



WEB SITE: www.ostomysolano.org

SOLANO OSTOMY NEWS

**EDITOR: DAN BRUCE
OSTOMY ASSOCIATION OF SOLANO
P.O. BOX 5142, VACAVILLE, CA 95696**



2020

DATE: JANUARY 15, 2020

SPEAKER: DAVID WALTERS, COLOPLAST REPRESENTATIVE

PROGRAM: LATEST AND GREATEST FROM COLOPLAST

REFRESHMENTS: DAN BRUCE

WHERE: KAISER VALLEJO, 975 SERENO BLVD.

MEETING ROOMS A&B, FIRST FLOOR. HALLWAY PAST PHARMACY #1



MORE FROM THE PEANUT GALLERY

We had a nice Annual Potluck get together at the Vallejo Kaiser on December 18th. We had a small turnout, probably because of the rainy, windy and cold weather, but I think all who attended had a good time. The food was great as usual, and of course low in calories.

On another note.... we have the Coloplast representative coming to the meeting on January 15th in Vallejo, but we also need to take the time to have a **business meeting** as well. As you may or may not know, I decided **on my own** to take over most of the duties for Rochelle when she was not able to do so, because of her illness. I was not duly elected, nor did I necessarily want to assume the President or Coordinator or (whatever we want to call it) position. Right now, I am doing everything, and could use some help. At the January meeting we need to officially establish the new business structure.

We need to establish at least these offices in our group:

1. **President or Lead Coordinator** (or whatever title)
2. **Co-coordinator/Program Chair** Cover for the Lead Coordinator. Set up meeting event programs.
3. **Newsletter Editor** (I don't mind continuing to do the Newsletter)
4. **Treasurer** (I am currently Treasurer, but we need to have backup as a check and balance)
5. **Visitation Chair** (to do at least phone visitations) I personally feel that in person visitations should be left up to the professionals.

If you want to volunteer for any of the above or offer nominations, please do so at the next meeting.

Upcoming Meetings – Add to Your Calendars – Details to Follow

January 15th – Vallejo Kaiser – Conference rooms A, B and C. Hallway past pharmacy #1

David Walters, Coloplast Representative + **Business Meeting**

February 19th – Vacaville Kaiser – 1 Quality Dr., Building B, Meeting Room H1A 1st Floor

David Walters, Coloplast Representative + **Business Meeting**

March 18th – Vallejo Kaiser - Conference rooms A, B and C. Hallway past pharmacy #1

Program to be determined – any suggestions?



Skin Barrier Sheets

By Linda A. Coulter BSN, MS, RN, CWOCN

Will, an ostomy detective in-training, looked puzzled. “What are these sticky squares?” “Those, are my shims,” barked Mrs. G, an ostomate extraordinaire, whose gruff voice cloaked her Alaska sized heart.

Will still looked perplexed. “Let me show you,” Mrs. G said as she removed her ileostomy pouch. “My pouch used to leak every other day. See this dip?” She pointed to a crease that ran from her stoma to her belly button. “That was the culprit. My pouch leaked there.” She demonstrated her technique. “I use this shim and smear the edges with a little stoma paste. Now I wear my pouch for four days,” Mrs. G relayed. Will nodded, “But what are they?” Mrs. G handed him a square sheet of Hollihesive™ skin barrier. She explained that it was similar to the tan, sticky part of her pouch’s baseplate, but without the coupling ring or tape collar. “Ostomy Detective, show him the others.” From the shelf, I pulled Eakin Cohesive, ConvaTec Stomahesive, and Coloplast Brava Skin Barrier Protective Sheet. Will inspected each product. The Eakin was flexible and



sticky on both sides. Mrs. G’s Hollihesive™ was sticky on both sides, moderately flexible and had a visible mesh matrix. Stomahesive® was the most rigid, had one sticky side and a durable plastic layer on the other. Brava® Skin Barrier was the thinnest and most flexible. It was sticky on only one side and slightly stretchy. I explained that the skin barriers could be cut into various shapes and are often used to fill in dips or creases, to cover irritated skin or as an extra protective layer between pouch and skin. The skin barrier characteristics, the specific reason it is used and how it is applied are important. In some cases, any brand is acceptable. In others, one brand

might work better.

