

ECET News/2018

SPRING ISSUE

CONTENT

Mention for "A sticker for public toilets dedicated to people with invisible disabilities"
PAGE 3

The GESTO Group
PAGE 4

The decalogue for a high standard of care for individuals carrying ostomy/
Decalogo per un'Assistenza Di Qualità alla Persona Portatrice di Stomia.
PAGE 5

ECET at WCET 22nd Biennial Congress in Kuala Lumpur, Malaysia
PAGE 7

ECET GUEST SESSION AT EWMA 2018 CONFERENCE IN KRAKOW
PAGE 8

ECET Conference 2019
PAGE 11





Dear members, Dear friends of ECET,

The European Council of Enterostomal Therapy (ECET) has been very active from January to June 2018. We were present at several conferences and we have met many new colleagues who are interested in cooperating with ECET. Scientific knowledge and opinions were exchanged and ideas for new projects were born.

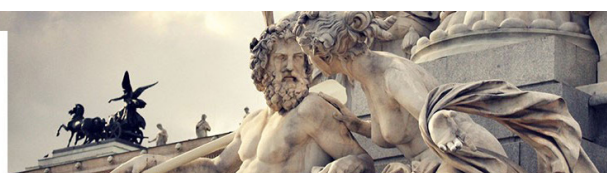
In this newsletter, we would therefore like to inform you about the recent activities of the ECET board in different countries where we participated and presented to share our knowledge and experiences with others.

Half of the year 2018 has passed and we are very enthusiastic about the preparations for our next ECET Congress, which will be held in June 2019 in Rome. We thus kindly invite you to:

**"Save the dates 23-26 June 2019 for the
14th Conference of the European
Council of Enterostomal Therapy in
Rome!"**

European
Council of
Enterostomal
Therapy **ECET**

23 - 26 JUNE 2019 · ROME · ITALY



Renata Batas, RN, ET
PR & Publications ECET

Gabriele Kroboth, MSc., ET
President ECET

Mention for "A sticker for public toilets dedicated to people with invisible disabilities"

On Thursday 12 April in Rome, the Ostomy Outpatient Clinic received a mention for "A sticker for public toilets dedicated also to those with invisible disabilities".

The mention was given during the XIII edition of the Andrea Alesini Good Practices Award for the Humanisation of Health Care. The Outpatient Clinic received a special mention for having carried out an information and awareness campaign on "invisible diseases", with the intention of contrasting the stigma and judgment towards those with an ostomy condition, using a new symbol on stickers in public toilets as an instrument, to restore dignity and normality to those who live an invisible disability.

The project

Based on these considerations, and following the example of Grace Warnock, an 11-year-old Scottish girl who created a symbol to be placed in the bathrooms for people with "invisible" conditions, the Ostomy Outpatient Clinic has helped promoting stickers on public facilities for disabled people. This sticker is dedicated to people with ostomy as a fundamental first step towards ensuring recognition of the time that the change of care requires, as well as greater security in managing time spent away from home for people who live with this condition.

The project was initiated under the patronage of the Municipality of Brescia and many other associations, including ECET.

In November 2017, the project plan was presented to citizens through a press conference, in which Eduardo, a 13-year-old ostomate, placed the first sticker on a of Brescia Municipality bathroom.



Photo 1 (from left): Danila and Eduardo.





GESTO Group

GESTO is an Italian group that includes approximately 50 nurse experts in ostomy. It was created as a national project and divided into working groups representing geographical macro-areas. The group aims to:

- raise public awareness about the importance of professional knowledge and specialised and personalised care for ostomate patients and their relatives
- develop projects that help improve the services delivered and quality of life for people with ostomy.

GESTO Group Objectives

The main objective of the GESTO Group is to improve COMMUNICATION. This is based on the conviction that the diffusion of a "culture of ostomy" will favour the continuous improvement of services provided, thereby improving the quality of life for people with an ostomy condition.

The group holds strong convictions about the need for these actions:

- Support the person during the entire period of his or her rehabilitation, and ' guarantee quality of care for the ostomate patient, providing a set of person centred services in accordance with his or her values and needs.
- Plan the assistance according to case-management principles.
- Provide counselling to colleagues.
- Ensure continuity of care.
- Convey to the civil society the relevance of a service that can provide the best answers to ostomy patients through the involvement of experts and specialised staff.
- Optimise resources through structured and codified processes, and help establish efficiency indicators.
- Overcome the differences in prescription-supply of devices within Italian regions.
- Support the establishment of an accreditation and quality recognition system for ostomy outpatient clinics.
- Make group members' knowledge and expertise available to legislators, public administrators and patient associations.

