




Hollister
Thanks for sponsoring this issue of the Lincoln Ostomy Sparrow!

Lincoln Ostomy Association Treasurer Val Richards discusses products with a Hollister at the Sept. 25 ostomy conference (photo by Nancy Noha).

Conference welcomes ostomy community

The Road to Ostomy Conference in Lincoln Sept. 25 brought those with ostomies together with the medical community and medical vendors. The takeaway for all: greater understanding.

Eyes welled in the session where ostomates explained their stories. Everyday stories describing the daily challenges of having an ostomy brought to light the emotional part of the lifelong path.

Tributes to understanding spouses were brought as well as attitudes of thankfulness as some ostomates appreciate a life free from the suffocating symptoms of Crohn's Disease or Ulcerative Colitis.

"It was great to see so many people with ostomies come to a conference and help us, as nurses, learn about their experiences," said Ann Lif, MSN, RN, CWOCN. "We can provide lots of techni-

cal information, but those real-life stories and experiences are the best learning opportunities for the medical community. Everyone was blown away by what our ostomy community had to offer."

Hosted by Southeast Community College, more than seventy professionals and community members attended. Seven information tables were available representing vendors, WOCN and LOA.



Rhonda Soucek, RN BSN CWON, leads a discussion with a group of people with ostomies, some from Lincoln Ostomy Association.



Wound Ostomy Continence Nurses, Nebraska Affiliate, provided information and education at the conference.



Triumph Health, a long-time supporter of the Lincoln Ostomy Association, presented a booth with owner Joe Frey, right, explaining his Lincoln-based service.

LifeSpring Cancer Recovery Program

Bryan Health continues to care for our community with great programs that help cancer patients heal their mind, body and spirit.

Called, LifeSpring Cancer Recovery Program, people who have recently been diagnosed with cancer meet to help each other put their life back together after cancer diagnosis.

LifeSpring seeks to bring a significant improvement in quality of life; reduced

fatigue and depression; pain management; increased sleep; and new friendships.

LifeSpring includes a weekly education program and two exercise sessions each week. Each exercise session includes 20-30 minutes of cardiovascular/aerobic exercises plus activities to improve strength, balance and flexibility.

Participants work with a comprehensive group of medical professionals providing education, activities and modified exercises.

The team includes physical therapists, exercise specialists, dietitians and nurses.

Educational sessions consist of presentations, discussion and sharing. Topics include nutrition, energy conservation, coping, relaxation, sleep, spirituality and relationships.

Additional aspects of the program include a supportive environment, sharing and discussion and a sense of belonging and being understood.

Call LifeSpring at 402-481-6306.



Baby wipes may prevent adhesion

Many ostomates say stay away from baby wipes because they contain chemicals that can leave a film on skin and prevent the wafer from sticking properly.

Even wipes that claim to be all natural still may cause problems.

The best thing to use is a washcloth and plain water, but in a pinch, a sterile saline wipe can be used on the skin if it's truly needed. Sterile wipes can be found in medical supply stores.

Ostomates invent

A family's journey after ostomy surgery prompted innovation. Those with an ostomy who are looking for support with or without a belt might try OstomyPockets (right).

OstomyPockets attach to YOUR OWN underwear with "snaps." It's a thin, comfortable pocket which supports your pouch keeping it snug. OstomyPockets owners are Jim and Jeanne (brother and sister). Their father received his ileostomy in 1975 due to ulcerative colitis. He struggled with pouch chaffing. Their mom sewed a pocket in his boxers and it worked well for 37 years. Medical professionals who saw the innovation encouraged the family to start a business. This led them to purchase OstomyPockets from Joe, an ostomate, who invented the OstomyPockets in 2009 out of his own need for support and skin protection from his new ostomy pouch.

LARGE Selection of the Top OSTOMY Brands

Medical Monks[®]

FREE Shipping Options

Competitive Prices

Friendly & Knowledgeable Support

www.medicalmonks.com

844-859-9400

Secure your pouch & protect your skin

1. Snap OstomyPockets onto your undies
2. Place pouch in OstomyPockets
3. Done!

it's a
Snap!



