

VOLUME 2 • ISSUE 1

# aspoa newsletter

Promoting Ostomy Advocacy in the Asia & South Pacific

**FEATURES:**

- President's Message
- South East Asia Reports by Dr. Harikesh Buch
- Coloplast Merit Award
- Indonesia Ostomy Association Challenges

No-37

M.9845116233

**Ostomates India**  
OSTOMY REHABILITATION CENTRE

**ASPOA & ASSR Joint Congress**  
Viet Nam 2014

**Ostomates India Stoma Centre**

**World Ostomy Day Celebrations 2012**

**News from Different Member Associations**

# TOUCHING BASE WITH SIMPLE STORIES



5.17.2013

**Dear Friends and Colleagues:**

It took quite awhile but finally we have come up with our second issue that is not bad considering that this latest issue is fully loaded.

It has not been lost in me that having this medium facilitate important connections to many people who loves to read and learn what happens around the region in order to touch base and hear simple stories regarding news and events from other member associations. It keeps us on the same page where important issues, changes in

direction and policy changes can be discussed easily.

It is hoped that the coverage of the stories we have raised in these latest issue can encourage other members to share their stories too. We put premium on content and involvement.

We know we have collected relevant topics that hopefully will be of interest to you. As usual, we welcome contributions and most of all simple stories that touches the heart.

Kind regards,  
The Editor

## T A B L E O F C O N T E N T S

President's Report .....	2	Iran OWI Training. ....	13
WOD 2012 Celebrations .....	8	Coloplast Merit Award. ....	14
Stoma Clinic in Bangalore .....	10	ASPOA Joint Conference .....	15
From Around the Region .....	11	Report of My Trip to South East Asian Countries .....	26
Challenges in Indonesia .....	12	ASPOA Website and 20/40 Focus .....	27



### On the Cover

Check out our feature on page 10 on the new Stoma Care Center of Ostomates India Bangalore



# ASPOA President's Report



## Activity Report January 2012 – March 31 2013

It is with pleasure I present a report of the activity in our region over this past 15 months starting with December 2011 after the ASPOA Conference in Iran.

Most of these activities have been recorded in the regional report section of the IOA CC's Chairpersons message on

[www.ostomyinternational.org](http://www.ostomyinternational.org)

The below is a compilation of those reports on activity in member associations and updates of current planning. Activity of your executive committee is recorded as well as current comments on planning and significant events.

### ASPOA

ASPOA Conference and House of Delegates Meeting in Tehran 18<sup>th</sup>-21<sup>st</sup> October 2011

Iran Ostomy Society hosted a very successful Conference and House of Delegates meeting at the Olympic Hotel.

Conferees were very well looked after by the hosts and we were treated to some excellent speakers as well as some memorable evenings at dinner including one at the IOS offices..

Some of the delegates and conference attendees had the opportunity to visit Isfahan and go on different tours.

### **IRAN**

Iran Ostomy Society (IOS) have 3000 ostomates as members in Tehran. IOS owns a three story building which they use for the benefit of ostomates. It has established a scientific group that has many surgeons and medical professionals participating in support of ostomates in Iran and they are determined to establish Ostomy Care for improving the QOL of ostomates not only in Iran but also surrounding countries.

An ostomy clinic operates from the building and donated ostomy appliances are distributed from here.

Just before the conference a stoma care education programme was also started for nurses in Tehran with the help of "Lions for Stoma Care". Prof. Carlo Pezcoller and Dr. Harikesh Buch lead the programme. 20 nurses were trained in IOS in Stoma Care, Wound Care & Incontinence care. IOS scientific group have established their own Stomal Therapy Training programme.

Early in 2012 they have also established a second ostomy chapter in Kerman and plan to expand groups to other regions and cities.

Iran Ostomy Society's planned meeting to invite neighbouring countries Doctors to assist them to help establish Ostomy associations in their own country in January had to be postponed as the promise of sponsorship funding was withdrawn. It is hoped this can be achieved this year.

20 more nurses have undergone a training session and ostomy seminars are planned. A wound care clinic is also planned for in their building for ostomates and the general public. A feature of IOS is the many Health professionals and volunteers who are working to support ostomates.

**CHINA:**

The president was invited to speak about World Ostomy Day on 24th March in Zhuhai attending a symposium where 180 ostomates, surgeons, ET's and Coloplast employees from across China attended. China, with the help of Coloplast, has produced a DVD/video which features ostomates getting on with life as part of their World Ostomy Day activities. This was filmed over the 2 days.