Decalogo per un'Assistenza Di Qualità alla Persona Portatrice di Stomia

1. Vivere con la stomia comporta variazioni nella propria routine quotidiana che impattano pesantemente sulla qualità della vita. La riabilitazione e l'educazione sono strumenti fondamentali per la corretta gestione della stomia, che è alla base dell'equilibrio fisico, sociolavorativo, sportivo e sessuale.
2. La corretta presa in carico della persona con stomia rappresenta un indicatore della qualità dell'assistenza erogata nelle strutture sanitarie.
3. I portatori di stomia hanno diritto di essere assistiti da un infermiere esperto in stomaterapia (stomaterapista)
4. L'infermiere esperto in stomaterapia è responsabile dell'assistenza e riabilitazione prima, durante e dopo l'intervento chirurgico.
5. L'infermiere esperto opera in base a conoscenze scientifiche, all'Evidence Based Nursing e Evidence Based Medicine
6. L'infermiere esperto in stomaterapia collabora con un team multidisciplinare garantendo l'assistenza più appropriata.
7. Lo stomaterapista offre un punto di riferimento che assicura un'assistenza qualificata e cure personalizzate per una corretta gestione della stomia.
8. L'ambulatorio di stomaterapia è un elemento fondamentale per l'assistenza della persona con stomia.
9. I contatti con le Associazioni che rappresentano persone portatrici di stomia agevolano il percorso di recupero e la tutela dei diritti.
10. Attraverso le Associazioni professionali ed in collaborazione con le Associazioni dei portatori di stomia, gli stomaterapisti lavorano per assicurare l'accesso a un'assistenza competente, offrendo.

Decalogue for a High Standard Care for Those with Ostomy

1. Living with an ostomy can affect one's daily routine and seriously impact the quality of life. Rehabilitation and education are essential tools to provide correct stoma-care, which is the foundation of the individual's physical, socio-occupational, sporting and sexual life balance.
2. Skilled support provided to the ostomate patient is an indicator of the quality of the assistance delivered by health-care facilities.
3. Ostomate patients have the right to assistance from a nurse trained in stoma care (Stoma Care Nurse, SCN).
4. The SCN is responsible for care and rehabilitation before, during and after the surgery.
5. The SCN acts based on scientific knowledge, Evidence Based Nursing and Evidence Based Medicine.
6. The SCN works closely with the multidisciplinary team to ensure the most appropriate care.
7. The SCN guarantees competent assistance, personalised care and correct management of the individual's ostomy.
8. Outpatient stoma-care clinics are an essential part of providing high quality care for individuals with an ostomy.
9. Contacts with associations representing ostomate people ease the recovery process and support the protection of statutory rights.
10. Through involvement by professional associations and in collaboration with ostomy patient associations, SCNs work to ensure access to competent care by providing accurate information.

DECALOGUE FOR A HIGH STANDARD CARE TO THE PERSON CARRYING OSTOMY

Simplicity made in Decalogue

The Team

Gesto is a group of **Stomatherapist Nurses** who are committed to spreading the culture of ostomy.

The Purposes

Communication is the **group's** primary. With this in mind, the Gesto Nurses, **who are** experts in stomatherapy, have developed a **simple and effective** document **that** highlights the importance of qualified, competent and personalised care, multidisciplinary teams, and collaboration.

The Roadmap

The Decalogue is the result of intensive **teamwork**. All participants invested some of their spare time and contributed on the basis of their own pro-fessional experiences, shared proposals and **discussions on** various topics.

The Language

A clear, simple language, respectful of many different needs, was chosen. The Decalogue **was** developed as an easy-to-read document **that** respects all parties involved **and** underlines the central role of the individual with the ostomy **throughout** the treatment path.

The Target Group

The Decalogue targets **individuals with an ostomy, hospital administrators, health care professionals**, the civil society and those who do not know the profound changes that an ostomy brings into a person's life.

The Contributors

Technical and scientific associations and associations representing **ostomate patients**.

ECET at WCET 22nd Biennial Congress in Kuala Lumpur, Malaysia

The WCETs 22nd Biennial Congress was held 15-18 April 2018 in Kuala Lumpur, Malaysia. Gabriele Kroboth (ECET President), Werner Droste (ECET Vice-president) and Renata Batas (ECET PR & Publications) attended the opening ceremony and national parade (Photos 2 and 3).



Photo 2: ECET Board at WCET Biennial Congress 2018



Photo 3 (from left): Renata Batas, PR & Publications, Gabriele Kroboth, President ECET and Werner Droste, Vice-president ECET at Opening ceremony and National parade of WCET Congress.

After the welcome reception we manned the ECET booth for three days, during which we proudly promoted the ECET conference in Rome in June 2019!



Photo 4 (from left): Gabriele Kroboth, President ECET, Renata Batas, PR & Publications ECET and Werner Droste, Vice - president ECET.

During the WCET 2018 Congress the ECET Board gave six presentations (five oral and one poster):



Gabriele Kroboth gave two oral presentations "Study of the Importance of Stoma Care Nurses for Ostomates" and "Mission statement of Austrian stoma and continence nurses" Werner Droste gave two oral presentations "Role and Function of Specialized Nurses in the Treatment of Patients with Fecal Incontinence", "Assessment for Ostomy Patients Using the LSD-Score" and **presented** a poster "Photo documentation in stomatherapy - implementation of a recommendation", and Renata Batas gave an oral presentation on "Stoma Complications and Their Impact on Quality of Life" (Photo 5)

Photo 5: ECET Board members at the presentations.

