



Friends of Ostomates Worldwide-USA Newsletter Spring, 2019



President's Message

Dear Friends,

It has been my pleasure to lead the Friends of Ostomates Worldwide-USA since August 2015. With the support of a hard working board the organization has reached many goals. Since 1986 we have shipped almost 389,000 pounds of donated ostomy supplies at a value of over \$19.4 million to individuals, hospitals, ostomy organizations and cancer groups in 95 countries. This year product and financial donations are up and I thank you for your ongoing support.

In order to efficiently track all of these transactions, we have initiated a new database. A task force worked diligently to find one that will meet our current and future needs. Our public relations committee strives to keep you updated on the ways that we fulfill our mission. I realize that some of you may be inundated with email messages and may not open all the ones that you receive from FOW-USA. However, we feel that you are part of our family and communicating with family is important to us.

Strengthening our collaborations with organizations and special individuals has been part of our strategic plan. We are grateful for the in-kind services provided by B Braun, Coloplast, ConvaTec, and Hollister. The United Ostomy

Associations of America features messages on their website about donating supplies to us. Both UOAA and WOCN Society offer us free booths at their national and regional conferences. Ian Settlemire, the editor of the Phoenix magazine, has been an avid supporter by publishing our ads and articles about FOW-USA. Christine Kim has done the same on Ostomy Connections. Dr. Carlo Pezcoller helps us attain the educational portion of our mission by implementing our Lions for Stoma Care grant to train doctors and nurses in Guatemala and Africa. They are learning stoma care and connecting with us so that we can follow up their training by sending them supplies. Dr. Brian Camazine carries ostomy supplies on his mission trips to Nigeria. There are also several individuals who pay the shipping costs to send products to family and friends overseas. I want to acknowledge our warehouse volunteers who give their time and talent to unpack, sort and repack the donated supplies for shipment. Working together with all of these partners we are making a difference in the lives of ostomates worldwide.

Spring is here and my April birthday just passed. At my age I do not need tangible gifts. However, I encouraged my family to give a birthday gift to FOW-USA in my name

by going to the Donate tab on our website: www.fowusa.org.

You can also give a birthday or anniversary gift, provide a donation in memory of or to honor someone special. We will acknowledge your gift and send a letter to the recipient.

I appreciate all that you do to support FOW-USA. Be assured that when my Presidency concludes, I will continue to work with this outstanding board to fulfill the goals of our humanitarian mission.

Ann Faureau

Many Goals Reached

Product & Financial Donations Up
New Database Software
Strategic Plans Advance

Inside this issue:

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email us at
info@fowusa.org

Thank you former FOW-USA Board Member Lang Secrest who represented us at the 2019 Ostomy Information & Education Forum held March 16, 2019 in Mesa, AZ. We were one of 15 organizations and vendors invited to participate. Lang said, "People appreciate learning about our services and how they can participate. One woman commented that hearing about us made it worthwhile for her to take the time to attend." Approximately 75 people were in attendance.



Attendee Roxanne Camp with Lang Secrest

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without our
Volunteers and
YOU!

Meet our Officers & Board of Directors

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Mark your calendar NOW and plan
your 2019 visit to see us at the
following Conferences

National WOCN Conference
Nashville, TN June 23-25

UOAA Conference
Philadelphia, PA August 6-10

South Central Region WOCN Conf.
Dallas, TX October 25-26



Shipping Update

As of **April 2019**, we have
shipped almost **389,000 lbs.** of
products with a retail value of
over **19.4 million dollars.**



Visit us at
2019
Conferences!

Trivia Fact

To what Country & to what Continent do
you think we have shipped the most
products since 1986?

Go to Facebook to place your guess in the
comments section and we will reveal the
answers on June 15th !



Ostomy Pearls

Jan Colwell RN, MS, CWCN, FAAN

Let's talk about the basic principles in ostomy care. The first and perhaps the most important principle: find a pouching system that provides a consistent wear time that maintains intact peristomal skin. So what does that mean? A pouching system should not leak from the time it is placed on until it is taken off or changed and this is called "wear time". Wear time varies from person to person with an ostomy. A group of people with an ostomy were asked how long they wore their pouching systems; the average wear time was at or about 4 days. But that is an average; some people wore their pouching system for 3 days, some for 5 days. There are several items to consider when determining wear time.



The adhesive or seal on the pouch is made out of a material called hydrocolloid. A hydrocolloid absorbs moisture over time and slowly loses the adhesive seal, causing the skin around the stoma to be exposed to the stoma output. Moisture comes from several sources, including from the skin from sweating and from the stoma output (the more liquid the stool the quicker the hydrocolloid absorbs moisture; the same happens with a urostomy). So what does this all mean? When the pouching system is removed it is important to look at the back of the pouching system adhesive to check for erosion or softening of the hydrocolloid. If the opening in the skin barrier is much larger than it was when it was placed on (i.e. erosion), the larger opening could allow the stool or urine to contact the skin and cause skin injury. It might be advisable to decrease the wear time by one or two days if erosion is present. Wearing the pouching system too long can also cause leakage, allowing the stoma output to get under the adhesive seal.



