



# The Roadrunner



**Newsletter of the  
Ostomy Association of Albuquerque, NM**

## Next Meeting

Future meetings remain unknown at this time due to the Pandemic. We'll be back as soon as we can! In the meantime we have started zoom virtual meetings for those able to join.



← Maybe you will be this  
happy to meet again!  
(Chuckie can you do this?)  
**Keep Safe!**  
**Be Well!**

**Volume 55 Issue 4**

**November 2020**

### Upcoming Meetings:

Return to in-person meetings unknown at this time due to the pandemic.

Virtual Zoom support group meetings as well as board meetings have begun. We need your email to send an invitation to Zoom meetings. Please send info to Brian Leen. Contact info on Page 9.

## Support Group Updates and Events

- ◆ Kaseman Hospital remains closed to support group meetings.
- ◆ We have become aware that one of our members, PJ Dwyer, passed away October first. She was our Secretary for awhile. We wish her family and friends consolation in these hard times.
- ◆ We remember all those living alone or in the many types of care facilities especially during this pandemic. If there is anything we can do, please let us know.
- ◆ As always pay attention to emails from our group about changes to meetings or announcements and links to upcoming zoom meetings.
- ◆ Our next general Zoom meetings will be:  
    Sunday, November 1st at 2PM  
    Sunday, December 6th at 2PM.
- ◆ We have no plans at this time for our annual Fiesta luncheon in January. This depends on the pandemic situation.
- ◆ Our next newsletter will be in February of 2021.

**Happy Halloween, Thanksgiving, Hannukah, Christmas and New Year!**

This newsletter was edited by Barbara D'Amore.



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## **PRESIDENT'S Message**

**By Brian Leen, President OAA, NM**

In this time of isolation due to the virus, we tended to lose our connections. Although I kept in touch via email and text with Barbara D. and Barbara R., Susan and Ben, generally the Ostomy connections tended to be nonexistent. Then someone had the idea of having a Zoom meeting.

So, we first tried Zoom with the Board meeting in the evening on October 24 and it worked so well that we decided to try it for a general meeting at our normal time on October 4. At that meeting, we had nine people and it was very good to see and hear everyone again plus we had one new person. Unfortunately, we were unable to connect with four people who had indicated they would like to join.

As we have more practice, I believe we will be able to work through those issues. Since Zoom is so easy and does not involve travel to a meeting location and because contact is limited, we decided to have the Board meetings monthly for now. Our next Board meeting will be October 15 at 7pm. Although the Board meeting is open to all, using Zoom requires a person to be invited so if anyone feels they would like to attend the next or future board meetings, please let me know.

We will also have another general Zoom meeting on Sunday, November 1 at 2 pm. I will be sending out notices via email to everyone to invite those who were not on the last list so as to make sure anyone who would like to be, can be connected. It is also apparent that this system can work with individual meetings as well.

So in a time where you feel you should not leave the house, please feel free to contact any of us on the board by phone, text or email and we can see about setting up a one on one meeting via Zoom or perhaps a phone APP. It is just good to have contact with someone to discuss issues or just to provide some contact.

My wife and I have a weekly virtual meeting with our son, daughter-in-law, and grandson, Peter, in Korea where they are stationed. While it isn't exactly like being there it still provides a way to see your loved ones and watch the little guy grow and develop. Please, if you want to reach out and connect just contact one of us. Hopefully, one of these days a vaccine will be developed, and things will go back to normal enough to allow us to hold regular meetings.

**Hello to  
Everyone!**



**We are so captivated by your words  
or is it the pandemic! Hmmm?**

## DID YOU KNOW?

by Sue Mueller BSN RN CWOCN, colostomate, ostomy advocate

*Roadrunner* newsletter Albuquerque, NM

### Did you know...???

- \* You can assess the skin around your stoma with this online step-by-step guide sponsored by Hollister with the WOCN Society? Go to [psag-consumer.wocn.org](http://psag-consumer.wocn.org) There is a Spanish version too!
- \* There is a newly revised and updated Nutrition Guide at [ostomy.org](http://ostomy.org) called **Eating With an Ostomy** found under ostomy information, diet and nutrition.
- \* The American College of Surgeons has an excellent comprehensive educational program for ostomates to take for free online. Go to [learning.facs.org](http://learning.facs.org), “enter home skills program colostomy (or ileostomy or urostomy)”, register for the program (you have to enter information like you were registering for a class, but it is free), follow the course sections (it includes a pretest and post test).