Building on from the work of the AtH (Access to Healthcare project) in 2019-2011, Coloplast sponsored the key Doctors, ET's and ostomates from each of the 5 established Ostomy clubs (Sunshine clubs) in China to attend as well as Hong Kong Stoma Club. This was a fantastic opportunity to network with all ostomates present. A large contingent from both HKSA and Guangzhou as well as members from Beijing Shanghai, Hangzhou and Nanjing attended.

Trained nurses from most of China's provinces were in attendance.



A very recent report indicates the fantastic work that is being done in China where there are now Sunshine Clubs in over 200 hospitals.

**Coloplast** has worked tirelessly to support Health professionals and ostomy groups to work together. The cooperation of all parties is a feature of what has happened in China.

A Sunshine club, as a regular ostomy care project, is running in over 200 hospitals nation-wide and apart from the five major cities ( Beijing, Shanghai, Guangzhou, Zhejiang(Hangzhou) and Jiangsu), now, Shandong ( a big province is near Jiangsu province in North China) where there are 2 cities that are implementing the Sunshine club as well.

As well 2 further projects have been established online through a communication platform.

This project has been made possible by Coloplast employing an ostomate on a part time basis. This online platform is operating in 2 ways:

**QQ** --- a real time communication tool under the name: Sunshine Home for all Ostomates. There are now several QQ groups in China and the ostomate leader controls and organizes the topic. Through this tool the ostomate can meet and share the information and feelings for free, and in the future plans are in place to set up more groups in China. All the groups are operated by ostomates. Sina blog (Same name QQ) --- This is being launched and will report all the care information and local ostomate club activities. It is planned to use above 2 projects as a foundation/platform for the future Chinese Ostomate Association's set up.

## THAILAND

The opportunity to gather information and establish contacts with the Thailand Ostomy Association was taken in a visit to Bangkok where short meetings were held at one of the hospitals where ET's are trained and with distributing company for Coloplast .

Harikesh Buch has also been in contact during a short visit to a nursing conference. It is planned to further assist the Thailand association to expand as we have been doing in other countries.

## HONG KONG

On the way to this meeting the President had the pleasure of visiting and being hosted by Hong Kong Stoma Association when they had a day out for their members. This was a great visit where the opportunity to meet ostomates during the visit to the spectacular Hong Kong Flower show. Dr Buch also took an opportunity to visit late last year.

HKSA continue to be a great support for Guangzhou Stoma Club and have been supporting at least one other Chinese city.

## SAUDI ARABIA:

After 3 months contact with an Australian ET in Riyadh and another local ET (who was their delegate at the Adelaide WCET Congress) the opportunity to meet was taken and after 2 short meetings, where information was shared and questions asked, about establishing an association in Riyadh. Saudi Arabia had announced they planned to become a new member association on World Ostomy Day 6th October. 2012.

It is assumed this has happened but contact has been lost and we are in the process of re establishing a contact.

## PHILIPPINES, MALAYSIA, SINGAPORE, TAIWAN:

Dr Harikesh Buch visited the 3 associations of Malaysia, Singapore and the Philippines in late June. Dr Harikesh Buch carried out successful training with Doctors ET's and ostomates. He was supported by Coloplast's National Distributors in each of the countries. Selected Ostomates were trained in the visitors programme.

Dr Buch was invited back to Singapore to assist them setting up of a National Association and met with the Singapore Cancer Society and ET's.

Ronaldo also undertook a similar programme in The Philippines to form their National Association visiting other islands and hospitals over 2012. This work was supported by ConvaTec.

In October Dr Buch visited Singapore for a further programme and continued on to Taiwan (3 cities) and Malaysia (KL) where he supported WOD programmes as well as giving lectures to healthcare professionals and ostomates about visitor training, IOA, managing and living with a stoma, and the development of ostomy care in Asia and associated training. He was interviewed by newspapers in Malaysia and an article has just been published there as well as in Singapore relating to his previous visit. He is participated in 2 radio talk shows in Malaysia as well this time.

In December Dr Harikesh Buch and Prof Carlos Pezcoller visited the Philippines to carry out a training programme with ostomates Doctors and nurses sponsored by "**Lion's For Stoma Care**".

Dr Buch has again visited **Singapore** to undertake **Visitor Training** there with 30 ostomates on 17/18 March 2013. Dr Buch also presented a programme to **The Malaysian Ostomy Association (MOSA)** by Skype.