Another important principle is that the size of the opening in the skin barrier should be the same size as the stoma. The skin barrier opening should be at the junction of the skin and stoma to cover all of the skin around the stoma to prevent the stoma output from contacting the skin and causing injury. A skin barrier is available in cut to fit (no opening) or pre-cut (a round opening which are available in a variety of sizes). If the stoma is round the opening in the skin barrier should be round; if the stoma is oval the opening should be oval. There are some skin barriers that you can mold to fit, by stretching the skin barrier opening to fit the stoma. It is advisable to periodically measure the stoma as stomas can change with weight gain or loss or just with aging.

A third principle is that a pouch should not be allowed to be more than ½ full because the weight of the stool or urine can pull the adhesive from the skin, another cause of pouch seal failure.

It is a good idea to periodically review the principles of ostomy care to avoid problems. Remember to consider these principles as you review ostomy care.

FOW-USA migrates to new Database Software

In March, FOW-USA made a huge move to upgrade our database software to Bloomerang which specializes in database management for non-profits. Led by Mickey Heideman, a special task force of board members narrowed down the software available and made the decision to invest and migrate to Bloomerang. Our product and financial donor lists will be "crisper" and moving forward, our communication to all will be enhanced with our e-blasts and electronic version of the Newsletters being distributed using this software. This will all be seamless to you, our devoted readership, but we want to keep you informed on the "Happenings" behind the scenes!

New FOW-USA FRIENDS Contribute Talents!

2018 brought the addition of 2 new "Friends" who offered their expertise and have been working behind the scenes with us. Watch for some new "branding" and an updated logo from graphic designer, Rachel Frankel, Portland OR. Rachel has been working closely with our PR Committee on updating our "look". Lida Frankel, Northridge, CA, has been putting her amazing "numbers" skills to our data and with her "magic" created spreadsheets/pivot tables/graphs with details of our shipping history we have never had before. Susan Lamparter, Tinley Park, IL, once again assisted us with our updates to our 2019 PowerPoint. Thank you ALL for your contributions to our mission!

A Visit to Japan by an Ostomy Nurse

Kathy Mehaffey RN BSN CWOCN

**Average age of
patient being 90
years!**

In October 2018, I travelled to Japan on vacation with my husband. While there, I had the opportunity to tour several hospitals, meet with other WOC (Wound, Ostomy and Continence) nurses and visit an ostomy clinic. After an early morning visit to the Sensoji Temple I met Mark Kennedy, Global Portfolio Management for Hollister Inc. The first hospital tour was Eiju ("Long Life") Hospital, a medium sized (400 bed), community hospital located in the Taito-ku ward in north central Tokyo. Harumi Matsuo CWOCN graciously gave me a tour of the hospital and her outpatient clinic. She told me that the patients she sees in clinic are either routine post-op surgical visits or have ostomy/pouching issues. New ostomates see her monthly for support, in addition to visits from a home health nurse, until their stoma has stabilized and then visits range from every 3 months to yearly. Only 10-15% of their surgeries are urostomies with the average age of the patient being 90 years!

The next Tokyo hospital was the large, 708 bed, Japanese Red Cross Hospital built in 1877. This university hospital has an attached medical and nursing school. WOC nurse Takayo Sasaki took me through a wide range of units spread over 15 floors! She and her colleagues see patients both pre-operatively, doing preliminary ostomy education and stoma marking, as well as patients admitted to the hospital. Average length of stay can vary depending on the surgery, but ostomy patients stay in the hospital 7-14 days.

The last hospital was located in the charming town of Kurashiki, southwest of Tokyo in the Okayama prefecture, a five-hour ride via the "Skinkansen" or bullet train. Here I met WOC nurse Miki Masada, who took me thru Kurashiki Central Hospital. (photo left) This large, 1166 bed, private hospital was built in 1923 on 3 major principles: to not be research oriented, to be "a cheerful place, that did not feel like an ordinary hospital", and "to become the best hospital in the East". I found it very interesting that one of fundamental principles in 1923 was "patient centered care"; the founder was certainly ahead of his time! This large hospital has many open areas inside with beautiful gardens where patients, families, and visitors gather to visit or attend the many musical concerts offered throughout the year. After the hospital tour and a lunch of traditional healthy Japanese food in the full service hospital restaurant, one of the best meals I ate on my trip, I shadowed Miki in her outpatient ostomy clinic. There, over the course of an afternoon, we saw a variety of patients with difficulties from leaking urostomy pouches to prolapsed stomas, to an allergic reaction from wafer adhesive coupled with a case of psoriasis. I came away with the feeling that even though I was in a foreign country, problems ostomates experience are the same!

Japan has the cleanest public toilets I have ever seen and over 7000 public bathrooms include a special flushable toilet attached to a wall for ostomates to empty their pouches! In addition, there is specific signage indicating which restroom has this special set up.