The advocacy section on the UOAA website ([ostomy.org](http://ostomy.org)) is loaded with much useful information, not just how to contact your legislator...find the **Expect More Toolkit** in the advocacy section. It is composed of six sections:

- (1) **Find Your Voice** This area addresses the fact that many people are reluctant to speak up when in a medical environment or with anything healthcare related and gives useful tips to learn to speak up for yourself.
  - (2) **Know Your Ostomy** Remember when you weren't even sure what to call your ostomy? Well you won't be stumped anymore once you use this guide.
  - (3) **Know Your Ostomy Supplies** This section will prepare you for ordering your supplies.
  - (4) **Know What's In Your Medical Record** Your insurance companies, Medicare and Medicaid want your medical record to support your ostomy supply needs. This area helps you to make sure you are covered.
  - (5) **Are You Covered?** Do insurance questions make you dizzy? You can get an easy basic understanding of how insurance companies work.
  - (6) **Understanding the Emotional Impact of Ostomy Surgery** This is a good place to explore that roller coaster of emotions that hits you when you have an ostomy.
- \* There are [checklists to print](#) that you can keep in your record and take to your MD appointment or have ready when you talk to your insurance company. Another great thing about the UOAA website is that all these sections link you to [articles and blog posts](#) that expand your options even more.

**So the Covid restrictions may have opened the door to polishing your ostomy skills  
when you take advantage of these offerings!**

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**\*\*Note for Albuquerque Ostomates: Due to Covid changes to hospital personnel and facility usage, there are changes in access to ostomy clinics. UNM clinic access seems most affected currently. Since this is a fluid situation, it is best to call ahead before coming to a clinic. They may refer you to a different hospital system to be seen.**

## Management of a Flush or Retracted Stoma

by Gloria Johnson, RN, BSN, CWOCN

The ideal stoma is one that protrudes above the skin, but this is not always possible and a flush (skin level) or retracted (below skin level) stoma may result. This can happen if the surgeon is unable to mobilize the bowel and mesentery adequately or to strip the mesentery enough without causing necrosis or death to the stoma. (Note: the mesentery is membranous tissue that attaches the intestine to the abdominal wall and provides the intestine's blood and nerve supply.)

Some causes of stoma retraction after surgery may be weight gain, infection, malnutrition, steroids or scar tissue formation.

Stomas that are flush or retracted can lead to undermining of the pouch by the effluent (drainage). This continued exposure can lead to irritated and denuded skin as well as frequent pouch changes. These problems can be very stressful and expensive.

The inability to maintain a pouch seal for an acceptable length of time is the more common indication for a product with convexity.

- Shallow Convexity may be indicated for minor skin irritations and occasional leakage.
- Medium Convexity may be indicated for a stoma in a deep fold, with severe undermining and frequent leakage.
- Deep Convexity is used when medium convexity is not sufficient, stoma retracted, in deep folds or leakage is frequent and the skin is denuded.
- [Editor's note: Some of the manufacturers have also introduced barriers with Soft Convexity, which provide shallow convexity in a less rigid form that conforms better to skin contour changes that occur with movement.]

Barriers designed with convexity are available in both one and two-piece systems. These can be shallow, medium, or deep and can be purchased as either pre-cut or cut-to-fit.

Additional skin barrier gaskets (seals) around the stoma can be cut or purchased pre-cut.

You can use one layer or several layers. Products like the Eakin Seal or Coloplast Strip Paste, can be pressed into shape around the stoma to protect and seal.

Seasonal wisdom! As the colder weather approaches, remember to warm up your ostomy barriers before changing your appliance. Cold barriers are stiffer and don't adhere as well.