The support of Coloplast and their Distributing companies in the region is acknowledged that enabled this development to happen.

## JAPAN:

JOA continues to support Vietnam and Mongolia. They have a very organised association that gives great service to ostomates.

## INDIA:

There are 2 established Associations in India in Mumbai and Bangalore. Both provide excellent service for ostomates in their regions. Ostomates India has just begun building new offices.

The AtH programme to train nurses has been discontinued but approximately 100 nurses received stoma training

## KOREA

Some improvement in their appliance reimbursement scheme has been achieved. Several chapters exist to cater for the needs of ostomates in their local area

## AUSTRALIA (ACSA)

In 2012 there was a focus on WOD activity. All chapters across Australia continue to be very involved in the supply of ostomy appliances and regular meetings for their members. They have been proactive by collecting and donating appliances to Fiji, The Philippines, Indonesia, Zambia and Ethiopia. They have a special Australia Fund that can be applied to for assistance with projects worldwide.

## NEW ZEALAND (FNZOS)

Most chapters in NZ participated in many WOD activities.

Presently the Executive has planned to be more active in publicising such events by better informing the public and speaking about ostomy to service clubs etc. A WOD type event is to be planned each year

Donations of Appliances have been sent by New Zealand to The Phillipines and Ostomates India in Bangalore



## World Ostomy Day:

Many of the ASPOA member countries had significant World Ostomy Day events and there were many entries in the Coloplast Merit Award and Hollister Photo Competition.



The Philippines was the regional winner of the Coloplast Merit Award 2012.



## New Associations

### Uzbekistan

We learned (From Astom in Moscow) of a new of a new Ostomy Association near Tashkent in Uzbekistan being formed and contact was made .They will be joining ASPOA this year.

They are in contact and being supported by the **Iran Ostomy Society (IOS)** and a sponsor to pay their dues is being sought.

## ASPOA Executive Committee:

### **Vice President Dr Harikesh Buch.(Mumbai India)**

Dr Buch has been very active in this time and has been taking visitor training with ostomates and nurse training in Singapore, Malaysia, The Philippines and Taiwan. He has also made contact with The Philippines.

**Secretary Ronaldo Lora (Manila Philippines)** has promoted the 20-40 groups (International Ostomy Association Coordinator) and has taken this role seriously and made many contacts while also developing a survey that he is receiving back now.

Our website launched on the final day of the meeting in Iran has been gradually enhanced over this time. Ronaldo has also represented The Philippines at a Disability conference in Seoul where contact was made with Korean Ostomy Association (KOS)

Regular secretarial duties as well as his IOA Webmaster role have given him little spare time.

**Treasurer Richard McNair (Te Puke New Zealand)** has managed the regions finances well collecting membership dues budgeting and supporting project payments etc.

**President Barry Maughan (Hamilton New Zealand)** has spoken at a symposium in Zhuhai about World Ostomy Day where ostomates from 5 stoma clubs in China along with a group from Hong Kong attended also. On the same visit he visited Thailand for meetings, and attended a day out with Ostomates from Hong Kong.

In April 2012 he attended, The WCET World Congress in Adelaide where many contacts were made in our region with the many ET's that were there from most Asian countries.

He continues to Chair the IOA CC (International Ostomy Association Coordination Committee)



## **CHALLENGES:**

There are many challenges to further expand care for ostomates in our region and this year's plan is to further build our member association's strength and activity and work towards more new associations so ostomates can receive the support in their countries.

## **SUPPORT**

ASPOA are receiving support of many Doctors and Nurses throughout the region and are indebted to them working together with ostomates to improve their lives.

These include ASSR, countries Medical Associations and Nurse Organisations.

The appliances firms, and in particular Coloplast, have all made financial contributions to assist us with this progress.

By:

Barry Maughan  
ASPOA President



## What Happened Around Australia

World Ostomy Day in Australia was celebrated in many different ways. Most Associations sold the WEAR LILAC FOR LIFE ribbons which proved to be very popular. The profits were donated to a charity chosen by the individual Associations.

The ILEOSTOMY ASSOCIATION OF SOUTH AUSTRALIA celebrated by taking their Life Members out to lunch, having a raffle, the profits going to the Flinders Medical Centre Research Foundation.

QUEENSLAND STOMA ASSOCIATION celebrated

The COLOSTOMY ASSOCIATION OF SOUTH AUSTRALIA CELEBRATED its 50th Anniversary and World Ostomy Day on the 5th October 2012.