For example, for Mrs. G’s shim, which in ostomy detective lingo is called a “wedge,” the thicker, less flexible Hollihesive™ or Stomahesive® products, perform especially well. The others could work but may need additional layers to completely fill the depression.

When using a wedge, it’s important to caulk the edges with tube paste. Pieces of skin barrier are also used to cover raw or irritated skin caused by effluent or pressure. The piece might be square, round or even washer shape. The barrier will protect the wound and provide a healing environment. In these cases, the skin barrier piece should be slightly larger than the sore area. The sticky side should be placed to the skin and stoma paste caulking along the edges helps obtain a good seal. Depending on the severity of the sore, a pectin-based stoma powder and/or an absorptive dressing can be placed on the skin, before the wedge. Once the sore has healed, the skin barrier doesn’t need to be used any longer. One note of caution; if the pouch is worn for longer than two days, the Coloplast, Eakin or Hollister barrier are preferable for washers that encircle the stoma, because the absorbent layer of the Stomahesive® often washes away, leaving the durable, plastic layer, which can shift and cut the stoma.

In cases of skin sensitivity, these products can be an important tool. Some people may be sensitive to the adhesive on the back of their pouch but may not want to change pouches because they like features of such as the closure or the coupling mechanism. Other times, they may only be able to get a certain brand due to insurance coverage or availability from their supplier. For these folks, using a skin barrier between the skin and baseplate can help relieve the sensitivity. Though any of the brands may work, the formulation, flexibility, and thinness of the Brava® skin barrier make it the first product I try in these situations. As we finished, Will was wide-eyed, “Who knew there’d be so many pieces? I hope I’ll be able to solve all these pouching puzzles.” Mrs. G winked and said, “Oh, you will. Because where there’s a Will, there’s a way.”

Dry Wafer

*I have a problem with the wafer on my pouching system. It gets dry around the edge and my skin gets irritated. Most of the things I have tried do not help and make my skin itch. Can you recommend something?
F.P.*

Dear F.P.

Dry barrier edges are not a common problem, irritated skin around the edge of the barrier is more so. Without knowing what type of system, you are using or what type of products you have tried, I will make some educated guesses and suggestions related to skin care, clothing, and appliances.

- 1) How are you cleaning and preparing your skin? It is important to clean the skin with a pH balanced soap such as Dove, or simply use water. Are you using adhesive barrier sprays or removers? Are you using any other substances? Could they be causing the skin irritation? Remove one item at a time for the most effective investigation.
- 2) Do you have hair around your stoma pouching area? Clip hair or shave with an electric razor. If you choose to shave with a disposable razor, always shave in the direction of hair growth.
- 3) Could your clothing be rubbing on your appliance and causing the irritation? Consider wearing a stoma guard. There are several on the market available to choose from depending on your stature and activities. The Stoma Dome® which adheres directly to the pouch might be the right solution for you.
- 4) Have you tried a different manufacturer's product? Every manufacturer has a different recipe for their barriers and tapes. All barriers are made from polymers, carboxymethylcellulose, gelatins and pectins of varying amounts. One may work better for you than another. Hollister also has products with an additional ingredient called Ceramide which has been shown to decrease itching.
- 5) If you are using a barrier with a taped edge, try a barrier without a taped edge.



The Youth Rally

Each year, the Youth Rally hosts kids and teens living with conditions of the bowel and bladder at a college campus for a 5-night one of a kind camp experience that promotes independence, self-esteem, learning, friendship, and FUN!

