



SHORT CIRCUIT

AFFILIATED SUPPORT GROUP

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Our 45th Year! Serving Ostomates of Eastern Iowa since 1972 www.iowaostomy.org September 2017



Welcome!

The Cedar Rapids / Iowa City Area Ostomy Support Group is dedicated to providing information, advocacy and service to our members, their caregivers, and to the intestinal and urinary diversion community at large.

Our local chapter

We meet regularly to share experiences, provide mutual support and learn about the latest products and information for ostomy, urostomy, and intestinal diversions.

Meetings are held at area hospitals, and involve informal round-table discussions on topics of interest, potential new product demonstrations, occasional guest speakers, and a question and answer session with one of the local WOC nurses. Families and friends of ostomy and intestinal diversion patients are always welcome to attend.

For more information about the local chapter, contact us at 319-775-0175, online at www.iowaostomy.org, or find us on Facebook at Cedar Rapids/Iowa City Area Ostomy Support Group.

The U.O.A.A.

The United Ostomy Associations of America is a 501(c)(3) non-profit organization. The UOAA serves to unify and strengthen ostomy support groups in America. UOAA services include:
• Advocacy • Non-profit Status • Conferences • The Phoenix magazine
• Toll-free Help and Referral Line • Special Interest Groups
• Ostomy Community Liaison

For more information, contact the UOAA at 800-826-0826, or at www.ostomy.org.



From the Coordinator:

I cannot believe we are saying goodbye to another summer. I hope each and every one of you had a wonderful summer. I did not travel anywhere - hope some of you got to do traveling.

As we come to the last few meetings of 2017, I am excited to see what these have in store for us. My yoga instructor had to cancel last minute for August so we have her rescheduled for our October meeting. She wants to make sure to help us so I have a survey for you to do. If you would please fill this out so she can come prepared to the meeting for us. I will be sending this by survey monkey to those who have email and will have some printed up at the September meeting to fill out as well.

I hope to see lots of you at the September meeting. U of I nurses have invited the Coloplast representative since it has been requested so please come see what's new.

Until then I hope everyone is well.
Sina Carlile



Need a Wound/Ostomy Continence Nurse (WOCN)?

St. Luke's UnityPoint Hospital
Cedar Rapids, IA
Ostomy Clinic
319-369-7538

Mercy Medical Center
Cedar Rapids, IA
Healing Center
319-398-6400

Mercy Hospital
Iowa City, IA
Wound Center
319-339-3967

Regional Medical Center
Manchester, IA
Wound Clinic
563-927-7081

Buchanan County
Health Center
Independence, IA
Wound Clinic
319-332-0999

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Fit in more fruit... Getting in at least three servings of fruit a day is easier than you think. But if you're tired of the same old fruit options, try these variations.

1. Blend it. In a blender, add two fresh or frozen bananas, 1/2 cup of fresh or frozen blueberries and 1 cup of low-fat vanilla yogurt. Add some ice (optional) and blend until smooth.
2. Grill it. Cut apples, pears or peaches into chunks; brush lightly with canola oil and sprinkle with cinnamon. Place on skewers or wrap in foil. Grill on low heat for 3 to 5 minutes.
3. Strawberries dried in the oven taste like candy, but are healthy and natural. 3 hours at 210 degrees. Might be better than Twizzlers.

The SHORT CIRCUIT is the official newsletter of the Cedar Rapids/Iowa City Area Ostomy Support Group #171, and is published 6 times per year.

MEMBERSHIP is open to ostomates and their families, friends and caregivers. Dues are \$10 per year and include an email subscription to the SHORT CIRCUIT newsletter. Copies are also available free on our website at www.iowaostomy.org.

If you wish to subscribe to the printed edition of the newsletter there is an additional \$10 charge per year to cover the costs of printing and mailing.

Membership dues and print subscription fees are collected on the honor system. If you are reading this newsletter you are a member even if you are not able to attend meetings. Your membership fee is tax deductible and will help support educational activities for ostomates in eastern Iowa. Send membership dues and subscription fees to Vicki Kee, P.O. Box 5227, Coralville, IA 52241

Officers of the Cedar Rapids / Iowa City Area Ostomy Support Group

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UPCOMING MEETING INFO

- Tuesday, Sept 19, 2017
630pm
Support Group Meeting Iowa River Landing in Coralville off I80. Ask at the desk for location.
*** Scheduled to attend - Coloplast Rep
- Tuesday, Oct. 17, 2017
630pm
Support Group Meeting St Luke's Hospital in Cedar Rapids.
Room 163, behind the gift shop.
*** Scheduled to attend - yoga instructor to help core muscles for herniation
- Saturday, Dec. 2, 2017 ***NEW***
Holiday Party at Long Branch Restaurant inside Best Western across from Lindale Mall - confirmed this is the final plan
- April 7, 2018 ***NEW***
10th Annual Ostomy Education Day - Sioux City, Iowa
- May or June 2018 ***NEW***
Picnic in Coralville - time and date TBD
- Thursday, June 21, 2018 ***NEW***
630pm
Support Group Meeting Mercy, Iowa City



Meeting cancellations — If it becomes necessary to cancel a support group meeting due to weather conditions, the information will be posted on our website: www.iowaostomy.org. If you receive the Short Circuit via email, you will also receive an email notice of cancellations. If you suspect a meeting will be canceled because of inclement weather but don't have access to email, just give the group number 319-775-0175 a call to find out the status of the meeting.