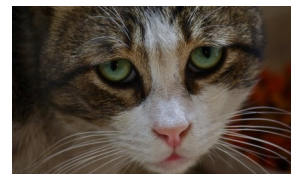


Even in the winter, we need plenty of fluids, as we live in a dry desert climate plus drying winter furnace heat.

### Humor anyone? (Non-covid 19)

North Central Oklahoma Ostomy Outlook.

- Cows have hooves because they lacktose.
- I had my patience tested. I'm negative.
- Whenever I try to eat healthy a chocolate bar looks at me and snickers.
- If there's one thing I can't stand, it's intolerance.
- We never appreciate what we have until it's gone— ie: toilet paper!







## Less is more – are you using too many products?

by Lauren Wolfe RN, BSN, CWOCN; via Vancouver (BC) Ostomy HighLife January 2020

Pouches, barrier rings, adhesive removers, adhesive sprays, ostomy powder, skin prep...I could keep listing products that could be used to manage your stoma. The big question is; do you need to be using all these products? When it comes to your skin and stoma you will find that most stoma nurses (WOCNs) have the philosophy that less is more. What this means is that you only need to use products that ensure you don't experience a leak and your skin remains healthy.

Using many different accessories can cause confusion when you experience a problem and sometimes may even cause problems. Problems can be skin reactions, your pouching system not adhering causing leaks or decreased wear time. Even the simple fact that you may be complicating your change using too many added products. A change that could be 5-10 minutes is taking more than 30 minutes. On another note, accessory products can be expensive and if they are not helpful to you then best not to use them.

So, when do we use accessory products?

- \* Adhesive removers are designed to help remove the pouching system without causing trauma and skin tears to your skin. They also help to remove any sticky residue that may be left on your skin after removal of your pouching system. I find that the spray works well to remove the pouching system and the wipes help to remove any left over barrier from the skin.
- \* Skin Preps: In the past, everyone was advised to use skin preps to help keep your skin healthy and ensure the ostomy wafer/baseplate/flange adheres to your skin. In recent years, with the advancement of technology, the barrier composition allows for the barrier to adhere directly to your skin without using skin prep. In fact, using skin prep can decrease how well the barrier adheres to your skin. Skin prep is commonly used with stoma powder when treating denuded/raw skin by following a "crusting" procedure until the skin is healed.
- \* Ostomy Powder: Similar to skin prep, ostomy powder was used for many years as part of the application process for ostomy barriers. In fact, the ingredients in Ostomy powder are similar to the wafer/flange, the goal being to absorb

(Continued page 6)

## When Someone You Know, Knows Someone with a New Ostomy...

by Sue Mueller BSN RN CWOCN, colostomate, ostomy advocate

Roadrunner newsletter Albuquerque, NM

Probably this will happen to you at sometime in your life with an ostomy. You may or may not feel comfortable talking to a stranger about this ostomy life, especially if the person has a different type of ostomy than you, or is a male and you are a female...What's a person to do?

### Welcome them to the club.....

**Please** refer them to **ostomy.org**, this is the website of United Ostomy Associations of America (UOAA). It is an excellent, prize winning website. Encourage them to sign up for the new patient guide available free on the site. Tell them to spend some time there

check out the information guides, go to the advocacy section for the checklists and tool kits.

Refer them to your local group ( ASG-associated support group of UOAA). Give them the local support group contact information ( voice mail number, email address, website). EX.: Ostomy Association of Albuquerque 505-830-2135, email [oa.albuquerque@gmail.com](mailto:oa.albuquerque@gmail.com), website [ostomyalbuquerque.com](http://ostomyalbuquerque.com). Put this info in your phone contacts so it is readily available.

If you are comfortable talking to the person offer to accompany them or meet them at a meeting ( post covid times) or encourage them to join a zoom meeting.



moisture. Unless you're extremely sweaty, I would suggest forgoing the powder and seeing how your ostomy flange adheres to your skin; you may be quite surprised.