This summer the rally will be held July 20th - 25th, at 2020 Youth Rally in San Diego, CA. Our group has always helped financially to send at least one participant to the rally. So, at future meetings we will be bringing the donation "Coins for Kids" donation can to send around the room. Your generosity adds up.

More information?

<http://www.youthrally.org/>

Allergic Skin Reactions to Ostomy Products

Excerpts From: Understanding how ostomy products interact with your skin

By Cliff Kalibjian -UOAA Spring 2019

Allergic Contact Dermatitis

Allergic contact dermatitis involves inflammation caused by direct contact with a substance to which a person has become allergic or hypersensitive. An allergic reaction is an individualized hypersensitivity to a substance that normally does not bother most people. In addition, it's often difficult to predict who will experience these types of reactions. For whatever reason, some people simply have individual hypersensitivities to various substances which can include specific proteins in barriers or adhesive chemicals in tape. However, a personal history of any type of allergy or even a family history of allergies can increase the risk of allergic contact dermatitis.

Testing for Allergies

People have allergies to all types of ostomy products. Of the various items, tape tends to be the most frequent offender, followed by adhesive barriers, pastes, wipes and powders. People can even be allergic to the pouch material itself. The good news is that there is a very simple test to determine whether you are allergic to any product. **Simply place a small amount of the product on the side of your abdomen opposite your stoma. If your skin becomes irritated within a day or two, then you likely have an allergy and should avoid that product. If no reaction occurs, then it's likely safe to use the product around your peristomal skin.**

Preventing Allergic Reactions

There is no specific way to prevent allergic reactions to ostomy products other than to avoid products to which you may have hypersensitivity. Thus, testing products on the side of your abdomen opposite your stoma is the best way to prevent allergic contact dermatitis around your peristomal skin. However, if you notice any burning or itching around your stoma after using any product, you can also quickly remove it to prevent (or at least minimize) a full-blown allergic reaction.

Treatment

It's important to seek treatment if you develop any redness, itching or burning around your peristomal skin. Be sure to call your ostomy nurse at the first sign of any such symptoms. You want to make sure it's treated right away before any serious damage to your skin occurs. The first thing your ostomy nurse will do is examine your skin to determine the type of reaction you are having. Generally, if the pattern of inflamed tissue is limited to where either the tape or barrier was on your skin, then it's very likely you have allergic contact dermatitis. However, what you may think is an allergy could be something else, such as a fungal (specifically yeast) infection. And even if the primary cause of your skin irritation is an allergic reaction to an ostomy product, it's possible that you have an accompanying yeast infection.

“Allergic contact dermatitis is a potentially serious condition since people with ostomies need to have healthy peristomal skin for their pouching system to function properly.”

“In general, having plastic against your skin is never a good idea (allergy or not). It's also important to make sure you dry the back side of your pouch thoroughly after you shower.”

Pouch Adherence Tips

If you have trouble getting your pouching system to adhere to your inflamed skin, a barrier powder along with a no-sting barrier film can be used. This is commonly known as the “crusting technique.” In addition, if you wear a two-piece system that does not have a perfectly circular barrier, you can also change the orientation of your appliance by 90 degrees to give at least some parts of your skin a break from ostomy products (while at least some new, healthy skin will be available to adhere to your new skin barrier). In addition, depending on the location of your stoma, you may be able have your pouch hang over your underpants so that the back side of your bag will not have contact with your skin. It’s also important to make sure you dry the back side of your pouch thoroughly after you shower. Not doing so creates a warm, moist area against your skin which is a perfect breeding ground for bacteria or yeast.

Summary

Allergic contact dermatitis is a potentially serious condition since people with ostomies need to have healthy peristomal skin for their pouching system to function properly. The good news is that the condition is usually preventable with the proper testing of new products on the side of your abdomen opposite your stoma. If an allergic reaction does occur, help is never far away. With assistance from a knowledgeable ostomy nurse and/or physician, proper medical treatment combined with the appropriate change in ostomy products effectively solves the problem in most cases.