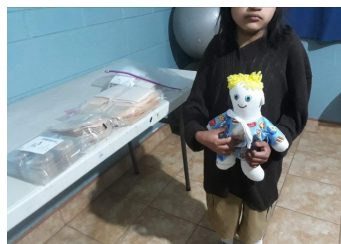
I would like to thank every single nurse I met for their warm welcome and graciousness and patience in answering my many questions. And a special shout out to Mark Kennedy, for not only coordinating all these meetings, but also acting as my guide, interpreter and etiquette advisor in all things Japanese!! I will always remember this trip and how proud it makes me feel to be in this profession!



We get emails

December, 2018

The Village of Hope Guatemala is a children's home in Guatemala. They have more than 60 children who come to them from abuse or abandonment. We sent supplies to them for an 11-year-old girl who is in their care.



"I just wanted to update you on how big of a blessing the donation of colostomy bags have been for [the 11-year-old girl]. We are so grateful for the way you cared enough to not only supply for her needs, but to go above and beyond in also caring for her heart. [She] loves having a doll that uses colostomy bags just like her. Thank you for truly making a difference in her life. Blessings, Addisyn Block, Village of Hope Guatemala".

Oct 30, 2018

Dear Carol Heideman,

Kind greetings from Ostomates Uganda. I hope this letter finds you well.



On the behalf of all the beneficiaries of Ostomates Uganda and on my own behalf, i extend my sincere gratitude to Friends of Ostomates Worldwide-USA for their generous donations given to Ostomates in Uganda. Your kindness [allows] most of the ostomates here living in dignity without any shame.

Please find the attached report and photos of the Latest donations we received FROM Friends of Ostomates Worldwide-USA. Most ostomates here live in far distance villages and we are doing our best to reach all of them..

Thank you so much. Kind regards,
Sarah Arao Programs Coordinator
Ostomates Uganda

**"...Ostomates here
living in dignity
without any shame"**

December 2018

Good day. Once more again, a big thank you Fowusa. My brother collected the parcel on Friday at Chiredzi Post office. We are all excited about this precious gift.

Thank you very much Ruth. Find the picture of of my brother which I received ... just after he got home with the parcel.. Also not forgetting all donors who are keeping Fow-usa going.

Kind Regards,

Eric Nyoni Zimbabwe



Emails continued

February 2019



Dear Ruth,

Thank you very much for the kind support and donations to the Lao Friends Hospital for Children. Our team was very happy to receive all the donations FOW – USA sent and we are glad we will be able to support and help families of our ostomy patients. Please help us share our appreciation to everyone at FOW who made this donation possible.

Best regards,

Anabella Coria Zavala, Director of External Relations
Lao Friends Hospital for Children & Friends Gallery
Healing Children. Healing Lao

**"Our team was
happy to receive
all of the
donations"**

**Sherry L., Eugene, Oregon,
a long time supporter writes:**

*"It is truly an honor and a privilege to help
those ostomates less fortunate than we.
Donating to [Friends of] Ostomates
Worldwide is the perfect opportunity to
express our love and concern for those
ostomates."*

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A photograph showing a woman, a young girl, and an older woman smiling together. The woman and girl are in the foreground, and the older woman is behind them. They appear to be in a kitchen or a similar setting. There is a decorative graphic of overlapping circles in the bottom right corner of the image.

Nursing Student Class Volunteers at Warehouse

On March 2, 2019, eight student nurses from the Galen Nursing School and their instructor Cody, helped at the FOW-USA warehouse in Louisville, Kentucky, USA. They worked from 9 am to Noon, and Cody said that we could count on them at least twice a year to come and work. They were EXTREMELY helpful as three full pallets of donated products got unpacked and inspected, and are now ready to ship around the world. Thank you ALL for your priceless work! We look forward to your return visit!




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THREE Full Pallets

Unpacked!

Emails continued

February 2019

I am [Connie] an ostomy person, and I want to share with others everything that the Association of Ostomy has helped me in San Diego, they know me and know what we do for the people here in Mexico.

... they look for me to support them with advice that I learned in UOAA and I help them to keep their skin healthy, and when I get donations from supplies I give them to them I get donated [supplies] and I provide them to low income people because in my country there is no medical insurance that provides these supplements. And my husband and I give them for free. They are people of low economic level with needs to cover their ostomy, in some cases they use inappropriate materials that cause injury to their skin ... the objective of us is to educate them and support them to the greatest possible need.

I am writing just to [share] with you our first official meeting in Tijuana MX, everything going well.

Thanks for the support.

Regards, Connie & Maria Mendoza

"Stomy BC," Tijuana, Mexico

January 2019

THANK YOU so much for your work. I am getting ready to send some things to you. I also will be giving out your information to my permanent ostomy patients. Thank you for have[ing] the brochure on line so I don't have to call to get some.

Martha Megginson RN, CWON



The Mission of Friends of Ostomates Worldwide-USA (FOW-USA), a volunteer-run, non-profit organization, is to provide ostomy supplies and educational resources at no cost to ostomates in need around the world.

FOW-USA
4018 Bishop Lane
Louisville, KY 40218
USA
Tel: 502-909-6669

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www.fowusa.org

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Friends of Ostomates Worldwide—USA Contribution Form

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FOW-USA, Attn: Treasurer, 4018 Bishop Lane, Louisville KY 40218-4539

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To Donate On-Line: Go to www.fowusa.org and click on Donate.