- \* **Barrier rings:** These serve a very important function. They can help to fill in creases or dips and valleys in your abdominal contours or, for some, they can add to the wear time, allowing for less frequent changes. However sometimes, as your stoma settles down post surgery, it may be worth discussing with your WOCN whether you need to use a barrier ring or not. In my experience, I often use them if you have an ileostomy but for colostomy and urostomy I may try to see if we can remove them.
- \* **Ostomy Belts:** Ostomy belts provide added support for the pouching system at 3 and 9 o'clock, i.e., on the sides. It is not uncommon for people who have a challenging stoma to need to use an ostomy belt to add more support to prevent a leak. For some, it is also peace of mind that the appliance will stay on or perhaps it helps with the weight of the pouch if it's a little too full when a bathroom is not nearby.
- \* **Barrier extenders / Adhesive tape barriers:** This accessory product is new to the market and has a place for some individuals. I tend to recommend it for people who are using a smaller flange and need to increase the surface area if they are perhaps a larger person. Another use is to provide peace of mind when showering or swimming by adding an area of water resistance to the edge of the flange. For some people, it's just a comfort helping to prevent a leak. However, from a WOCN perspective, these DO NOT prevent a leak; they camouflage a leak, as a leak starts immediately around the stoma. By the time it reaches these barrier extenders, your pouch has been leaking for a while causing potential skin damage.

In conclusion, if you are unsure if you need to be using all the accessories, see your WOCN and discuss what you need and what may be nice to have. Less is best; our skin is sensitive and we do not need to use more products than necessary.

## Ostomy Supply Resources — for low-cost options

**Local Resources:** The Ostomy Association of Albuquerque (OAA) maintains a supply closet of donated supplies at no cost to people who need them. Since the supplies are donated the available supplies vary. These supplies are helpful to people who have emergency needs, or who want to trial a different product and are flexible. It is not a good source to fill regular long term needs. To make an appointment and get directions contact the OAA by voicemail or email.

**Manufacturer's Assistance Programs:** All the major manufacturers sponsor programs for people without insurance coverage. They vary in the amount and length of time they offer assistance and you must complete a form to qualify.

**Convatec 800-422-8811**

**Coloplast 877-781-2656**

**Hollister 800-323-4060**

**National Groups (Provide supplies but require shipping and handling costs)**

Osto Group 877-678-6690

Ostomy 211 [ostomysupplies.ostomy211.org](http://ostomysupplies.ostomy211.org) (emergency supplies, donation requested)

Kindred Box- Resource on Facebook, [kindredbox.org](http://kindredbox.org)

### Lower Cost Options

Best Buy Ostomy Supplies 866-940-4555

Mercy Supply Collaborative 888-637-2912

Ostomy4less 877-678-6694

Parthenon Ostomy Supplies 800-453-8898

Stomabags: 855-828-1444





## Support Group and Medical Resources

### New Mexico Ostomy Support Groups:

- ♦ Albuquerque: Ostomy Association of Albuquerque meets monthly in Albuquerque, NM.  
For current info call voicemail: (505) 830-2135  
Email: [oa.albuquerque@gmail.com](mailto:oa.albuquerque@gmail.com)  
Website: [albuquerqueostomy.com](http://albuquerqueostomy.com)
- ♦ Albuquerque: VA Ostomy Support Group for military veterans. Meets at the VA Hospital, Albuquerque, NM. For current info call ostomy nurse at VA Medical Center Hospital voicemail: (505) 265-1711, Ext. 5171 or 5232 or 4411
- ♦ Las Cruces: Ostomy Support Group of Southern NM. Meets in Las Cruces, NM. For current info call ostomy nurse at Memorial Medical Center voicemail:  
(575) 640-5242 or (575) 521-5038

### Ostomy Care in Albuquerque, NM

- ♦ Lovelace Medical Center Ostomy Nurses:  
(505) 727-8250
- ♦ Lovelace Medical Group—General Surgery — Ostomy Outpatient Clinic— Savanna Noel  
(505) 727-7096
- ♦ Presbyterian Main Hospital Ostomy Nurses:  
(505) 841-1251
- ♦ Presbyterian Outpatient Wound and Ostomy Care Clinic: (505) 823-8870
- ♦ University Medical Center Hospital Ostomy Nurses: (505) 272-9098
- ♦ Veteran's Administration Hospital Ostomy Nurses:  
(505) 265-1711 Ext: 5232 or 5171 or 4411

