

# Ostomy Outlook



## NEWSLETTER OF THE OSTOMY ASSOCIATION OF THE MINNEAPOLIS AREA

Volume XXLXV, Issue I

October/November 2016

<b>Date:</b>	<b>Monday, October 17, 2016</b>
<b>Time:</b>	<b>6:30 PM-Social hour</b>
<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069



<b>Program:</b>	<b>7:00 P.M.” Surgery-2016” Dr. Ann Lowry</b> Dr. Lowry will answer your questions and talk about the present state of ostomy surgery.
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<b>Date:</b>	<b>Monday, November 21, 2016</b>
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<b>Time:</b>	<b>6:30 PM – Social Hour</b>
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<b>Place:</b>	<b>United Methodist Church of Peace</b> 6345 Xerxes Avenue South Richfield, MN 55423 612-866-0069
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<b>Program:</b>	<b>7:00 PM Speaker Anne Marie Kronick-</b> Anger and fear...Destructive or Constructive Emotions?
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The Ostomy Outlook is printed and circulated for people with Colostomies, Ileostomies, Urostomies, and alternative procedures, their families and other interested Persons.

**Our new website address is: [ostomyminneapolis.org](http://ostomyminneapolis.org)**

### *Ostomy Association of the Minneapolis Area Membership Creed*

As members of this group, it is important to be ever mindful of our many blessings: our understanding families and friends, our homes, and our way of life. Most of all, as ostomates we need to be ever mindful of the life which has been given back to us and to find the courage to face our daily challenges. Let us continue to be concerned for people who need our help, our support, and the knowledge that we have gained. Let it be our task to reach out to others and to ourselves. May we do this in a spirit of fellowship and fond regard.

## The President's Corner

Our August meeting was great...we celebrated Brenda's birthday and she brought lots of goodies for all. We later in the meeting were put into groups with each member in a group that had a similar ostomy. It was an excellent idea and I believe all who were there felt supported by all the members in his/her group.

It was a great reminder that we are not alone, and the problem we may have with our ostomies are not just our own.

We need to do more sharing in future meetings and hopefully we will.

It was gratifying to see so many new members at the meeting. Please come back..you add so much to the meeting and to

all the current members.

See you all on the 19th of September

Frank and Rich

**HAPPY BIRTHDAY FRANK! HUGS FROM THE GROUP!**



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# Getting to Know Me Better! - Anne Marie Kronick



Two weeks after 9/11, 2001, the world was struggling with emotions of anger and fear. I had my own challenges at that time: I had been having problems and I was seeing different doctors almost every day. A biopsy confirmed a cancerous tumor and I had to have a total hysterectomy. Eight lymph nodes were taken and cancer was found in one of them. That made my cancer Stage III and meant additional treatments: radiation and chemo. I began chemotherapy every Monday with radiation from Monday to Friday. I was consumed by destructive feelings of anger and fear. I found radiation particularly painful and excruciating probably because my intestines were still weak from the hysterectomy.

By October 4<sup>th</sup>, when I had completed my treatments, I was in a weakened condition. By morning I was doubled up with pain and finally was admitted to the hospital. In the midst of more tests, my intestines burst and I was told I had to have an ileostomy. I was told I had peritonitis. My colon could not be repaired. I spent 8 or 9 days in the ICU recovering. Not only was I angry, but I was experiencing “morphine psychosis” and had hallucinations about the nurses hiding bombs in my gurney! Both my anger and fears just made matters worse.

I recovered and had good years ever since. On the way to one of my check-ups I saw a sign by an elevator informing patients of a Park Nicollet Family counsel. I realized I was still having residue anger over my ordeals. I took these feelings and used them for a good cause.

I joined the advocacy group and our OAMA group (Ostomy Association of the Minneapolis Area). Dar Hafner also did the same. I think working for the positive cause of patient advocacy and making sure the patient’s voice becomes a permanent part of our health care system began my real healing process.

But life has its twists and turns. A year ago, while walking my dog with a friend in downtown Minneapolis, we noticed a bull dog was behind us, coming up fast—untethered. We decided to cross Portland Ave. with the traffic light, and the dog whopped me in my behind, and left me flying to the middle of the street! My leg was broken in all kinds of pieces and I was sent by ambulance to the HCMC where I stayed there for two weeks. Pins kept my legs together. Then I was transferred to a beautiful facility, the Jones Harrison Rehabilitation Hospital until Aug, 2015. I could walk a few steps with a cane, but needed mostly to be in a wheel chair, so I moved in with my sister, and my husband and we finally bought the house for all of us to live in.