630-877-7994 • ostmypockets.com • info@ostmypockets.com

Simple technique saves time, reduces smells



If you find that emptying your pouch results in splashing of toilet water, try flushing just as you empty. Emptying into the bowl as the water rushes down may help prevent back splash. Another technique is to try sitting on the toilet backwards in order to empty the bag. Lay some toilet paper down over the water and up onto the front of the toilet seat. Empty down onto the paper instead of directly into the water.



You're Always Covered Under the Marlen Umbrella

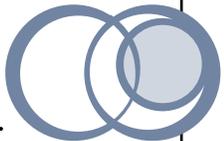
Now Featuring New UltraMax DEEP Cut-To-Fit With Standard Or Large Flange



 **MARLEN**

marlenmfg.com

GASTROENTEROLOGY SPECIALTIES, P.C.



The physicians and staff of Gastroenterology Specialties and Lincoln Endoscopy Center specialize in the diagnosis and treatment of disorders of the esophagus, stomach, intestines, gallbladder, liver and pancreas; including colon cancer, irritable bowel syndrome, acid reflux, liver disease, Crohn's disease and more.

4545 R Street
Lincoln, NE 68503
Phone: 402-465-4545

Specialists IN
DIGESTIVE DISEASE

at the top?

When output stays at the top of a pouch or collects around the stoma, ostomates can experience uncomfortable situations that can be easily resolved.

Thick output can cause the “traffic jam” at the top of the pouch. It causes leaks and even the dreaded blowout.

To prevent this problem consider adding lubrication to the top of the inside of your pouch such as gel or even cooking oil.

You want the output to easily slide to the bottom of the pouch.

Those with ostomies always must remember to drink plenty of liquid. Thick output might be a sign that you’re not drinking enough water. Some liquids like apple or grape juice might loosen output in some as well.

Ask your doctor or WOCN who might prescribe something or offer other solutions.

Pouch filters remove air from the pouch while creating a vacuum at the same time. Consider covering the outer filter on your pouch using a sticker or tape or something similar. You can always remove the filter cover to release gas. Leaving that filter open overnight is a good idea though.

Also try blowing a bit of air into the pouch when you empty or change it to counter the vacuum effect. Some ostomates put a bit of wet tissues into the pouch to keep it from being too flat and causing output to gather at the top.

When all else fails, push that stool to the bottom of the pouch!



Security

Hernia/Ostomy Support Belt

SafeSimple SECUREWEAR
Clean. Comfortable. Confident.



Made from a unique fabric that gives equal and even stretch. This ensures pressure is evenly distributed throughout the garment.

- The fabric provides complete support to peristomal hernias while still having the flexibility to ensure the normal function of the stoma.
- Security belts were found to be the most comfortable while providing excellent support and can be worn for longer periods of time without feeling restricted
- Security belts are fully adjustable so can be used at all times
- Security belt has a soft Velcro fastener which is ideal for easy fitting and can be adjusted as required

Visit our website or call us to order: www.sns-medical.com

Questions? Please call: 844-767-6334



SimpleStart Ostomy Sample Kit

Our starter kit is available for anyone who wants to trial our accessory products. Call our customer service to request yours today!

Network and support

LOA meetings are held the first Sunday of the month. Times and locations are found at: ostomynebraska.com/lincoln/



Education

LOA takes pride in providing the best education for ostomy support in Nebraska through the Sparrow newsletter, the award-winning LOA website and great speakers.



Health care & supplies

From home health supply companies to local medical professionals and facilities, LOA maintains great relations to those supporting ostomates.



H2ORS

ORALREHYDRATIONSOLUTION

find H2ORS at
www.h2ors.com
amazon.com

Email for information:
info@h2ors.com

FAST:

Near instantaneous absorption in the Jejunum (not the colon)

EFFECTIVE:

ORS is clinically non-inferior to intravenous fluids for dehydration

RELIABLE:

Easy to carry. Easy to Use. Avoid trips to the emergency room.

