their own stories as well as hearing about the wonderful programs provided by the Five Horses, LLC team. For more information on these programs we highly recommend going to both Equiaccel.com and FiveHorses.com.

Next month's meeting will feature Shannon Triplett, Territory Manager-Houston, with Coloplast Ostomy.

Billy Locke
337-515-6354

Basic Ostomy Skin Care *(continued from page 1)*

choose to do their care at the end of the day or at least two hours after a meal.

How do I get my old pouching system off?

- Take your time when you remove your pouching system. You do not want to rip it off because this may hurt your skin. Try to remove it in the direction your hair grows.
- Loosen and lift the edge of the pouching system with one hand and push down on the skin near the skin barrier with the other hand. You may find it helpful to start at the top and work down to the bottom so you can see what you are doing, which would also allow the pouch to catch any drainage.
- Some people use warm water to remove the pouching system and other people may use adhesive remover. If you use adhesive remover it is very important to wash off all the adhesive remover from your skin with soap and water and dry the skin completely before you put on your new pouching system.
- Sometimes your skin may look pinker, redder or darker right after you take off your pouching system. This should fade away in a few minutes.

How do I clean around my stoma?

- To clean the skin around your stoma, all you really need to use is warm water and a washcloth, or good quality paper towels. The use of gauze or gloves is not necessary and can be expensive.
- It is not necessary to use soap to clean around your stoma. But if you prefer to use soap, use a very mild soap. Avoid using soaps and cleansers with oils, perfumes, or deodorants since

these can sometimes cause skin problems or keep your skin barrier from sticking.

- Rinse the soap off the skin around your stoma very well because the residue may keep your skin barrier from sticking and may also cause skin irritation.
- If you are using paste, it may be easier to remove the paste before you wet the area. Some people may use adhesive remover. Do not worry if a little bit of paste is left on your skin.
- Always dry your skin well before putting on your new pouching system.
- Sometimes you may see a small amount of blood on your cloth. The stoma tissue contains small blood vessels and may bleed a small amount when cleaned. Any bleeding that does not stop should be reported to your health care provider. The stoma has no nerve endings, so you are not able to feel, if you are rubbing too hard. Therefore, use a gentle touch when cleaning around the stoma, do not scrub.
- Do not use alcohol or any other harsh chemicals to clean your skin or stoma. They may be irritating to your skin.
- Do not use moistened wipes, baby wipes or towelettes that contain lanolin or other oils, these can interfere with the skin barrier sticking and may irritate your skin.
- Unless recommended, do not apply powders or creams to the skin around your stoma because they can keep your skin barrier from sticking.

To read more about ostomy skin care, read the rest of the article here: <https://tinyurl.com/ydcd3wwe>



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

WOC Nurse Directory

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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

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



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Central Group

Monthly: Third Monday of the month
Date: **March 19, 2018**
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: **Guest Speaker: Emily Jones, CWCMS**, area manager for Shield HealthCare

Baytown Group

Monthly: Second Monday of the month
Date: **March 12, 2018**
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
Program: **Roundtable**

Northwest Group

Monthly: Third Wednesday of the month
Date: **March 21, 2018**
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: **Guest Speaker: Shannon Triplett**, Territory Manager–Houston, with Coloplast Ostomy

J-Pouch Group

Monthly: Third Monday of the Month
Date: **March 19, 2018**
Time: 7:00 p.m. or by Appointment
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

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

Opportunities and Announcements

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/>

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?

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 Tony Romeo, Treasurer, at 936-588-4031 or sal1mr@sbcglobal.net 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: Tony Romeo, Treasurer
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(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



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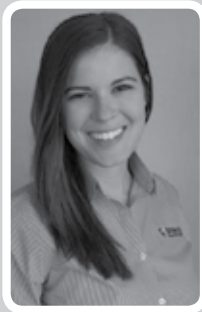
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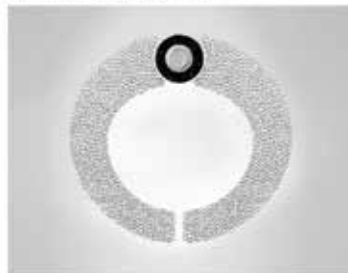
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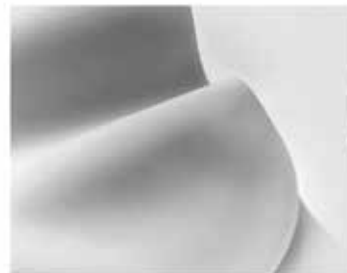
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Membership Application

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:
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P. O. Box 25164, Houston, TX 77265-5164

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

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<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

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.

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