7 Incredible Things You Can Say To An Ostomate

From the Editorial Team at OstomyConnection.com

Receiving a sincere compliment can have a huge impact on your outlook. The message can instill confidence, reinforce what is good in your life, and bring a smile to your face on a rough day. Simply put, compliments are little gifts of love. Here are some small, but enormously kind things you can say that'll make any ostomate's day—and (possibly) change the way they look at themselves.

1. **"The way you carry yourself is so elegant."** Elegance is not always about the way you wear clothes, it comes from within. Admiring someone who shows gratitude for being an ostomate not only makes the person feel good, but also praises everything they've gone through to stay alive.
2. **"I saw what you did, and it restored my faith in the human race."** Oh, the things ostomates do! The woman who started a local ostomy support group in her town. The guy who picks up the bill for someone who can't afford ostomy accessories. The lady who walks for ostomy awareness weeks after her own surgery. The man who offers to share his ostomy supplies with those in need, even if it means having to come out of pocket to buy more. You may know people doing small acts of kindness. Take time to thank him or her for what they're really doing — helping us remember that we're all here for one reason, to serve others.
3. **"You have a condition not understood by mere mortals."** We all have something that makes us different, it's a gift really. But living with an ostomy is not always easy, being that most media focuses on external appearances. Some ostomates might feel unattractive and alone. Understanding the reason behind these surgeries and acknowledging a person for going through them is a moment of respect.
4. **"You're incredible!"** The ostomate in your life could be upset and scared and maybe even in denial about having the surgery. Recognizing what's really happening — that they've been through A LOT — can give a much needed opportunity to look at the situation with pride. Warning: these words may cause little sparks of happiness to go off inside.
5. **"I actually like the sound of your stoma."** Sometimes ostomates aren't sure what to say or do when they have a noisy stoma. It can be embarrassing, funny and shocking all at the same time! Interestingly enough, most people don't snicker when these so-called "toot" things come out, nor do they smell anything. Just say it, and if that's too goofy or embarrassing, text it.
6. **"Your ostomy brings me joy. It makes me happy."** This phrase isn't common because it might seem cheesy or we don't know the person well enough or we don't know what to do when ostomy leaks get messy. Saying this in an unexpected moment shows ostomates that you appreciate they are alive and well, no matter what awkward situation may arise.
7. **"I love you just the way you are."** There's a special glow that comes when somebody likes you for who you are. If you notice that an ostomate is feeling discouraged or depressed, what they may need is your reassurance that everything is going to be okay. This phrase can be a way of expressing the most honored of human emotions: love and acceptance.

National Compliment Day is one day out of the year, but the movement lives on! Pay it forward by sharing an honest compliment to an ostomate who you admire. You never know how far it will go, and you'll feel good about yourself knowing you've made someone's day better.

Medical Adhesives and Wound Dressing Application Strategies

Posted on June 26, 2017 on HyTape website

Medical Adhesives Wound Dressings

Nurses and other health care professionals often dress dozens of wounds in a single day. Each wound must be appropriately cared for using best practices in order to reduce the risk of infection, discomfort, and other complications. Yet many health care professionals struggle to dress wounds in difficult places, and struggle to ensure the dressing stays secure even when the patient is active. In order to more effectively dress wounds, it is important to adopt best practices for wound care and use better wound dressings and adhesives.

Why Effective Dressing Application is Critical

Better Outcomes: The security and effectiveness of the wound dressing can impact healing time, rate of complication, and the discomfort experienced by patients. In order to reduce the risk of foreign material compromising the wound area, and to keep the wound moist, it is necessary to follow best practices.

Reduced Costs: Wound dressings (and the time spent applying them) can amount to a significant financial drain on health care institutions. In one recent study, it was found that communities with moderate wound incidence require a full-time nurse for every 5,000 residents. Given that the current average salary for a full-time registered nurse is \$67,930, this can quickly translate to significant sums.

Increased Patient Comfort: Perhaps the most important component of ensuring a wound is properly dressed is improving patient comfort. Properly dressed wounds need to be changed less frequently, reduce the risk of uncomfortable complications, and allow the patient to perform more physical activities.

