

# The Promise

OCTOBER 2020

...OF A RETURN TO A NORMAL LIFE



NEWSLETTER OF THE MIAMI OSTOMY AFTERCARE PROGRAM



## "NURSE OF THE YEAR"

Ana. M. Restrepo with her crystal award from the United Ostomy Associations of America

## "Our Ana"

### NAMED NURSE OF THE YEAR

Ana M. Restrepo, R.N., B.S.N. C.W.O.N., has been named national Nurse of the Year for 2020 by the United Ostomy Associations of America for her exemplary work specializing in ostomy care.

Ms. Restrepo is Vice President of Miami Ostomy Aftercare where, as a volunteer, she worked to initiate an ostomy support group for South Florida patients in 2018.

She is employed as a Nurse Specialist/ Supervisor of the Inpatient Wound and Ostomy Care Service at the University of Miami Health System. Realizing the need for an outpatient ostomy clinic, she played an integral role in facilitating the University of Miami Health System to establish the clinic.

"We are extremely proud of Ms. Restrepo," said Harold W. Spaet, President of Miami Ostomy Aftercare Program, who nominated her to the national organization for the award. "This is a well-deserved recognition of the dedication and professional expertise that Ms. Restrepo provides to her patients. Her work as Vice President of Miami

Ostomy Aftercare program has contributed to the organization's rapid growth in our three-and-a-half years of existence."

Ms. Restrepo continues to care for ostomy patients throughout the coronavirus pandemic.

"During the COVID-19 crisis, we provided telehealth services as an alternative for our outpatient ostomy patients to continue to receive their care while limiting exposure," she said.

Ms. Restrepo graduated cum laude from the University of Miami with a degree in nursing, receiving her Wound Care certification from the Medical University of South Carolina and her Ostomy Certification from Emory University. She was awarded the Gloria Merwarth Scholarship from the Florida Association of Enterostomal Therapists. She is currently pursuing her master's degree in nursing education.

She is a certified WOC nurse and member of the prestigious National Wound Ostomy Continence Nurses Society (W.O.C.N.) since 2008. She is currently Director at large for the North and Central America and Caribbean Ostomy Association (N.C.A.C.O.A.).

Ms. Restrepo resides in Coral Gables with her husband, Arthur.

## Welcome to

THE PROMISE...OF A RETURN TO A NORMAL LIFE.

This is the first edition of the new newsletter of the  
**MIAMI OSTOMY AFTERCARE PROGRAM**

We would love to hear your opinion and ideas of what you would like to see in future editions. Please send comments and suggestions to: [Susan@miamiostomyaftercare.org](mailto:Susan@miamiostomyaftercare.org)

## WILL M.O.A. P. SURVIVE COVID-19?

We have been severely impacted by the Covid-19 Pandemic in many ways.

First, our health care providers are overwhelmed with treating and caring for patients with coronavirus as South Florida, especially Miami-Dade County, has the highest infection rate in the State of Florida and Miami is the highest among all U.S. cities. Doctors, Nurses, Aides and all personnel in Health Care have been severely affected. Many are exhausted. Some have been diagnosed with the virus and some have died. Our sincerest condolences go out to all who have lost loved ones.

Second, we have had to re-invent ourselves and how we offer our services. Our Support Group meetings have gone virtual via Zoom successfully. Our OCA class, which is primarily online, managed to graduate a small class of nurses who now have ostomy care skills.

Our main challenge comes in ongoing operations. Our main benefactor, a family foundation which provided our basic operational funding for the past three years, notified us that their board of directors voted to provide funding only for hospitals, which are in extreme financial distress. That leaves us without operational income. We are in need of a new source of financial support.

Otherwise, Miami Ostomy Aftercare Program will cease operations in 2021.

If you can help, or know someone who can, please contact me by email at [halspaet@gmail.com](mailto:halspaet@gmail.com) or by phone 786-580-3928.

Hal Spaet,  
PRESIDENT

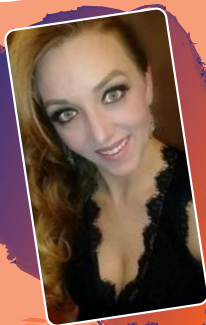
## OCTOBER SUPPORT GROUP

Features Robin Brown

She is a farm girl, a wife and mother, and now a beauty queen! And, she has an ostomy!

Robin Brown will be the speaker at the October 27<sup>th</sup>, 2020, ZOOM virtual meeting of our Support Group.

See Page 3 for how you can join the Support Group Zoom meeting, hear Robin and ask her questions directly.