A Randomized Controlled Trial Determining Variances in Ostomy Skin Conditions and the Economic Impact (ADVOCATE Trial).

Authors: Janice C. Colwell, Joyce Pittman, Rose Raizman, Ginger Salvadalena

Publication: J Wound Ostomy Continence Nurs. 2018; 45(1): 37-42.

Purpose

The study compared Hollister Ostomy Care's CeraPlus skin barrier against Hollister Ostomy Care's barrier products without ceramide to examine the differences in ostomy skin barriers and their impacts on costs of stoma care and occurrence of PSCs.

Design

Rigorously designed study, multi-centered randomized, controlled double blinded and adaptive.

Subjects and Setting

The study included 153 adults from 25 sites in the US, Canada, and Europe who were seen in hospital and outpatient care settings between March 2015 – January 2017. The participants were within 12 weeks of surgery. To participate in the study, each subject had to start with healthy skin.

The Hollister logo, CeraPlus and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated © 2018 Hollister Incorporated

Results

Primary Objective: Compare Stoma Related Cost of Care

The CeraPlus skin barrier users, on average, had 14% (or \$36.46) lower costs over the 12-week study period compared to the control group. Statistically significant (p=0.017)



Lower stoma-related cost of care

Secondary Objective: Compare Incidence of PSCs

The CeraPlus skin barrier users, on average, had 15% (or 26.9% relative reduction) fewer PSCs over the 12-week study period compared to the control group. Clinically meaningful (p=0.069)



Fewer PSCs

RESOLUTION OF PSCs IN A 4-WEEK PERIOD

53%

29%

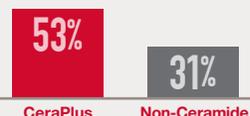
CeraPlus

Non-Ceramide

Participants using the CeraPlus skin barriers were significantly more likely to resolve PSCs in a 4-week period compared to non-ceramide users (53% CeraPlus users vs. 29% non-ceramide users)

Tertiary Objectives: Measure Patient-Reported Outcomes

Very Satisfied with ITCHING PREVENTION*

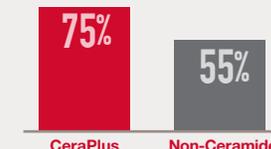


*statistically significant

Very Satisfied with LEAKING PREVENTION*



Very Satisfied with OVERALL PERFORMANCE*



Up to 75% of ostomy patients have peristomal skin complications.¹

¹Richbourg L., Thorpe J, Rapp C. Difficulties Experiences by the Ostomate After Hospital Discharge. J Wound Ostomy Continence Nurs. 2007;34(1):70-79



The CeraPlus skin barriers help to support healthy skin and help minimize ostomy burden right from the start.²

²Colwell J., Pittman J., Raizman R., Salvadalena G., A Randomized Controlled Trial Determining Variances in Ostomy Skin Conditions (ADVOCATE). J Wound Ostomy Continence Nurs. 2018; 45 (1)

Help maintain healthy skin

around your stoma with

the CeraPlus skin barrier



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.[†]

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a FREE sample, contact us at **1.888.808.7456** or **www.hollister.com/tryCeraPlus**.



The CeraPlus skin barrier comes in a range of fit options including one-piece, two-piece, flat, firm convex, soft convex, tape border and tapeless.

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

The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated. ©2018 Hollister Incorporated.



Ostomy Care
Healthy skin. Positive outcomes.

Thanks! to Hollister for sponsoring the printing of our Lincoln Ostomy Association Sparrow!

Ha Ha's

Kid: Grandpa, why don't you have any life insurance?

Grandpa: So you can all be really sad when I die.

Why did the cranberries turn red? Because they saw the turkey dressing!