Its always a good idea to have a record of your ostomy pouching system and what works for you!

Know Your Pouching System (Appliance) Checklist[®]

Patient Name/Address: _____
 Patient Date of Birth: _____ Supplier Contact Information: _____
 Allergy Alert: _____ Supplier Order #: _____

Pouching System: <input type="checkbox"/> One-Piece <input type="checkbox"/> Two-Piece Stoma Information: Size: _____ Ostomy Type: <input type="checkbox"/> Colostomy <input type="checkbox"/> Ileostomy <input type="checkbox"/> Urostomy <input type="checkbox"/> Other: _____ _____	Brand Manufacturer: <input type="checkbox"/> Coloplast <input type="checkbox"/> Convatec <input type="checkbox"/> Cymed/ Microskin <input type="checkbox"/> Hollister <input type="checkbox"/> Marlen <input type="checkbox"/> Nu-Hope <input type="checkbox"/> Other: _____ _____	Pouch: Product # _____ Size: _____ Quantity: _____ Pouch Features: Color: <input type="checkbox"/> Transparent <input type="checkbox"/> Opaque Closure/Outlet: <input type="checkbox"/> Drainable (velcro or clip) <input type="checkbox"/> Closed-end <input type="checkbox"/> Tap Bottom Gas Management: <input type="checkbox"/> Integrated Filter <input type="checkbox"/> _____	Wafer/Barrier/Flange: Product # _____ Quantity: _____ <input type="checkbox"/> Pre-cut Size: _____ <input type="checkbox"/> Cut-to-fit Size: _____ <input type="checkbox"/> Moldable Size: _____ <input type="checkbox"/> Flat <input type="checkbox"/> Convex: ____ Soft/Flexible ____ Light ____ Deep Two-Piece: <input type="checkbox"/> Adhesive Coupling <input type="checkbox"/> _____	Accessory Products: <input type="checkbox"/> Skin Barrier Seals/Rings <input type="checkbox"/> Adhesive Remover Wipes or Spray <input type="checkbox"/> Barrier Wipes or Spray <input type="checkbox"/> Barrier Strips <input type="checkbox"/> Deodorizer <input type="checkbox"/> Paste (Tube or Strip) <input type="checkbox"/> Tape <input type="checkbox"/> Powder <input type="checkbox"/> Support Belt <input type="checkbox"/> Overnight Drainage Bag <input type="checkbox"/> Overnight High Output <input type="checkbox"/> Pouch <input type="checkbox"/> Irrigation Supplies <input type="checkbox"/> Other: _____ _____
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Advocates for a Positive Change

www.ostomy.org 1.800.826.0826



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Check out this TSA Training Video:

<https://youtu.be/U34sGcht504>

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MEMBERSHIP: DUES ARE \$15.00 PER YEAR, \$ 5.00 PER YEAR FOR SPOUSE. CHAPTER IS OPEN TO OSTOMATES, SPOUSES, PROFESSIONALS, SUPPLIERS AND FRIENDS. ORGANIZED UNDER THE AUSPICES OF THE AMERICAN CANCER SOCIETY.

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(MAKE CHECKS PAYABLE TO OSTOMYASSOC OF SOLANO)
MAIL TO O.A.S., P.O. BOX 5142, VACAVILLE, CA 95696**

NAME _____ PHONE _____

OSTOMY BIRTHDAY _____ EMAIL _____

ADDRESS _____ CITY _____ ZIP _____

TYPE OF OSTOMY: COLOSTOMY _____ ILESTOMY _____ UROSTOMY _____

PROFESSIONAL OR OTHER OCCUPATION _____

IF YOU NEED A RIDE IN ORDER TO ATTEND THE MEETINGS, PLEASE CALL DAN BRUCE. HE CAN ASSIST IN ARRANGING TRANSPORTATION.

