

EXPLORE THE World of OSTOMY 2010

OCTOBER 13, 2010

8:30 A.M.-3:30 P.M.



A one-day workshop with educational opportunities for health care providers and for individuals with ostomies and their families, friends and caregivers.

Southeast Community College
Continuing Education Center
301 S. 68th St. Place
Lincoln, NE

Co-sponsored by Lincoln Ostomy Association and SCC



www.southeast.edu

AGENDA

Check-in.....8 a.m.

Welcome by Sally Lingenfelder, President,
Lincoln Ostomy Association8:30 a.m.

Keynote.....9 a.m.

Living With An Ostomy: What is YOUR Role?

Ruth Bryant, RN, MS, CWOCN

Break/Visit Exhibits.....10 a.m.

Breakout Session #110:30 a.m.

Professionals: **Update on Colorectal Surgery Options**

Michael A. Jobst, MD, FACS, FASCRS

Community: **What's NEW in Ostomy Surgery?**

Ruth Bryant, RN, MS, CWOCN

Lunch/Visit Exhibits11:30 a.m.

Living with An Ostomy

Panel Discussion12:15 p.m.

Breakout Session #21 p.m.

Professionals: Basic Skills: **Improving your Skills:
The Art & Science of Basic Pouching**

Ann Lif, RN, BSN, CWOCN

Professionals: Advanced Skills: **Continent Ostomy
Surgery: How, Who & How Are They Managed?**

Ruth Bryant, RN, MS, CWOCN

Community: **Diet Makes A Difference**

Becky Weseman, RD, LMNT, CNSD

Breakout Session #32:15 p.m.

Professionals: **Ostomy Pharmacology**

Karen J. Hollinger, APRN-NP, CWOCN

Community: **Get The Skinny on Skin!**

Joan Junkin, MSN, APRN-CNS, CWOCN

Wrap Up/Evaluation3:15 p.m.

Workshop Ends.....3:30 p.m.

CONFERENCE OBJECTIVES:

- Identify resources and techniques for living with an ostomy
- Explore new developments in ostomy treatment and supplies
- Build and advance relationships between health care professionals and individuals

KEYNOTE:

LIVING WITH AN OSTOMY: WHAT IS YOUR ROLE?

RUTH BRYANT, RN, MS, CWOCN

Yes, ostomy surgery in many situations is life saving. But does that mean the person with an ostomy should feel appreciative of having an ostomy? What is it like to live with an ostomy? How does it impact day-to-day activities? What is our responsibility to the patient to enhance or facilitate their ability to not only adapt but to really LIVE with an ostomy?



Objectives:

- Identify factors predictive of adaptation to ostomy surgery.
- Describe the features of an ostomy patient care program that facilitates adaptation.

BREAKOUT SESSION #1

Professionals • Room 304

Update on Colorectal Surgery Options

Michael A. Jobst, MD, FACS, FASCRS
Surgeon/Owner at Surgical Associates PC

Objectives:

- Review past colorectal surgery options
- Discuss new colorectal surgery options

Community • Room 302

What's NEW in Ostomy Surgery?

Ruth Bryant, RN, MS, CWOCN

Ruth will offer highlights of new ostomy surgical procedures and implications for self-care, discuss what is new in ostomy care equipment and how they may make self-care easier. Audience participation will be encouraged.

Living with An Ostomy

A panel of ostomates and their families will share their every-day experiences.

BREAKOUT SESSION #2

Professionals: Basic Skills • Room 304

Improving your Skills:

The Art & Science of Basic Pouching

Ann Lif, RN, BSN, CWOCN
BryanLGH Medical Center & Specialty Clinic

Objectives:

- Identify basic pouch application for colostomy, ileostomy and urostomy
- Describe strategies in selection for appropriate accessories used for pouching complications
- Demonstrate basic pouch application

Professionals: Advanced Skills • Room 404

Continent Ostomy Surgery: How, Who & How Are They Managed?

Ruth Bryant, RN, MS, CWOCN

Continent ostomy surgery is becoming more common. The GI continent procedure, the ileal pouch anal anastomosis, is an option for patients with ulcerative colitis or Familial Polyposis. Many continent urinary procedures are available for qualified candidates. This lecture will review the surgical technique for continent ostomy procedures and learning to live with them.

Objectives:

- Describe the three continent ostomy procedures, including candidates, how they are constructed and how they are managed.

Community • Room 302

Diet Makes A Difference

Becky A. Weseman, R.D., CNSD, L.M.N.T., CNSD
Medical Nutrition Therapist Specialist,
The Nebraska Medical Center

Becky will discuss common issue of gas, bloating and diet therapy; concerns related to water, the forgotten nutrient; and she will examine potential nutrient deficiency associated with ostomy losses.

Ostomy supply vendors
will exhibit during breaks and lunch.

BREAKOUT SESSION #3

Professionals • Room 304

Ostomy Pharmacology

Karen J. Hollinger, APRN-NP, CWOCN
VA Nebraska-Western Iowa Health Care System

Objectives:

- Analyze the influence on pharmacokinetics on the selection of oral medications for people with an Ostomy
- Examine pharmacologic management strategies for two common issues with ostomies: odor and diarrhea
- Identify EBP for medical Tx of IBD

Community • Room 302

Get The Skinny on Skin!

Joan Junkin, MSN, APRN-CNS, CWOCN
The Healing Touch, Inc.