# Ask

## MARY LOU

BS Ed, RN, WOC Nurse

MIAMI OSTOMY *AFTERCARE*

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**WEBSITE:** www.MiamiOstomyAftercare.org

**HOURS:** Monday – Friday / 9am – 5pm

**PRESIDENT:** Harold W. Spaet

**VICE PRESIDENT:** Ana M. Restrepo, RN, BSN, CWON

**SECRETARY:** Robert Seaman

**SENIOR CONSULTANT:** Susan Neuman, BA, APR, MBA

**HELP LINE & EDUCATION DIRECTOR:**

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**THE PROMISE EDITOR:** Susan Neuman

MEMBER OF:



## Is This Normal Even If It Is Different?

Whether you are new to having an ostomy or you have had one for a long period of time, you may sometimes wonder if what is happening is normal. Figuring out your new normal can take some time and even over many years, changes can take place. This is a recurring column addressing issues that may cause you to wonder “Is this normal even if it is different?”

With everything that is happening in our world right now, fear, worry and anxiety are running rampant. Social distancing, lack of everyday groceries, reduced income, or no income, and avoiding the COVID 19 virus doesn’t give us our usual outlets. Certain life altering situations, such as a death in the family, divorce, certain diagnoses or even upcoming health care tests also can cause anxiety.

If you have a urostomy, you may notice more mucus around the stoma or in the urostomy pouch. If you have a colostomy or ileostomy, you may notice more noise and/or gas coming from the stoma and more mucus on the stoma. This is different because it is not your usual normal, but it is normal if you are going through traumatic circumstances. These changes happen when you are anxious because the lining of the intestine produces more mucus and the intestinal muscles are more active than usual. Remember that with a urostomy, the stoma is created from a piece of the intestine. These changes should improve as your world calms down.

*See your physician if you have changes that do not resolve.*

## Ostomy Care Hints

Right after ostomy surgery, it is hard to know how long to keep the pouch on before changing. The usual recommendation is 2-3 days to start. If all goes well, you may be able to increase the time.

With each pouch change, look at your skin and look at the back of the pouch/wafer you have just removed. If the skin looks good and the pouch backing shows no signs of wearing away, you may be able to extend your wear time. Try adding one day and see if your skin is still in good condition or if there are any signs of irritation. If all looks and feels good, you may be able to add another day. If there is any leaking, burning or

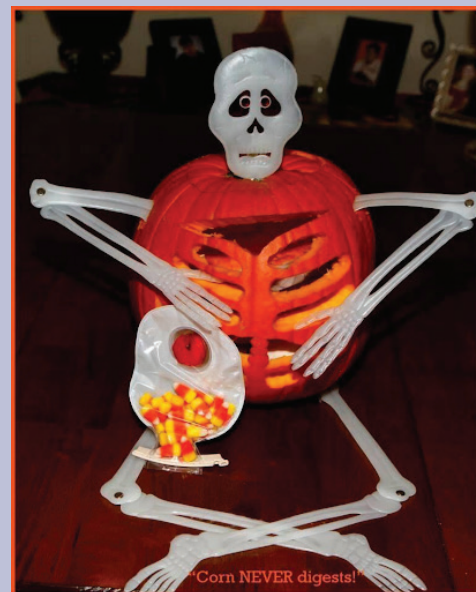
continuous itching, it is best to change and assess the reason. Never wait until the pouch seal leaks to determine how long you should wear a pouch.

Even though some pouch manufacturers, or other people with an ostomy, say you can keep the pouch in place for a week or more, it is best not to go over 5 days. This way you can keep track of your skin and prevent problems such as skin irritation or leaking. It is better to have good skin to adhere to the next pouch and avoid a leaking pouch at inopportune times.

*Remember there is no prize for the longest wear time; only greater chance of accidents!*

# HAPPY HALLOWEEN

With Halloween coming up, we offer this timely advice on dietary suggestions for ostomy patients. (Smile!)





## Ostomy Aftercare

# SUPPORT GROUP

Our popular Support Group has switched from physical meetings to virtual meetings because of the Covid-19 virus. The virtual meetings have become more popular with each meeting, gauging by the number of attendees. Interestingly, many attendees are now outside of our geographic area. Anyone with internet connection on the planet can now attend our support group meetings. Our meetings are facilitated on Zoom. They can be attended on computer for audio and video capability or via phone for only audio access. Our meeting connection and password is the same for all meetings. The meetings are held on the fourth Tuesday at 6:30 pm, unless noticed otherwise.

To be added to our meeting announcement eblast, send your email address to:  
[moap@MiamiOstomyAftercare.org](mailto:moap@MiamiOstomyAftercare.org)

## PAST SUPPORT GROUP SPEAKERS

Our past Support Group speakers are posted on our website along with the recording of the Zoom meeting and their Power Point presentation, when available. The past few speakers included:

**Richard P. Rood,**  
**MD, FACP, FACC, AGAF, FASGE**

Chairman, National Medical Advisory Board, UOAA  
Dr. Rood is a Professor of Medicine, Inflammatory Bowel Disease Center, Division of Gastroenterology at Washington University School of Medicine in St. Louis, MO.