ECET GUEST SESSION AT EWMA CONFERENCE IN KRAKOW

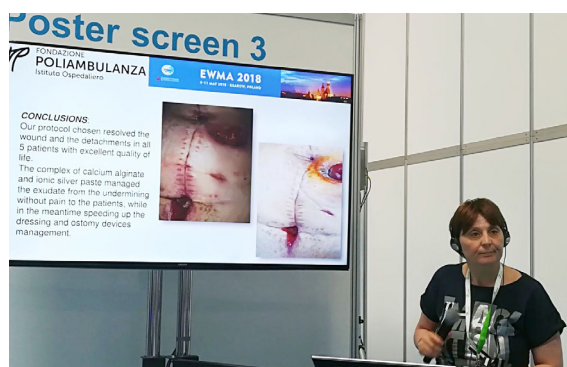


ECET has been collaborating with the European Wound Management Association (EWMA) for four years. As enterostomal therapy also includes wound care, the annual EWMA conferences represent a good opportunity to meet colleagues who are interested in this field of enterostomal therapy. ECET can contribute through our specific knowledge about and experiences with ostomy, continence and wound care related to these conditions. This year ECET had a guest session during the EWMA Conference in Krakow. We participated with three oral presentations and one poster presentation (Photos 5 – 11):

1. *Assessment: Tools for Peristomal Skin Lesions - An Overview*, by Gabriele Kroboth
2. *The Challenges of Enterostomal Therapy at Patient with High-Output Ileostomy*, by Renata Batas
3. *Photo-documentation for Patients with Peristomal Skin Lesions, Case-presentations* by Werner Droste
4. *Poster presentation: Nursing management of postoperative complications in oncological patient*, Danila Maculotti.



Photo 8: ECET board with Mr. Massimo Rivolo (EWMA), moderator of ECET Guest session.



Photos 9 – 12.: (from left to right) Gabriele Kroboth, Renata Batas and Danilla Maculotti at their presentations.

ECET also promoted the association in the EWMA Journal's April 2018 issue (pages 88 – 91).

Available at

<http://ewma.org/it/what-we-do/ewma-journal/>

ECET Board member presentations during the EWMA 2018 Conference in Krakow

In enterostomal therapy we can use different assessment tools for peristomal skin lesions. Gabriele Kroboth presented an overview of these tools. **During her presentation**, she focused on some questions about the use of these tools in clinical practice: Do we use them? Do we need to **establish standards on their use**.

Werner Droste presented recommendations on photo documentation for patients with peristomal skin lesions, based on case studies. It generally is recognised as important to implement a systematic approach to photo documentation. **Therefore**, a working group was established to develop a set of "Recommendations for stoma photo documentation" as part of the Dansac Dialogue Series. The objective of these recommendations are to help caregivers involved in stoma therapy create professional stoma photo for documentation and presentation purposes. A short document with these recommendations has been published on the ECET website, www.ecet-stomacare.eu/scientific-materials/.

Renata Batas presented the challenges related to enterostomal therapy for patients with high output ileostomy. The big challenge is that patients with this condition **are at risk** of complications (especially irritation of the peristomal skin, due to leakage, etc.), such as dehydration, acute kidney injury and malnutrition, if the patient is not adequately prepared and monitored. While the duration of hospitalisation generally **has been** shortened, patient support following hospital discharge should be offered. **Thus**, it is important that the hospital and community nursing staff exchange information **before** discharge **and after** discharge from the hospital, to ensure a holistic approach to care. This exchange of information must include the patient's condition, post-operation progress and stoma education. A multidisciplinary team approach is vital to enhancing quality of life for patients with an ostomy.

Danila Maculotti presented an e-poster about nursing management of post operation complications in oncological patients. The focus was management of mucocutaneous and surgical detachments following intestinale ostomy surgery in neoplastic patients (rectal and colon cancers). The poster presented the protocol chosen to manage the surgical wound and mucocutaneous junction in five patients. Three of these patients had **undergone** ileostomies and two had colostomies. All showed a cavity of at least 15 cm undermining (min 5 cm, max 30 cm, on average). The wound care protocol proposed:

- A wrap of propylbetaine and polyesteride-based cleaning solution for **five minutes**, to fill the cavity with a calcium alginate and ionic silver paste.
- A secondary dressing with natural hydrocolloids on polyurethane film, followed by an ostomy two-piece system over the wound.
- The dressings were applied every 48 hours. Same for the ostomy-device system.

This dressing protocol allowed for safe management of exudate. The wound showed no clinical signs of infection. During two weeks of treatment (on average) the wound was clean and **showed** good healing progress.

Through these presentations at the EWMA 2018 Conference in Krakow, Poland, we **declared** that enterostomal therapy covers many different areas, such as wound management in relation to ostomy care, continence care, etc.

ECET 2019 Conference

During a very intensive meeting in Milano, the ECET Board decided to hold the next ECET Conference in 2019 in Rome, Italy. Danila Maculotti, the **new ECET treasurer**, will be the president of this conference, which will be organised in cooperation with Gabriele Roveron, president of Associazione Italiana Operatori Sanitari di Stomaterapia (**AIOSS**). The conference will take place on 23-26 June 2019 in Rome, Italy.

Follow us: <http://ecet2019.org/>