We were delighted to have representatives from the State Government and our local Council. Mr Peter McQueen, President of Australia Council of Stoma Associations (ACSA), gave a presentation on the role of ACSA, CASA and the Australia Fund, and World Ostomy Day. Peter also presented CASA with a plaque celebrating the Association's 50 years. Councillor Demetriou and our CASA President, Mrs Rosemary Quick, presented letters of thanks and a small gift to each of our volunteers on behalf of the West Torrens Council and CASA



We then listened to a presentation by CASA member, Jackie Bone-George, who provided us with evidence that there is life after becoming an ostomate. Jackie showed us photos of her very active hobby of scuba diving, she and her husband have been all over the world diving.

Our organising staff and volunteers did us proud. We dined in style at the TAFE Graduates Restaurant where hospitality trainees treated us to a fantastic three course meal. We raffled off a number of prizes and this together with the sale of lilac ribbons and bead angels managed to raise \$700 on the night. By the end of October with our Lilac for Life fundraising we will be in a position to donate \$1,300 to Bowel Group for Kids



The OSTOMY ASSOCIATION OF MELBOURNE celebrated with an Open Day and AGM, to which we invited members, families, volunteers, representatives of our Company Suppliers, Stomal Therapists and members of our Committee. There were more than 150 attendees.

It Despite inclement weather, it was a very happy and successful day. Morning Tea was sponsored by Hollister, followed by a BBQ lunch cooked by one of our staff (in the rain). Afternoon Tea was sponsored by Coloplast. "Tours" were available of our facilities for our members who were most interested, and surprised to see the amount of stock we carry and where our daily work is carried out. \$241.00 was raised from the sale of "Wear Lilac for Life" ribbons, which will be donated to Bowel Cancer Research.



**Manawatu's World Ostomy Day 2012**

We started the day off at 11am at the Coach House Museum in Feilding, where 16 people enjoyed a wander through. Then we all made our way to Spring Café in Feilding for lunch at 12.30. Everyone enjoyed the day. – By Sue Steer



**Waikato World Ostomy Day 2012**

The Waikato Ostomy Society Inc is a local chapter of the FNZOS. The group gathered in the morning of October 6, 2012 and walked around the lake in Hamilton City. Mr. Barry Maughan had a 10 minute interview in Hamilton's community radio station promoting World Ostomy Day 2012 "Let's Be Heard." Afterwards, the members everyone enjoyed a morning tea at an adjoining restaurant.



## Stoma Clinic in Bangalore

By Manohar M.N., Honorable Secretary

The Ostomates India is a Self-help Group of Ostomates that is dedicated to Rehabilitation of Ostomy Patients.

Last February 27, 2013, we have started construction of a new building in Bangalore situated at Ring Road No. 37, Nagarbhavi 2<sup>nd</sup> Stage Extension, 10th Block Bangalore.

The Ostomy Rehabilitation Centre will be the first ostomy association to build and have its own building that includes a stoma clinic and a stoma nurse training and free stoma check up facilities.

Photos of the inauguration can be seen with the observance of the Vaastu pooja or Bhoomi Pooja. This should be done at an auspicious time and on an auspicious day normally in the morning). The pooja should be done in the North-East corner of the site. Before doing the pooja, the site should be cleared. Dirt, stones, holes in the ground, and trash should be removed. Thorny bushes should also be uprooted and removed.

The inauguration was a success followed by a simple refreshments for all those present.





**Mongolia Ostomy Association**



The Mongolia Ostomy Association will be starting a Social Welfare Support to begin in June 2013. Further details will be provided in the course of time.

By: Dr. Enkh-amgalan Tsiiregzen

**Australian Council of Stoma Associations Inc.**



I am pleased to inform you that this year will see the final implementation of the recommendations from the review into the Stoma Appliance Scheme.

The main outcomes have been, the establishment of a new Product Assessment panel, rationalisation of product prices, a review into support garments and Pharmaceuticals and finally product allowances will be assessed.

The annual conference of the Australian Council of Stoma Associations will be held in Hobart Tasmania 17 & 18 October. The venue will be the Wrest Point Hotel complex on the banks of the Derwent river.

By: Peter McQueen  
President ACSA

**Federation of New Zealand Ostomy Societies Inc.**



The Federation of New Zealand Ostomy Societies Inc annual conference which is being held in Rotorua from the 1st to the 3rd of August 2014. Further details will be provided in the course of time.