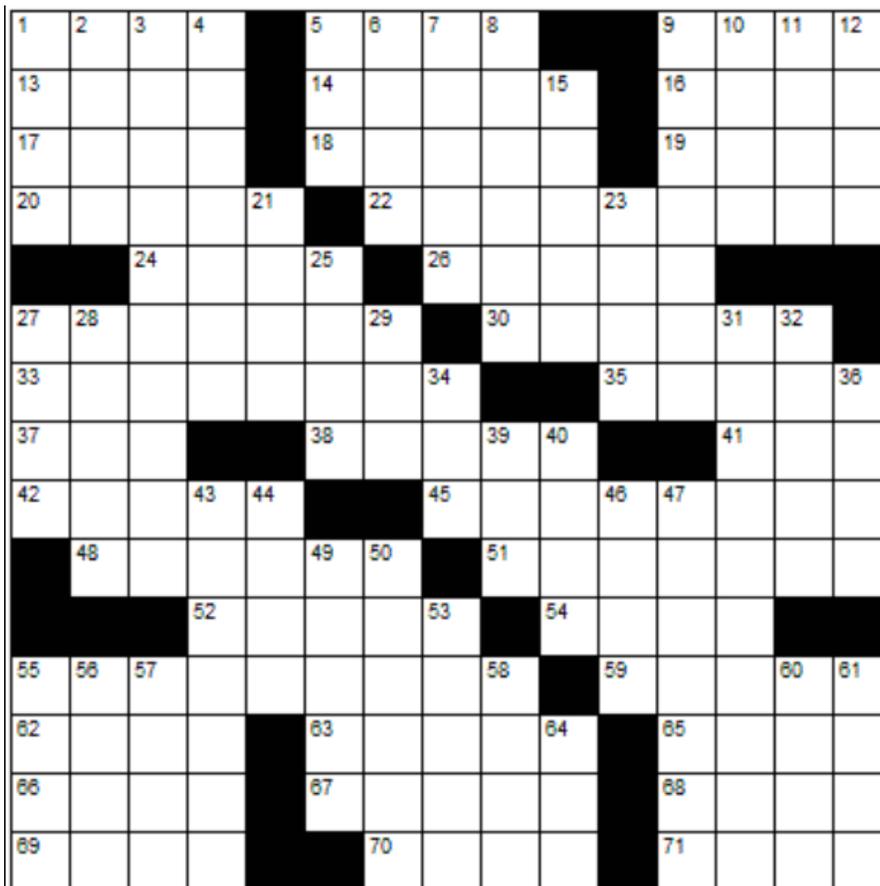
Why haven't you ever seen any elephants hiding up trees? Because they're really, really good at it.

What did the turkey say to the computer?

Google, Google, Google

Why can't you take a turkey to church?

They use FOWL language



ACROSS

1. Central points
5. Sweeping story
9. Ship part
13. Weightlifters pump this
14. Site
16. What a person is called
17. Focusing glass
18. Slightly wet
19. Goddess of discord
20. Sweater eaters
22. Inhabitants
24. Learning method
26. Museum piece
27. Blatant deception
30. Expound
33. Prying
35. Breathing problem
37. Reverence
38. Russian emperors
41. Air movement device
42. Meanders
45. A gathering for singing
48. Property
51. Otagia
52. Respond

54. Pace
 55. Planned for a certain time
 59. African antelope
 62. Prompts
 63. Prison-related
 65. French for "Black"
 66. Region
 67. Lyric poem
 68. Mongrels
 69. Depend
 70. Stepped
 71. Anagram of "Sees"
- ## DOWN
1. Movie
 2. Chocolate cookie
 3. Contradict
 4. Coastal
 5. Shade tree
 6. Impoverished
 7. Less friendly
 8. Swore
 9. Patella
 10. Acquire deservedly
 11. Send forth
 12. Not more
 15. Attendance counter