And now...

In April of this year, my dear husband Avril was diagnosed with mesothelioma, a rare, asbestos-related cancer that forms on the thin protective tissues that cover the lungs and abdomen. A combined approach to treatment is helping people improve their survival and ease symptoms. And today, he will be coming home from Jones-Harrison Hospital.

Of course, the angers and fears still crop up, but I take life a day a time and appreciate every day.

## Patient Power by Darlene Hafner

ALL GOOD THINGS MUST COME TO AN END. It's that time again. We are all feeling it and sensing it. The cooler nights, the shorter days, the earlier darkness, fading gardens and the sun kissed leaves slowly showing the slight color of blush.

Yes, fall is upon us. We say goodbye to our long awaited summer and move onto the other Minnesota seasons.

All of us, who have had ostomy surgery have gone through our own change of seasons. Some of us waited for our planned surgeries like an anticipated summer thunderstorm while some of us had our surgery befall us like an unexpected snowstorm.

As ostomates, we have our own type of seasons. We've gone through the change of a body we knew, to a new body we are getting accustomed to. We've had to anticipate "storms" by preparing for possible leaks, skin breakdown and other unexpected issues. We've learned to weather hospital stays, appliance trail and errors, and perhaps other health problems.

We've gone through the emotional "seasons" of perhaps being angry, unsure of ourselves, adjusting, coping, learning and finally accepting. Eventually and individually we all enter our season "of spring", a time that brings new growth and an anticipation of good weather to come. We have new expectations of good health; free of cancer or intestinal pain or other bowel or bladder problems.

Yes, here comes the fall. We rake the leaves, pull up our perennial bulbs, clean our gutters and make sure the snowblowers work. We watch as the squirrels scurry around hiding acorns. All of us get prepared for the long winter.

As ostomates, we should be proud of ourselves. We have adjusted, coped and conquered our new normal. We are hopefully prepared for anything that comes our way, through the support of our families, friends, WOCN nurses and physicians. Life is good, ever changing, as we look out and appreciate the colors of the world around us.

Dar

### Regional Ostomy Education Conference

Ostomy Association of Greater Chicago and Hollister, Inc. invites you to the Regional Ostomy

Education Conference on Saturday, November 5, 2016 in Arlington Heights, Illinois. The event will focus on both medical and lifestyle issues. Sessions also include those for family and spouses. A stoma clinic will also be held by a CWOCN on site.

For a list of speakers and more information visit [uoachicago.org](http://uoachicago.org)



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**Where**

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JULIE'S CORNER-  
From Julie Powell WOCN

## OBAMA FY 17 BUDGET PROPOSAL PROBLEMS

Wednesday, May 04, 2016 (0 Comments)

Posted by: Becky Dryden

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President Obama released his proposed FY 17 budget in March which included a provision to expand Medicare's competitive bidding program to new product categories. The budget proposed that inhalation drugs; all prosthetic and orthotics; and ostomy, tracheostomy and urological supplies all be listed as products subjected to competitive bidding. The Wound, Ostomy and Continence Nurses Society™ (WOCN®) has serious concerns with this proposal, as ostomy supplies and urological supplies are not well-suited for a competitively bid program because of their highly customizable nature. The Society has fought to exclude these products from the program in the past and will continue to do so in the future.

Medicare's competitive bidding program forces suppliers into a program in which each supplier submits bids to provide certain medical equipment and supplies at a lower price than what Medicare now pays for these items. Medicare uses these bids to set the amount it pays for those equipment and supplies under the Competitive Bidding Program. Suppliers with winning bids are chosen as the sole Medicare contract suppliers. The bidding process is specific to various areas of the country where suppliers/prices may vary on the same product type.

The main issue of concern in the competitive bidding program is that it will almost certainly lead to patient complications, as suppliers will be bound by artificial bids to supply products based on price, not by patient need. Specifically to the needs of our ostomy patients, because a supplier is bound by bid, they may not be able to afford higher quality products that a more complicated ostomy patient may need. This bidding system forces patients into a "one-size-fits-all" ostomy solution – a disaster for ostomy patients. Ostomy supplies are clinically prescribed, selected, adjusted and fitted by a certified ostomy specialist for individuals based on the unique medical and physical needs of each person in relation to their disease or condition.