**Theresa Johnson,**  
Co-Founder of Stomagenics, on a new ostomy product.

**Dr. Márk L. Gonzalgo, M.D., Ph.D.,**  
On Ostomies and Long Term Complications.

**Sailing Around the Globe with an Ostomy**  
**by Pam Wall**  
Broward Ostomy Association

**An Evening With Susan Burns,**  
President, United Ostomy Associations of America.

# JOIN US for the 6th VIRTUAL MEETING of the Miami Ostomy Aftercare Support Group



**October 27, 2020, 6:30 pm**

**"TRIUMPH AFTER TRAGEDY"**

**Robin Brown**

From Farm Girl to Beauty Queen

**Named UOAA Ostomy Awareness Day Champion**

Relates her struggles with IBD and an ostomy.

Her story: <https://www.ostomy.org/robin-browns-story/>.  
Hear and speak to her personally.

**Join Zoom via Computer**

Click  
HERE

[https://us02web.zoom.us/](https://us02web.zoom.us/j/82853458936?pwd=cDBwbEhveHNPejc3dnkyRm1razN5UT09)

[j/82853458936?](https://us02web.zoom.us/j/82853458936?pwd=cDBwbEhveHNPejc3dnkyRm1razN5UT09)

[pwd=cDBwbEhveHNPejc3dnkyRm1r](https://us02web.zoom.us/j/82853458936?pwd=cDBwbEhveHNPejc3dnkyRm1razN5UT09)

[azN5UT09](https://us02web.zoom.us/j/82853458936?pwd=cDBwbEhveHNPejc3dnkyRm1razN5UT09)

**Meeting ID: 828 5345 8936**

**Password: 030743**

**Join Via Phone:**

Dial by your location

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

**One tap mobile**

+19292056099,,82853458936#,,,,0#,,030743# US



**Check out our website: [miamiostomyaftercare.org](http://miamiostomyaftercare.org)**

**Miami Ostomy Aftercare Program, Inc. is a Florida not-for-profit corporation recognized by the IRS under section 501(c)(3) for tax deductible donations.**

# HELP LINE

Our Help Line is available for patients, caregivers and medical professionals, anyone with an ostomy or who cares for a person with an ostomy. It is answered by an ostomy nurse with over 30 years of experience.

**There is no charge by Miami Ostomy Aftercare as the HELP LINE is offered as a public service.**

# 305-952-0951



# Calendar of Events

OCTOBER 3<sup>RD</sup>, 2020

## National Ostomy Awareness Day



### MIAMI'S OSTOMY TRIATHLON

Including two of Miami Ostomy Aftercare officers, Vice President Ana Restrepo (Center) and Rob Seaman (Right) long with Lea Crestodina (Left).



### UNIVERSITY OF MIAMI

Hospital staff celebrates Ostomy Awareness Day with the "Ostomies Are Life-Savers" campaign.

OCTOBER 27<sup>TH</sup>, 6:30 PM

## Support Group



### SUPPORT GROUP MEETING

featuring Robin Brown, Mrs. Washington World.  
(See page 3 for Zoom meeting attendance instructions)

NOVEMBER 19<sup>TH</sup>, 2020

The Miami Foundation

**GiveMiami** 2020  
**day**

Donations large and small are all helpful. Select Miami Ostomy Aftercare for your charitable donations on this special day.

Go to [GiveMiamiDay.org](https://www.givemiamiday.org) for additional information.

# WISH LIST

Miami Ostomy Aftercare is seeking sponsors for some of our most important programs:

**The Ostomy Care Associates program**, teaching nurses proper care of patients with ostomies. This is a three-month online program in conjunction with the Wound Ostomy Continence Nurses Society. It concludes with a full day hands-on all-day session.

**The "Teaching the Teachers" program** targeting nurses who work with home health care agencies and are sent out to homes of patients who have been discharged from hospitals after having an ostomy surgery.

Miami Ostomy Aftercare Program is a Florida nonprofit corporation with tax-deductible donation status under section 501(c)(3) by the Internal Revenue Service. It is registered with the State of Florida under s. 496.405 to solicit donations from the public.

Ostomies are not popular, attractive subject matter. The majority of people who have had ostomies are persons who have had surgery to remove cancer in the internal elimination system of the body. Some persons require ostomies due to disease (IBS, etc) and some due to trauma (gunshot, auto accidents, etc.), but the majority are cancer patients who would not be alive without an ostomy. No matter what the original cause, most ostomy patients will not talk about their condition. Our services fill a void that neither doctors nor most hospitals provide. The current Covid-19 pandemic has created a hardship for the funder who has underwritten us for our first three years. To continue providing service to patients we need three or four new major donors of \$25,000 or more to step up.

Smaller donations are welcome too. Donations can be made directly on our website or a check by mail.

In addition, we receive donations from Amazon Smile for purchases made on Amazon. You can select Miami Ostomy Aftercare Program as your designated charity on Amazon. It does not cost you any more, Amazon makes the donation based on your purchases. Small purchases add up!

*Calling*  
**ALL DONORS!**