### Manufacturer Resources:

- ♦ Coloplast Ostomy Supply Manufacturer:  
(855) 385-3991 Web: [www.coloplast.us](http://www.coloplast.us)
- ♦ ConvaTec Ostomy Supply Manufacturer:  
(800) 422-8811  
Web: [www.convatec.com/ostomy](http://www.convatec.com/ostomy)
- ♦ Cymed Ostomy Supply Manufacturer:  
(800) 582-0707 W: [www.cymed.ostomy.com](http://www.cymed.ostomy.com)
- ♦ Hollister Ostomy Supply Manufacturer:  
(888) 808-7456 Web: [www.hollister.com](http://www.hollister.com)
- ♦ Marlen Ostomy Supply Manufacturer:  
(216) 292-7060 Web: [www.marlenmfg.com](http://www.marlenmfg.com)
- ♦ Nu-Hope Labs Ostomy Supply Manufacturer:  
(800) 899-5017 Web: [www.nu-hope.com](http://www.nu-hope.com)

### Local Supply Resources:

- ♦ HME: (Home Medical Equipment) 2 Locations:  
-611 Osuna Rd. NE Albuquerque, NM  
-10801 Golf Course Rd., NW Albuquerque, NM  
Web: [www.hmespecialists.com](http://www.hmespecialists.com)  
Cust. Svc. for both locations: (505) 888-6500  
Toll free: (866) 690-6500
- ♦ Phillip's Pharmacy: carry some ConvaTec supplies for over-the-counter purchase  
-5510 Lomas Blvd NE Albuquerque, NM 87110  
Cust Svc.: (505)-265-6868
- ♦ Sandia Surgical, Inc.: carry Coloplast, ConvaTec, and Hollister supplies for ongoing or OTC purchases  
4431 Anaheim Ave. NE, Ste. A, Albuquerque, NM  
Cust Svc.: (505) 883-2817 or  
Toll free: (800) 753-1589  
Web: [www.sandiawheelchairs.com](http://www.sandiawheelchairs.com)

## Join Our Albuquerque Ostomy Support Group

### OSTOMY ASSOCIATION OF ALBUQUERQUE MEMBER APPLICATION

The Ostomy Association of Albuquerque (OAA) is a member of the national American Ostomy Association. This allows us to have access to all the latest ostomy information available for our use. The OAA annual membership fee is \$20.00 and can be paid by check or cash. If being paid by check, make the check payable to Ostomy Assn. Of Albuquerque. Your payment can be mailed to OAA, PO Box 35598, Albuquerque, NM 87176-35598 or at any monthly meeting. If you are financially unable to pay this fee, please call 505-275-2470 and leave a message with your name and telephone number and someone will contact you. Please complete the form below as best as you can and all information will be used for our records and be kept confidential.

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

OCCUPATION (If retired, enter former occupation): \_\_\_\_\_

HOBBIES: \_\_\_\_\_

CHECK ALL THAT APPLY:

☐ Colostomy ☐ Ileostomy ☐ Urinary Diversion ☐ Continent Ileostomy ☐ Continent Urostomy ☐ Pull-Through  
☐ Parent with Child Procedure ☐ Spouse/Family Member ☐ Physician ☐ Nurse ☐ Other \_\_\_\_\_

Year of Surgery: \_\_\_\_\_ Reason for Surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects

I have enclosed an additional \$ \_\_\_\_\_ as a donation to support the ongoing work of the OAA

### Join United Ostomy Association of America

**Save the Date**  
The next UOAA  
National Confer-  
ence will be held  
August 5 - 7, 2021  
Houston, TX

#### UOAA's Mission

UOAA is an association of affiliated, non-profit, support groups who are committed to the improvement of the quality of life of people who have, or will have, an intestinal or urinary diversion.

- It is dedicated to the provision of information, advocacy and service to, and for, its affiliated support groups, their members and the intestinal/urinary diversion community at large.
- It is organized to grow and develop while remaining independent and financially viable.