Our skin is a wonderful companion to have, unless something goes wrong with it! For folks who have a diversion for stool or urine that exits the abdomen, it is REALLY important to keep that skin healthy because it is necessary to wear a pouching system that sticks to the belly. Most of the systems don't stick very well if skin is sore and weeping. We'll discuss ways to keep skin healthy and happy and what to do if it's NOT! This will be a very practical session, and we'll try out some of the products on the back of our hand to see what they are like. We'll also practice a technique called "crusting" that is often used while healing skin.

DATE:

Wednesday, October 13, 2010

TIME:

8:30 a.m.-3:30 p.m. (Lunch provided)

LOCATION:

SCC Continuing Education Center
301 S. 68th St. Place, Lincoln, NE

COST:

\$49 for Professionals
\$15 for Community

CONTACT HOURS:

4.0 hours

ABOUT THE PRESENTER:

Ruth A. Bryant, RN, MS, CWOCN, program director/faculty member, Metropolitan State University, Minneapolis, MN., has a Bachelor of Science in nursing from Mount Marty College in Yankton, SD, a Master of Science in nursing from the University of Minnesota, Minneapolis, MN, and a Certificate of Completion for Wound, Ostomy, Continence Nursing from Jewish Hospital at Washington University in St. Louis, MO.

She has Current National Board Certification in WOC Nursing by the WOCN Certification Board. Bryant is co-editor of *Acute and Chronic Wounds: Current Management Concepts (2007)* Mosby and is author of *Anatomy and Physiology of the Gastrointestinal Tract* in Colwell, JC, Goldberg, MT and Carmel JE (2004) *Fecal & Urinary Diversions: Management Principles*.

She has more than 25 years of clinical and teaching experience in WOC Nursing, is the past program director of the Abbott Northwestern WOC Nursing Education Program in Minneapolis, MN, and is the past president of WOCN Society. She is a partner with Bryant Rolstad Consultants, LLC, and co-creator of the WebWOC Nursing Education Program. Bryant is an author, speaker and researcher.

WORKSHOP CREDIT

4.0 contact hours awarded to nurses who attend professional sessions and keynote address. For other health care professionals, check with your licensing agencies to verify that this workshop will count as continuing education in your field.

Southeast Community College Continuing Education Division is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation.

DRESS

Dress in layers because of temperature fluctuations in the conference room.

LUNCH

Attendees requiring special accommodations or having dietary restrictions must notify the College at 402-437-2700 in advance.

CONFERENCE PLANNING COMMITTEE

- Debra Braun, RN, BSN, CWOCN, VA Nebraska-Western Iowa Health Care System
- Joan Junkin, MSN, APRN-CNS, CWOCN, The Healing Touch, Inc.
- Ann Lif, BSN, RN, CWOCN, BryanLGH Medical Center & Specialty Clinic
- Sally Lingenfelder, President, Lincoln Ostomy Association
- Nancy Noha, Lincoln Ostomy Association
- Val Richards, Lincoln Ostomy Association
- Annie Ocampo, BSN, RN, CWOCN, DAPWCA, Madonna Rehabilitation Hospital
- Jeanette Walsh, RN, BSN, Director of Continuing Health Care Education, Southeast Community College

REGISTRATION/CANCELLATION/REFUNDS

You must call 402-437-2700 or 1-800-828-0072 and cancel before 5 p.m. the day before the seminar begins to receive 100% refund. NO refunds will be given after that. If you are unable to attend and wish to send someone in your place, you must notify the College in advance.

COURSE INFORMATION QUESTIONS

Jeanette Walsh

Southeast Community College, Continuing Education
402-437-2706 • 1-800-828-0072, ext. 2706
jwalsh@southeast.edu

REGISTRATION FORM - CONTINUING EDUCATION



Complete this form and send with payment to: SCC, Continuing Education Center, 301 S. 68th Street Place, Lincoln, NE 68510-2449 or FAX completed form to (402) 437-2703. Include credit card information or Letter of Authorization (required for third-party billing). The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to redisclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

2010 QUARTER

___ summer ___ winter
X fall ___ spring

Social Security Number		Name: Last		First	Middle Initial	E-mail address			
Residence Mailing Address					City	State	Zip	County #	<input type="checkbox"/> Cell <input type="checkbox"/> Business Phone
Birth Date / /	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Race: (used for statistical purposes only) <input type="checkbox"/> White, Non-Hispanic <input type="checkbox"/> Hispanic/Latino(a) <input type="checkbox"/> Asian/Pacific Island <input type="checkbox"/> Black/African-American, Non-Hispanic <input type="checkbox"/> Native American <input type="checkbox"/> Other _____			Veteran or Dependent Utilizing Military Benefits <input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska		Home Phone
Explore the World of Ostomy 2010 • Oct. 13, 2010 • 8:30 a.m.-3:30 p.m.					Please check: <input type="checkbox"/> Professionals (HLTH-3083-CEFA)		<input type="checkbox"/> Community (LLHX-1043-CEFA)		

Check Cash Mastercard Discover VISA Exp.Date _____

Credit card # _____

Name as it appears on card _____

Signature _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION)

Submission of this form indicates I understand: 1.) My information is complete and I am accountable for the tuition and fees and subject to a grade in the courses listed; 2.) To drop or withdraw from classes, I must submit an 'Official Drop/Add Form for Credit Classes' in writing to the Registration Office located in Student Services or drop the classes on-line at my.southeast.edu. Verbal notification or failure to attend a course does not constitute an official drop; 3.) I understand tuition charges and refund policies are published in the Student Handbook and College Catalog; 4.) The personal information contained herein is correct as shown; 5.) Any changes in SSN, legal name, address, residency, etc., must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ancestry, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, or jsoto@southeast.edu.

Staff/Dep Disc. ()

TOTAL DUE

For Office Use Only:
 DE _____ ID# _____