By: Richard B. McNair.  
President FNZOS, Inc

**National Federation of Ostomates of the Philippines, Inc**



Last April 25, 2013 the regional winner for the Asia and South Pacific Coloplast Merit Award was awarded to the NFOP, Inc of the Philippines. The award was given by Mr. Eric Chan of Coloplast received by Mr. Ronaldo Lora president of the Federation. The awarding was preceded by an Ostomy Lay Forum with the theme "Getting Your Ostomy Questions Answered."

# The Challenges we face in Indonesia

By Dr. Dieta Parengkuan



The number of Ostomates in Indonesia is increasing every year. (As of Dec 2012, there are 500 Ostomates across Indonesia). The geographical issues makes it difficult to distribute stoma bags and other appliance equipment to ostomates. We have limited donation from global foundations since 2008. However, currently we are only receiving support from Australian Council of Stoma Association, but custom hassles sometimes cause delivery delay and the amount is very limited

Because of these circumstances, InOA decided to finance small amount of stoma bags from distributors collectively, but the supply does not meet the extremely high demands.. InOA currently depend on Ostomates' voluntary donations, which is relatively small (USD 5-10/person) is not enough to support larger operation and distribution. Our ostomates need help and support with the current conditions. The secretariat of InOA is at Indonesia Cancer Foundation, Ratulangi 35, Jakarta Indonesia.



Outreach and advocacy to promote the presence of InOA to society by organizing various events and activities, such as: Ostomate Gathering, Seminar, Talk show etc.



Distribute stoma bags and its equipment to the ostomates, especially those who are from low socio-economic society



Provide pre and post surgery information and support for ostomates in achieving a satisfactory standard of life with a stoma (to sustain the quality of life)

## Iran OWI Training

By Dr. Mohamed Vafai

I would like to inform you of the implementation of Iranian Ostomy Society's programs which were provided to serve the Ostomates, their educational programs and the academic orientation for nurses in order to care for Ostomy, enhancement of the Ostomates quality of life, optimizing and creating the sense of humanitarianism. The details of the programs which were accomplished are as follows:

We have successfully begun the Creation of OWI (Ostomy - Wound -Incontinency) which so far 45 (forty five) student nurses have graduated from these courses and have obtained the certifications. It is noteworthy that the Iranian Ministry of Health has verified and has approved of these courses to be implemented by IOS and it is possible that from now on IOS will be accountable and responsible for these courses in Iran . For the theoretical courses, the university professors will be cooperating with IOS, and for practical trainings in addition

to Ostomy, we intend to have a Wound and Incontinency clinic at the IOS' building location.( pictures are attached).

Likewise, the establishment of IOS branches in four (4) of our big cities in Iran which are the Cities of: Shiraz - Mashhad – Kerman- and Karaj . We hope that soon we will be able to provide more of the same branches in our 33 provinces. It is important to note that for conducting more extensive Ostomy society branches, we will need to furnish their supply and equipment and for this important issue we will be in touch with the FOW for their assistance and support.

As we are obliged to introduce and encourage other Central Asian and Middle Eastern countries to establish and develop Scientific Ostomy associations in their own countries, we have received assistance from ASPOA through the president Mr. Barry Maughan. From this financial

assistance facilitated through the president Mr. Barry Maughan and executive committee of ASPOA.

From this assistance, we will be able to manage and implement the ET nurse Training course and to encourage at least five of the nearby Middle Eastern countries to establish Ostomy Association in their own countries in October 2013.

The annual Ostomy Day celebration which was celebrated magnificently last year together with the celebration of the New Year Party.

This was followed by holding a Charity Bazaar for the benefit of the IOS's children in need and a nurse day celebration for nurse participants who have completed the OWI course in IOS.

My sincere gratitude to all who made these activities successful.

Dr. Vafai





# Coloplast Merit Award - Philippines

By Ronaldo S. Lora

Among participating government hospitals where simultaneous World Ostomy Day celebrations were being held as initiated by the National Federation of Ostomates of the Philippines, I proceeded as early as 7:00 am in the morning to join the activity of Batangas Regional Hospital.

By 9:00 am after taking the road trip coming from Manila, I met ostomates from the province of Batangas and also the doctors of the Surgery Department of the hospital. I made a quick courtesy call to the Chief of Hospital and then wheeled myself to the auditorium.

The celebration of World Ostomy Day centered in promoting ostomy awareness and quality of life for ostomates. A fellow patient willingly allowed himself to demonstrate how to change the pouch with the help of doctors, in the presence of newly operated ostomates. The half-day affair was capped with a group picture and then snacks were served.