Insecure wound dressings can affect healing times, rates of infection, and the comfort level of the patient. That's why it's extremely important that caregivers implement best practices and choose the right products when dressing wounds. By following the guidelines below, it is possible to reduce costs and improve outcomes for patients.

3 Steps to Effective Wound Dressing Application

In order to ensure a secure dressing that encourages rapid wound healing, it is necessary to follow three basic guidelines:

1. **Assess The Wound:** Wound assessment is arguably the most important component of proper and secure dressing. Health care professionals should assess several components, including:

The location of the wound: Is it in a difficult to dress areas, such as joints, sacrum, or ears?

The type of wound: Is it chronic or acute? How deep is the wound?

The cause of the wound: Is the wound the result of a pressure injury, moisture-associated skin damage, or other condition?

This can affect the type of dressing used, and other components of the dressing process.

Complicating factors: These include pain levels, hydration, infections, or other important components that may affect how the wound is dressed.

Only once the wound has been assessed and a course of action has been decided on should the wound be dressed.

Medical Adhesives and Wound Dressing Application Strategies

(Continued)

3 Steps to Effective Wound Dressing Application (continued)

2. Choose The Right Dressing and Medical Adhesive: The results of the wound assessment will dictate the type and shape of the dressing. However it is always important to choose dressings and adhesives that are high quality, gentle, and secure. The best medical adhesives and dressings should be:

Gentle: Some medical adhesives can irritate skin or cause discomfort when being removed. It's important to choose a dressing that is comfortable for patients to minimize pain.

Secure: In order to keep wounds moist, prevent infection, and maximize time between dressing changes, it is important to use dressings and adhesives that stay in place. Good adhesives should also be waterproof, particularly in cases when patients are incontinent or physically active and subject to excess perspiration.

Rated highly by professionals: Not all dressings and adhesives perform equally well, and sometimes it can be difficult to determine which one will be most effective before using it. One of the best ways to find effective adhesives is by choosing a dressing that is rated highly by other industry professionals.

3. Properly Clean and Dress Wound: Once the wound has been assessed and the dressing and adhesive have been chosen, the health care provider can begin cleaning and dressing the wound. Cleaning and debriding the wound area is a necessary step to create the optimal environment for healing, prevent infection, and ensure the dressing stays secure. To help prevent infection and reduce patient discomfort, antimicrobial and anti-inflammatory dressings should also be used.

How Choosing the Right Medical Adhesive Can Help

By framing dressings with an effective medical adhesive tape, clinicians can reduce the risk of peeling corners and create a longer lasting dressing that will stay on for the entirety of the prescribed time, increasing compliance and preventing wound contamination. Seek products that are gentle, yet provide extended wear time. Select the right adhesive format to match the wound. Hy-Tape offers medical adhesive tapes in strips, patches, and kit rolls giving health care providers a wide range of options for securing dressings in difficult to dress locations.

It has been said that time heals all wounds, I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue, and the pain lessens, but is never gone. - Rose Kennedy



Looking for information on ostomy products or ostomy related organizations? Contact information below.

Major Manufacturers - most have an ostomy nurse on staff to answer your questions about products. Call or go to their website for free samples!

- Coloplast 888-726-7872 www.coloplast.us
 - ConvaTec 800-422-8811 www.convatec.com
 - CyMed 800-582-0707 www.cymed-ostomy.com
 - Hollister 800-323-4060 www.hollister.com/us
 - Marlen 800-321-0591 (via Edgepark)
 - Marlen 216-292-7060 (directly) www.marlenmfg.com
 - Nu Hope 800-899-5017 www.nu-hope.com
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Suppliers - will send a free catalog featuring many brands of ostomy supplies. A great way to compare different manufacturer's products!

- AOS Medical Supply 800-858-5858 www.mmsmedical.com/aos
 - Byram Healthcare 877-902-9726 www.byramhealthcare.com
 - Duke Medical Supply 888-678-6692 www.dukemedicalsupply.com
 - Edgepark Medical 800-321-0591 www.edgepark.com
 - Liberty Medical 888-844-2651 www.libertymedical.com/ostomy/
 - SGV Medical 800-395-6099 www.sgvmedical.com
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United Ostomy Associations of America

- 800-826-0826 www.ostomy.org

Wound, Ostomy and Continence Nurses Society

- 800-224-9626 www.wocn.org

Friends of Ostomates Worldwide-USA

- Donate unused supplies www.fowusa.org.

Osto Group free product for the uninsured

- 877-678-6690 www.ostogroup.org

American Cancer Society

- 800-227-2345 www.cancer.org

Crohn's & Colitis Foundation

- 800-343-3637 www.ccfa.org
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