

Brought to you by Dansac Friends

friends
Dedicated to Stoma Care

YOUR *personal* JOURNAL

**It's Your Life
Live it with Dansac**



YOUR *personal* JOURNAL

This booklet contains confidential personal information.
If found, please mail to the address below

Personal Information

Name

Address

Phone Number

Date of birth

Stoma type

Stomal Therapy Nurse(s)

Date of surgery

Hospital

Surgeon

Relevant Medications

Medicine	Reason for taking	Dosage

How this booklet can help you

This booklet is designed to help you discuss your stoma with your Stomal Therapy Nurse, General Practitioner (GP) and other Healthcare Professionals.

By using this booklet you will:

Be prepared for your appointments

Be able to track your stoma and keep a record of it

By capturing your insights on how your stoma progresses over time and the performance of the chosen barrier and pouch, your Stomal Therapy Nurse will be able to use this information to assess various options to minimise their impact on your life-style. They will then be able to tailor a solution according to your needs.

Your wellbeing is central to the overall management of your stoma and finding the optimal barrier and pouch for you and your lifestyle needs can help improve how you feel about living with your stoma.

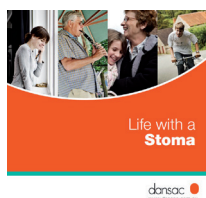
When filling out this journal it is important for you to consider how the stoma and the pouch enabled or prevented your planned activities. Please capture as much information as possible, not only about the stoma and product themselves, but also about how you feel and what you have to modify because of your stoma.

Please note: If you become upset or distressed as a result of you filling out this journal, you should consult your Stomal Therapy Nurse or Healthcare professional that provided you with this journal.

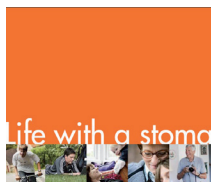
Ask your nurse about “Living with a Stoma” or hear what others have experienced with a stoma at www.youtube.com/user/Dansacvideos

Dansac

Dansac is a company wholly dedicated to stoma care, and although we do not have all the answers for people facing perhaps one of the biggest emotional and physical challenges of their lives, we are committed to developing stoma products that enhance your quality of life. The design and functionality of the Dansac NovaLife pouches are based on studies, real life testimonials and clinical evidence. It is the needs and requirements of our customers that have influenced the development of these pouches – an appliance that is discreet, feels as natural as possible - comfortable yet secure.

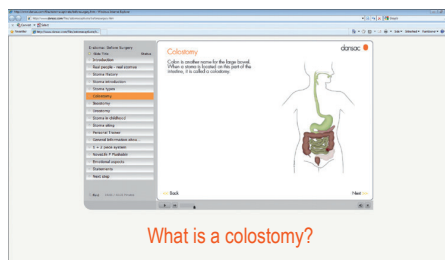


Life with a
Stoma DVD

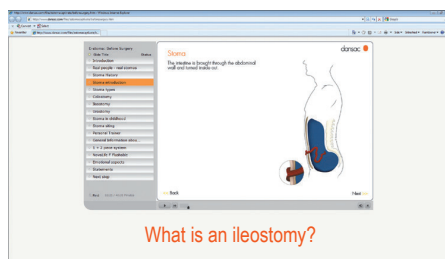


Life with a
Stoma book

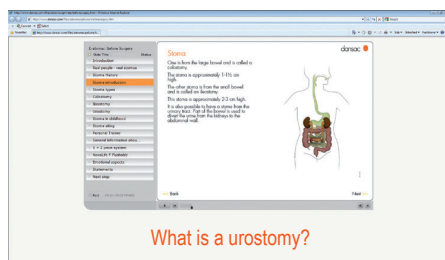
Before surgery



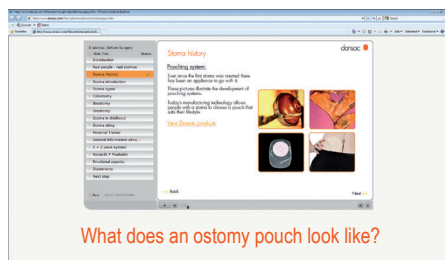
What is a colostomy?