Pouching Technique taught among the ostomates present

Prior to the culmination of World Ostomy Day in October, I met up with representatives of government hospitals to introduce activities of WOD. This included introducing the gastronomists that are dolls that helps pediatric ostomates adjust to their stoma. Similarly, we conducted Visitor Training with the help of Dr. Harikesh Buch.

Articles were written regarding World Ostomy Day and was published in the official magazine of the Department of Health that was circulated nationwide.

We hope to continue increasing awareness and most of all continued support for Filipino ostomates.



Volunteer Ostomate



Souvenir Photo with Participants for WOD 2012

## ASPOA Regional Conference



By Barry Maughan  
ASPOA  
President

Two years ago the ASPOA Conference and House of Delegates Meeting was held in Tehran, Iran from 18<sup>th</sup>-21<sup>st</sup> October 2011

The Iran Ostomy Society hosted a very successful Conference and House of Delegates meeting at the Olympic Hotel. Conferees were very well looked after by the hosts and we were treated to some excellent speakers as well as some memorable evenings at dinner including one at the IOS offices. Some of the delegates and conference attendees had the opportunity to visit Isfahan and go on different tours.

For next year we look forward to a the joint ASPOA and ASSR Conference of 2014

The ASPOA Regional Conference will be held in **Ho Chi Minh City in Vietnam** on **October 25-26 2014**. Further details will be posted as these details come to hand. This event will be a joint conference for both ASPOA and ASSR (Asian Society for Stomal Rehabilitation). We are excited to be joining together with ASSR for this event.



## Report of my Trip to South East Asian Countries from June 2012 to December 2012.

June 2012, 15<sup>th</sup> & 16<sup>th</sup> August 2012, March 2013

By Dr. Harikesh Buch

I had meeting with ostomy support group in Singapore for the first time in June 2012. Once upon a time Singapore ostomy Association was very cohesive & active in the country as well as in AOA. But over the period few of the ostomates & ET sister Ms Ong Choo Eng from Singapore General Hospital (SGH) continued to come to AOA meetings & last decade or so association became inactive locally as a national as well as member of AOA for unknown reasons.

Singapore has about six to seven major hospitals where ostomy surgeries are carried out. Nationally they do about 500 to 600 new ostomy surgeries mainly for colorectal cancer & there are about 23-25 WCET certified ET nurses in various hospitals. Few hospitals have local ostomy patient support group but largest & well organised group is in SGH under the leadership of ET Sister Ong. The ostomates who do Visiting are called Brand ambassadors or Ostomy ambassadors. Different hospitals Ostomy patients support group as of now in 2012 do not mix with each other nor they are planning to get together to form a National Ostomy Association. It is estimated that there are 5000 ostomates in Singapore.

Topic of my presentation to Ostomates in SGH was "Lessons Learned in life as an Ostomate for 36 years". About 80 of them attended this meeting including Ostomates & Care givers as well as few local ETs & resident doctors & Two members from EC of Singapore Cancer Society (SCS). Sister Ong kindly translated in Chinese. It was well received.

At the end of seminar during dinner arranged by Mrs Lynette Lai, Manager of Coloplast, Singapore, she introduced to me to few active ostomates as well as members of SCS. I explained the importance of Unity amongst all ostomates in Singapore & of having a National Ostomy organisation under Singapore Cancer Society (SCS) that being a neutral body. The idea was well understood by ostomates & SCS members but SCS members were doubtful about their ability to support National Ostomy Association due to lack of resources & funds.

On August 15<sup>th</sup> and 16<sup>th</sup>, 2012, I was invited to interact with core group of Ostomates from SGH & SCS members along with ET nurse Ms Ong Choo Eng to have discussion & guide them how to start & sustained

On August 15<sup>th</sup> and 16<sup>th</sup>, 2012, I was invited to interact with core group of Ostomates from SGH & SCS members along with ET nurse Ms Ong Choo Eng to have discussion & guide them how to start & sustained National Ostomy Organisation so I visited Singapore on 15 & 16<sup>th</sup> August.