The Society has joined with other stakeholders to express our opposition to this short-sighted proposal by sending a letter to Congress urging them to not move forward with the President's proposal. It is important to remember that the President's budget is just a proposal and this program cannot be expanded without congressional approval. So, it is important that all stakeholders express concern early to prevent its enactment. The Society will be calling on its members to get engaged in this issue, so stay tuned for further updates and calls to action. If you have further questions about the competitive bidding proposal, please feel free to contact the Society at [wocn\\_info@wocn.org](mailto:wocn_info@wocn.org).



A NOTE FROM BRENDA ELSAGHER.  
Our Treasurer

We appreciate your support and attention to our lapsed membership dues and we are back on track. Our outreach and newsletters will continue and we also thank the corporate sponsors for their giving as well. Thanks for continuing to help us all reach out to others in need. Make sure you check out our website at [www.ostomyminnneapolis.org](http://www.ostomyminnneapolis.org) and look for details on there and by phone in case of inclement weather in upcoming months. The OAMA has a new phone number to call if you need information and one of our board members will get back to you within 48 hours. Feel free to call that number if the weather looks unsafe and you want to see if the meeting is canceled. 952-882-0154. Again, Many thanks, Brenda

## Ostomy Canada Conference



Bob Baumel photo

No, it was not the Olympic Games in Rio, but UOAA President Susan Burns got to carry the U.S. flag in the opening ceremony of the Ostomy Canada Conference. The event was held in Winnipeg, Manitoba, August 17-20. Susan had the opportunity to speak to the gathering about UOAA's milestones this year. "Thanks to the organizers and everyone in Canada for their wonderful hospitality, as national organizations we are working toward many of the same goals to improve the quality of life of our populations," Burns says.

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For a list of speakers and more information visit [uoachicago.org](http://uoachicago.org)



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- Providing the best care for the individual
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<http://www.colonrectal.org>

**Wound Ostomy and Continence Nurses  
North Central Region Annual Conference  
October 14th and 15th 2016  
Bloomington, MN**

Bloomington, MN is proud to be the host city for the North Central Region Annual WOCN Conference on October 14th and 15th. Julie Kula from Methodist hospital is part of the planning committee. They are expecting over 100 attendees.

The main objectives of the conference is

- 1). To describe new and merging thinking and technologies relevant to the practice of skin and wound care.
- 2) Articulate best practices related to skin and wound for patients with complex illnesses.

\*\*We are so fortunate to have nurses, doctors and other medical staff and students to attend conferences like these to expand their skills and expertise to help us with our ostomy needs.

Also on the agenda is the topic titled " What's new in Patient Engagement".

Patient involvement has been a hot topic during the last several years and more hospital and clinics are moving towards a team approach and patient empowerment and engagement. It's exciting to see this as part of the conference and we are lucky to be part of the medical community who shares our enthusiasm for this team approach.

We are hoping to spread the word of our Mpls/St Paul support groups at the conference by either having a booth or handing out information.

A special Thank you to Julie Kula for being part of this planning committee.



Target Audience:

WOC Nurses, RNs, Advanced Practice Providers, Physicians, Physical Therapists, and other allied health care professionals, including students in the medical field interested in the practice of wound, ostomy and continence care

To register or for more information go to: <http://www.northcentralregion.org>

Co-Chairs: Deb Thayer 612-385-4234

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\*Programming begins on August 23rd

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### Conference Planning Underway

The UOAA National Conference Planning Committee met this month at the location of our next conference, set for 2017 in Irvine, California. Our 6th National Conference will be held at the [Hotel Irvine](#) August 22-26, 2017 with programming set to begin on August 23rd.

Committee leaders have been hard at work planning a schedule that builds on the success of the educational programming and fellowship of previous gatherings.

"As the speaker coordinator, I am excited about the great medical professionals from California who have agreed to present at this conference," says Mille Parker. She adds, "We have some great motivational speakers lined up and some returning favorites! As the sessions get finalized we will be highlighting them for you."



The committee includes local Orange County, California volunteers who will be working to staff the stoma clinic with dedicated nurses, build local enthusiasm, and help with the program organization. The ASG leadership academy and the exhibit hall will return along with new educational sessions and special events. The committee also met with hotel representatives and are excited by the potential of the event space and the beautiful grounds and amenities of the hotel. It's not too early to save the date or start saving to attend what we think will be the event of the year for the ostomy community.

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