What is an ileostomy?



What is a urostomy?



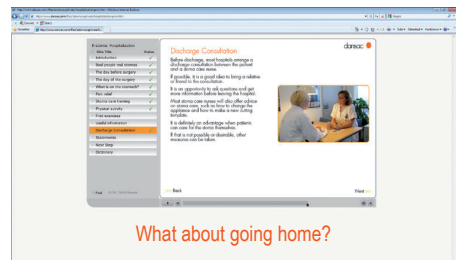
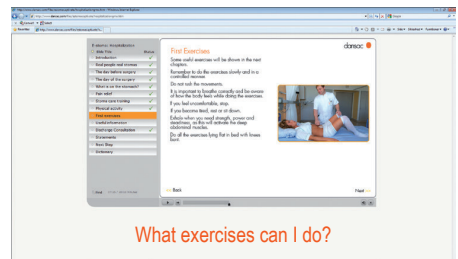
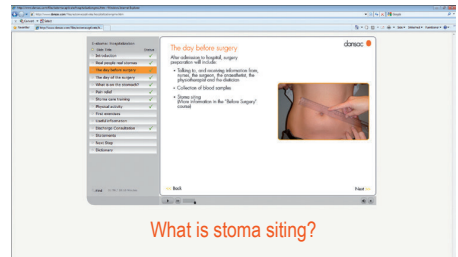
What does an ostomy pouch look like?

Visit www.e-stoma.com for more information

My questions

Note anything you would like to discuss with your Doctor or Nurse e.g:
 “Are there any foods I shouldn’t eat?”
 “How and where do I get more ostomy appliances?”:

Hospitalisation



Visit www.e-stoma.com for more information

A question of discretion

Discretion is one of the top priorities for people who wear stoma pouches. With NovaLife Open and Closed pouches, we have pushed the limits of design to make them as discreet and secure as possible.

The pleasing yet functional shape of the pouch features a starter hole that has been placed as high as possible – off centre and towards the top of the oval-shaped barrier. This means that the pouch sits much lower, and therefore more discreetly, on your abdomen. Not only that, but the size of the pouch has been reduced without compromising the capacity – you can truly downsize from your normal pouch.

The positioning of the barrier creates a uniquely low headspace that minimises the troublesome slouching that has caused problems for many wearers of pouches in the past.

A comfortable pouch

Today, people demand functional, aesthetically designed products that suit their lifestyle. Stoma pouches should be no different. Comfort is fundamental to feeling at ease with wearing a pouch and enhancing your quality of life.

NovaLife pouches have an ergonomic shape and an innovative and unique oval-shaped barrier which follows the natural curves of your body. The result is a comfortable, more flexible fit that suits the way most of us are shaped. The fabric of the pouch is soft and pleasant to the skin, while being water-repellent and the proven skin-friendly hydrocolloid barrier is comfortable and gentle to the skin.

Visits & Appointments

Date: ____ / ____ / ____ Time: _____ Consultant / Clinic: _____

Comments / Questions: _____

Date: ____ / ____ / ____ Time: _____ Consultant / Clinic: _____

Comments / Questions: _____

Date: ____ / ____ / ____ Time: _____ Consultant / Clinic: _____

Comments / Questions: _____

Date: ____ / ____ / ____ Time: _____ Consultant / Clinic: _____

Comments / Questions: _____

Date: ____ / ____ / ____ Time: _____ Consultant / Clinic: _____

Comments / Questions: _____

If you have a permanent stoma, it is recommended you have a check up by a Stomal Therapy Nurse every 1 – 2 years. Refer to www.stomaltherapy.com (Australian Association of Stomal Therapy Nurses).

Stoma Journal

Life

Maintaining information about your stoma and how it affects your daily activities and lifestyle will help you and your healthcare team understand any patterns that might be affecting the stoma. When using the journal, please consider the way that each aspect listed below is impacted by your stoma. Consider the examples of these impacts and questions when filling in your journal.