Mrs Lynette Lai of Coloplast, Singapore had organised two interviews, one with Local daily news Paper (Times) & other with Press Trust of India (PTI) reporter from Singapore. It was mainly for creating awareness in Society with my own experience as a surgeon & as an ostomate as well as what is current status of Stoma care in Singapore. They also interviewed local Colorectal surgeons from Singapore general hospitals (SGH) on the same subject. PTI reporter wanted to know more about status of Stoma Care as well as life of Ostomates in India. Coloplast also came up with an idea & announced the launch of a pack of ostomy products at half the price to needy ostomates in Singapore during WOD celebrations in end of September 2012. My press interview was also scheduled to be printed in local English daily one week prior to WOD celebrations in Singapore.

I had very good interactive discussion with Core group of Ostomates from SGH & members from SCS as well as with ET Ms Ong Choo Eng on the importance of having National Ostomy organisation under the umbrella of Singapore Cancer Society (SCS). I also advised them how to sustain the organisation once it is formed using ISCAPE material of IOA. At the end they had agreed to form the National organisation in coming year 2013. Mr Shiv Raj Kapoor & Mr Teo agreed to remain in touch with me on this issue & since Mr Kapoor was to visit Mumbai in December 2012, we agreed to meet in Mumbai for further discussion on this issue. Coloplast Singapore agreed & announced to donate sum of money as a start up funds for the National Ostomy association when it came up.



Core Active Ostomates and ET Sister Ong Choo Eng.



## Kuala Lumpur, Malaysia

23<sup>rd</sup> June to 2<sup>nd</sup> July 2012

I had lunch meeting with members of new ostomy association now called MOSA (Malaysian Ostomy Association.). President Mr Peter Chua, Vice President Mrs Mariam Mohd Nasir (An ET in University Malaya Medical Centre, as well as president of METNA ), secretary , Mr K.C. Kong & others were present. Mrs Revathy Ramamurthy another ET & Matron of Gove. Hospital in KL along with Mr Patrick Wong from Coloplast Hong Kong & his local team of Malaysia were also invited to join this lunch meeting.

After initial introduction, I explained the purpose of my discussion with them. It was made very clear to them how the last world meeting of IOA was conducted & the changes in the constitution were adopted by the world body with almost 98 % members of IOA agreed to the adoption of new changed constitution & there by new structure of IOA. I also explained how the joining of AOA & SPOA was adopted by all the members of respective country members & that they had agreed to have one bank account of new region ASPOA & both old regions will transfer their current balance of money in to account of ASPOA. I also told them about election of new EC members of ASPOA was done after every- body agreed with adoption of new constitution of ASPOA.

Mr K.C. KONG did raise his doubts about the new structure& its constitutional validity as well as his hesitation of transferring such large funds of old AOA to new ASPOA account. I explained the EC members of MOSA that I had the requisite minutes of the last IOA world meeting as well as the first ASPOA member countries meeting in which no body had disagreed with formation of ASPOA & joining bank accounts & transferring balance by both old regions in to new account of ASPOA. I also explained that money of ASPOA will be spent for the betterment of countries of Asian regions as Australia & New Zealand do not need help & in fact they are already helping individually many countries of Asia ( AOA )

After hearing my explanation, President & Vice president as well as other EC members of MOSA agreed with me that Malaysia which is holding funds of AOA must transfer money of AOA in to ASPOA account as the funds belongs to AOA & not to Malaysia. Mr K.C. Kong still wanted the money to be transferred to Mr Michi Takaishi in Japan as he was the last president of AOA. EC members of MOSA reassured me that funds belonging to AOA will be transferred to ASPOA after further deliberation & persuasion of Mr K.C.Kong who was the last treasurer of AOA.

Meeting ended with satisfactory & good understanding of each other views on both sides & MOSA EC members agreed to renew their membership with ASPOA. I had two press interviews with local news papers one in English ( Star Publications)& other in Chinese daily (Sin Chew Daily ). Both interviews were focused on my personal experience of life as an ostomate as well about the issues that ostomates have to deal with day today life as well as how doctors , nurses & manufacturers of Ostomy products help ostomates to live near normal life.

The special problems of Ostomates in Malaysia as well as how MOSA & ASPOA/ IOA can collaborate to help ostomates of Malaysia to live a near normal life was also discussed. How Coloplast will help ostomates in community by arranging free home visits of needy ostomates in Kuala Lumpur was highlighted by local executives of Coloplast, Malaysia. These press interviews were scheduled to be published a week before WOD celebrations in Kuala Lumpur which was to be in last week of March 2012.