Membership in UOAA is open to any non-profit ostomy support group that meets UOAA's affiliation requirements. UOAA has an IRS Group 501(c)(3) charity status that its affiliated support groups can use.

1-800-826-0826

Website: [www.ostomy.org](http://www.ostomy.org)

### Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

**Subscribe Today!**

**38%  
OFF\***



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\* Based on \$9.95 cover price. Canadian subscriptions: \$35 one-year, \$60 two-year. U.S. funds only.

Note\* there is a less expensive e-version available.



## Officers and Chairpersons of OAA Chapter

**President:** Brian Leen

505-856-0203

**Vice President:** Ben Palmer

505-828-0936

**Treasurer:** Barbara Regan

703-261-3920

**Secretary:** June Kulow

**Voicemail and Visitation Coordinator:**

Brian Leen, 505-856-0203

**Telephone Reminder:** June Kulow

**Ostomy Supply Closet:**

(donations & supplies)

Eunice Hoeft

Call ahead; 505-889-9705

**Programs:**

Barbara D'Amore BSN RN, CWOCN

[damorebd@aol.com](mailto:damorebd@aol.com)

**Sunshine Committee:**

Marjorie Abbott 505-263-5301

[sweetscat2008@gmail.com](mailto:sweetscat2008@gmail.com)



**Support Group Nurses:**

Susan Mueller,

BSN RN, CWOCN 505-228-1207

[susanmueller@fastmail.fm](mailto:susanmueller@fastmail.fm)

Barbara D'Amore, BSN RN, CWOCN

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## About Us

**Ostomy Association of Albuquerque** (OAA) is organized to support people with ostomies and their caregivers in the New Mexico region. OAA publishes *The Roadrunner* newsletter quarterly to inform and update its members.

**Membership** is \$20.00 a year and includes the Roadrunner newsletter and monthly informative meetings. This money is used for promotional purposes and expenses of the OAA. Although chapter membership is encouraged, anyone with financial hardship, should see the Treasurer or President for help in this matter. No one is denied based on ability to pay.

**Meetings** are monthly at 2:00 PM in the Aspen Conference Room at Presbyterian Kaseman Hospital. Meetings are usually held on the first Sunday of every month. Since there are occasional changes due to holidays, please refer to *The Roadrunner* for information or call the association's voicemail.

**Executive Board Meetings** are held at 1 PM prior to the Quarterly meetings (Feb, May, Aug, and Nov.) in the Aspen Room. Everyone is welcome to attend and participate.

**Directions:** Address: Kaseman Hospital, 8300 Constitution Pl., NE; Albuquerque, NM. Kaseman Hospital is one block North of I-40 and Wyoming Blvd. Then it is about one block West of Wyoming on Constitution. Drive to West end of parking lot and enter the Emergency Room entrance. Take an immediate left, go through double doors and find Aspen room on the right side.

**Affiliation:** Ostomy Association of Albuquerque (OAA) functions as a chapter affiliate of the national organization supporting people with ostomies-- the United Ostomy Association of America (UOAA).

**The UOAA** holds biennial national conferences. They publish the wonderfully informative *Phoenix* magazine four times a year. There is

a subscription cost for this publication. UOAA has a great website with all kinds of information available for free. Much of it is available in any language on earth!

**Contact Information:**

United Ostomy Association of America (UOAA)

P.O. Box 525

Kennebunk, ME 04043-0525

1-800-826-0826

Web: [www.ostomy.org](http://www.ostomy.org)

Find them on Facebook and Twitter.

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Please do not delay.

P.O. Box 35598  
Albuquerque, NM 87176

Ostomy Association of Albuquerque



*Helping each other to live well and do the things we love!*

## How to Keep in Touch with Us

Contact us: For info please call voicemail 505-830-2135 or Email us at [oa.albuquerque@gmail.com](mailto:oa.albuquerque@gmail.com)

Unsubscribe or Change to Mailing Address or Email: For any of these changes, please notify the sender by return Email. If your change concerns mailed copies, please call person in charge of mailing or send back cover page with your address and changes requested to return address. Thank You.

Supplies: If you have new and unused supplies you no longer need, please bring them to a support group meeting to be given to those who need them.

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