21. Sun
23. Devil tree
25. Modify
27. Talon
28. Lumberjack
29. N N N N
31. Contagious
32. Tether
34. Petrol
36. Blind (poker)
39. Caviar
40. Catch
43. Venture to say
44. Sleigh
46. Seize
47. Glazed earthenware
49. Brownish gray
50. Named (archaic)
53. Adult male singing voice
55. Stigma
56. Medical breakthrough
57. Part of a foot
58. Carpenter's groove
60. Knights
61. Backside
64. Directed



LINCOLN OSTOMY ASSOCIATION

President Denise 402-464-7544
 Vice President Melinda 402-421-7636
 Secretary Beverly 402-525-9271
 Treasurer Val 402-489-7709
 Visitation Sally 402-419-8817
 Communications John 402-310-3496

Lincoln Ostomy Home Visits

LOA provide an ostomy visitors program which offers one-on-one support by a trained certified visitor. Visits can be made in person to the hospital, home or by telephone to answer initial concerns of the new patient. A visitor serves as a positive role model for a new ostomate. Visitation Coordinators are Mallory & Sally (402) 419-8817.

Meetings (Bryan East Medical Plaza)

Dec 2, 1-3 p.m.....Holiday Dinner
 Locations will be announced at:
<http://ostomynebraska.com/lincoln/>

Contact, Advertise

Contact or visit LOA to learn more about support group meetings, ostomy products and educational opportunities. Sparrow is a quarterly publication for the Lincoln Ostomy Association. If you'd like to advertise or to submit an article, email lincolnostomy@gmail.com

Ostomy Nurse Contact

Ann Lif MSN, RN, CWOCN
 Bryan Medical Center 402-481-2018
Amanda Paprocki RN, BSN, CWOCN
 Bryan Medical Center 402-481-2018
Cindy Skinner RN, BSN, CWOCN
 Bryan Medical Center 402-481-2018
Lisa Jones RN, MSN, CWOCN, CFCN
 Bryan Medical Center 402-481-2018
Annie Ocampo MSN, RN, CWOCN
 Madonna Rehab 402 413-3652
 Joan Junkin RN, MSN;
wound/ostomy consultant
 The Healing Touch, Inc.
joanjunkin@gmail.com
Rhonda R. Soucek, RN CWOCN CFCN
 Inpatient Wound & Ostomy Nurse
 CHI Health St. Elizabeth
RSoucek@stez.org

<http://ostomynebraska.com/lincoln>

“We’re each single threads woven together in a tapestry God has created. Only He sees the full picture. Not even a sparrow falls without His knowing.”

**— Francine Rivers,
 A Voice in the Wind**

Lincoln Ostomy Association Sparrow

7400 Helen Witt Dr
 Lincoln, NE 68512
lincolnostomy@gmail.com

Case closed in theft of giant stolen colon



Brave law enforcement professionals were able to resolve the mysterious theft of a giant colon from a Kansas City location.

The giant inflatable colon, like the one pictured left, was found in a vacant house after a tip was left for police.

The famous colon is used for education and awareness and sponsored by the Colon Cancer Coalition during their campaign called “Get Your Rear in Gear.”

In a University of Kansas Health System press release, John Ashcraft, DO, a surgical oncologist at The University of Kansas Cancer Center explained that “colon cancer is a tough subject for many to talk about and the giant, 150 pound, ten-foot-long inflatable colon is a great conversation starter.”

The American College of Gastroenterology offered a \$1,000 donation for tips to get to the bottom of finding the stolen colon.



Manufacturers of ostomy appliances often send free trials of products.

Try calling or emailing manufacturers and ask them if they have any programs for ostomates to try their products. Not every product available will work for every ostomate, which is why so many companies offer a sample. Some companies that may offer a sample include:

- | | | |
|---------------------------|---------------|--|
| Active Lifestyle Products | Hollister | Securi-T |
| Coloplast | Na`Scent | Torbot Group |
| ConvaTec | Schena Ostomy | Nu-Hope Laboratories |
| Cymed | SecuriCare | ostomynebraska.com/lincoln |