Odour: What are the social and psychological impacts on your mood? Does it impact on your desire to eat or socially interact?

Leakage: Do you have confidence to leave home, socialise and wear the clothes you want? Is the pouch/barrier likely to leak?

Movement: Does the stoma impact on your mobility?

Body Image: Does the stoma impact on your body image perceptions (what you wear ect)?

Personal Hygiene: Does your stoma enable full hygiene routines to be carried out such as showering?

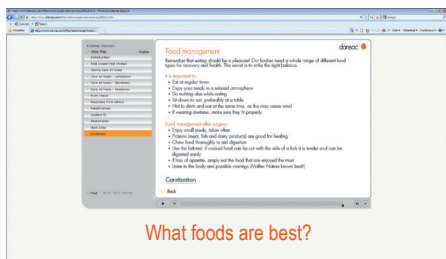
Stoma protection: Is the concern of hurting (eg: bumping or knocking) your stoma altering your behaviour?

Sleep: How does the stoma impact on your ability to sleep? Are bedding choices affected? Is where you sleep being impacted?

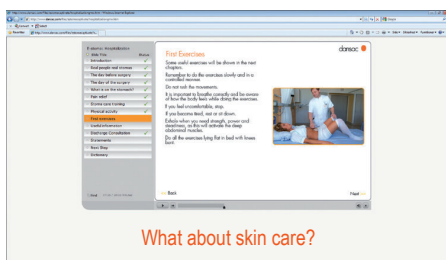
Pain: Does your skin around the stoma hurt?
Are there certain times during the day when
the pain is worse?



What about changing the pouch?



What foods are best?



What about skin care?



What have others experienced?

Visit www.e-stoma.com for more information

Choose the face that best describes how you feel

Date	Day 1	Day 2	Day 3	Day 4	Day 5
Odour					
Leakage					
Movement					
Body images					
Itchiness on skin around stoma					
Body image					
Self-esteem					
Personal hygiene					
Stoma protection					
Sleep					
Pain					
Are you taking pain medication?					

Did your stoma and stoma product stop you from doing anything today?

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	

Date _____

Learn about what exercises to do, what foods to eat and how to take the best care of your skin at www.e-stoma.com

Important telephone numbers

Hospital: _____

Stomal Therapy Dept Direct: _____

Stomal Therapy Dept Extension: _____

Radiotherapy Dept Direct: _____

Radiotherapy Dept Extension: _____

Hospital Consultant: _____

Consultant's Secretary: _____

GP: _____

My Ostomy Association: _____

Notes

The benefits of NovaLife pouches

The off centre starter hole means that the pouch sits even lower, and more discreetly, on the abdomen.

The oval-shaped barrier follows natural body curves and folds and has an easy to use cutting guide.

The low headspace reduces slouching and enhances discretion.

The tapered barrier, thinner at the edge than in the middle, gives a flexible, snug fit and reliable adhesion.

The orange release tab on the barrier ensures easy and secure removal.

The filter gives the freedom of all day protection against odour and can be used in wet environments without a protective cover.

The skin-friendly barrier features the proven, natural ingredients of the Dansac GX hydrocolloid that has been refined over 15 years.

The secure coupling has two colour rings and an audible click for easy use.

The floating coupling ring makes for easy application with minimum pressure on the abdomen.

The functional, ergonomic shape of the pouch is enhanced by a soft, comfortable and water repellent fabric cover.

The staggered closing plates enable simple and hygienic opening, emptying and cleaning of the pouch.

The outlet is simply and easily folded and securely fastened by the unique hook-lock.

When folded, the outlet is discreetly concealed into the shape of the pouch.



Be a Friend

You too can help improve stoma care.

'Friends' is a new initiative for you, your carers, Stomal Therapy Nurses and other Healthcare professionals dedicated to stoma care. The program is collaborative and seeks a joint effort from all involved in stoma care. Through shared knowledge, we will endeavour to improve the lives of those who have to live with a stoma.

For more information:

Call Customer Engagement on 1800 892 891

Visit www.dedicatedfriends.com.au

friends
Dedicated to Stoma Care

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DL430



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