

OSTOMY NEW ZEALAND (AKA FNZOS) CONFERENCE & 46th AGM
10th & 11th AUGUST 2019,
Tainui Novotel Hotel, Alma Street, Hamilton

WOA Delegate's Report – Aileen Broughton

The conference was opened by Barry Maughan, followed by a traditional Maori welcome to Kirikiriroa/Hamilton then an address by the mayor Andrew King. 9 young girls from the Waikato Diocesan Kapahaka Group gave a rousing performance.

Simi Lolohea gave an interesting and sometimes heartbreaking talk about surgery in Tonga where he travels to 4-5 times a year to do surgery for a week. They often see patients with advanced states of conditions because of things such as culture (not talking about illness and/or bodies) and the use of traditional medicine. The hospital in Tonga was mainly funded by Japan.

Richard McNair spoke about his ASPOA conference experiences, the IOA, and the new FOWNZ trust which is used to store and send surplus ostomy supplies to India and subsequently on to other places e.g. Nepal, where they know the supplies will be used "ethically" and where the medical people such as doctors and nurses are on board.

There were 8 trade suppliers at conference including Health 2000 and Fanny Adams Underwear.

Kallia Patching spoke about her Tour of NZ ride as a member of "Team OKK" to raise funds for ostomy youth camps and awareness of ostomy in general. Several children will be sponsored in January 2020 at "Camp Purple", Waikanae, which is run by Crohn's & Colitis NZ.

The Coloplast Merit Award 2018 for WOD in the Asia South Pacific area was won by Kallia Patching in conjunction with Western Bay of Plenty Ostomy Society.

Debbie Strode, once a STN, now a nurse in Rotorua, gave a very interesting talk called "Astami" - Ostomy in the Arab world, where she had worked in the UAE as an oncology nurse. There too, people often presented in late stages of disease because of cultural factors. There are no cancer or ostomy societies as the culture doesn't talk about these bodily things. To be able to be counted as "clean" for Muslim prayers, permission has been approved by high authorities to allow people to pray while wearing a bag. There are a lot of male nurses for male-male conversations.

"How Adversity can lead to Success" was the title of 27yr old **Toby Cunliffe-Steel's** very inspirational talk. He is a brain tumour survivor from just after his 15th birthday, and has had numerous other health problems or accidents. He was nominated for the Young NZer of the Year 2012 and is an international athlete in rowing, narrowly missing out on the Rio Olympic Games. His mantra is that adversity doesn't have to be negative, it can be a powerful source of realising ideals or dreams.

After lunch we split into **workshops** by Ostomy types. The ileostomy group included the Patron who spoke about gut flora, saying that about 90% is in the large bowel, 10% in the small, so pro-biotics may not be much use for ileostomates. However is it an individual choice and may benefit some people. Stoma ages ranged from 62yrs to just a few weeks in our group. Various questions were asked and mainly answered sufficiently.

Judy Warren spoke about the current state of the National Bowel Cancer Screening Programme. Most DHB's have addressed their capabilities of screening and follow ups. Screening is finding more polyps than anticipated - these can lead to cancer. 7/100 colonoscopies find cancer. The programme is for 60-74 age group - there is auto registration and a repeat call up each 2 years while still in the age range. Judy urged us to encourage others to participate as early screening saves lives.

Next speaker, **Jason Ly**, talked about parastomal hernias (a bulge at the stoma site), of which up to 50% of colostomates will develop one. This is often caused by weight gain or increase of intra-abdominal pressure from straining or lifting. Some people have no pain but may have difficulty with appliances fitting well. Hernia management may be conservative by using a stoma binder and management of appliances, or surgical (which has a tendency of recurrence) - repair with only sutures; or by inserting mesh; or relocation or reversal which are the least preferred.

The ONZ Patron, **Graeme Roadley**, gave an entertaining talk through history from Hippocrates to Hartmann (one of the most distinguished surgeons in France) of how stoma formation came about. There are documented colostomies from the 18th & 19th centuries, but Henri Hartmann's procedure was described in 1921. Over his career of 30,000 operations, the mortality rate was reduced from 38% to 8.8%. His procedures have twice been the "gold standard", regaining popularity in the late 1970s for complicated diverticulitis.

Jill Newton, President Ostomy NZ, noted the presence of a number of young attendees. There are now 18 active support societies, and a new helpline has been set up 0508678669 (0508OSTOMY). The new Ostomy website was shown briefly - visit it at ostomy.org.nz. The John O'Neill Award for outstanding contribution was awarded to Frances Butler, Taranaki.

The dinner and dance on **Saturday night** was most enjoyable.

Early forum discussion confirmed that people who have had their stomas reversed are still eligible to join one of our support groups. Disability toilets can be used by anyone but priority must be given to disabled people. An "I need a toilet now" card can be obtained from Jill Newton. LWYO booklet is to be reprinted. STNs will give them out to new ostomates and societies will hold a copy. It has been reviewed by the Patron and two STNs. Funding applied for by Ostomy NZ needs to be for specific projects as noted in the strategic plan.

2019 OSTOMY NZ committee:

President	- Jill Newton
Vice-President	- Shelley McDougall
Secretary	- Robyn Tourell (1 year term)
Treasurer	- to be appointed
Committee	- Jan Haines (Wellington), Kallia Patching

Standing down - David Barnes, Robyn Gall, Lee King, Brent Silcock.

There is a new Ostomy NZ logo as shown on the website.

2021 conference will be in Havelock North.

Funds raised by Team OKK are not going to be passed on to Ostomy NZ, but will directly be used to support the youth camps.