## Manila, Philippines

**23<sup>rd</sup> June to 2<sup>nd</sup> July 2012**

From Singapore I went to Manila, Philippines to give training to ostomates, nurses & doctors on Visitor training. This was organised by Mr Ronaldo Lora, Secretary ASPOA with the help from Mrs Sherry Claire F Atento, Manager Coloplast, Philippines. Mr Eric Chan of Coloplast Hong Kong was also present for this event. It was a two days training program for different group of Ostomates, Nurses & Resident surgical doctors & was organised in National Kidney & Transplant Institute which is the biggest such super speciality center in Philippines. Dr Mrs Aileen a. Riego- Javier, Executive Director of the center inaugurated the seminar.

On day one about 26 -30 ostomates, nurses & resident surgical residents from different hospitals of Manila attended this training. On second day due to heavy rains & flooding in many parts of Manila only about 10 patients & nurses attended this training but since it was an inter active sessions on both days it was very successful & well received by all the participants.

Many ostomates agreed & shared their experiences with each other as well as agreed to counsel new or would be ostomate in future after this training.

Philippines have probably about 10000 ostomates but because entire country is made of about 7000 islands & most are residing in rural areas it is difficult to form support groups. At present support groups are major hospital based in major cities. Stoma care

is available only in major metro cities in major hospitals. There are only two WCET certified ETs in Manila ( ET Nurse & Chief Nurse, DPPS Mrs Nelda Escueta in Philippines General Hospital ( PGH ) & ET nurse Mr Rhyen Hitalla in The Medical City ( a private hospital in Manila ) but they have trained few general nurses in Stoma Care but they are also working in major hospitals mainly in Manila. Due to distances & few stoma care nurses at present, more nurses needs to be trained in Philippines. Most are Colostomates due to Cancer of Rectum. Ostomy products are not easily available as they are expensive & most ostomates are very poor so cannot afford to purchase these products & most of them innovate & use make shift products to remain clean.



Photograph with Dr. Rami, ET nurse Nelda and Others at PGH.

## Taiwan and Taipei Visits

I visited Taiwan for the first time to participate in WOD celebrations organised in three different cities, Taipei in North, Tainan in South & Tiachung in middle of Taiwan.

Taiwan Ostomy Association was established in 1996. Current President is Ms Po-Jui Yu. She is an ET & is also lecturer in School of Nursing in National Taiwan University ( NTU ). They have others in EC. They have about 300 members. They take yearly subscriptions of NTD ( Local currency ) per member. New joiners have to pay NTD 500 to become a member of association. The Association holds yearly meetings in different cities of Taiwan. The local visitors are called members of “Roseclub”. In Taipei there are about 10 visitors or Rose club members in NTU hospital. There is no formal Visitors Training but experienced Visitors train new ostomates.

I was in Taiwan for four nights & five days but I my stay was organised in different hotels & different city every night!! But it was very comfortable & memorable visit. Local Coloplast Manager of Taiwan Mrs Teresa Lee & her local team along with Mr Patrick Wong, Coloplast Hong Kong had helped local ostomy groups in these three cities to organise WOD celebrations



TOWCNA Members and Members of Rose Club.



Ostomate attending the WOD

On the day of arrival in the evening I had dinner with Executive members of TOWCNA (Taiwan Ostomy Wound Continence Nurses Association).

President of TOWCNA is Ms Po-Jui Yu. She is an ET & is also lecturer in School of Nursing in National Taiwan University (NTU ). She also is a President of Taiwan Ostomy Association .Also present at dinner were Mrs Elizabeth Kwei- Yin Wu An ET & Senior Nurse Consultant ET nursing from NTU Hospital along with few other ETs & Mrs Teresa lee & her team members from Coloplast , Taiwan.

Next day I participated in local WOD celebrations where about 60 ostomates and Next day I participated in local WOD celebrations where about 60 ostomates & care givers were present along with few ETs . Ostomates shared their experiences & I gave a lecture on “Living with a Stoma “ where I covered life experience as well as how to deal with day to day issues & I gave an account of organisation of IOA & ASPOA & their activities & their role in International ostomy community. There was also Interactive sessions between health care professionals, ostomates & care givers.

In the afternoon I spoke to about 20 nurses on the nurse’s role in Stoma care as well as on training in stoma care for nurses.

In the evening we travelled to Tainan.



## Tainan and Taichung Visits

We travelled to Tainan, a city in south of Taiwan, on the same day by high speed train which runs at about 350KM per hour.

Ms Teresa Lee, Local Manager of Coloplast had organised a dinner with few doctors Prof. Alan Ko-Chi Niu ( HOD Hyperbaric Oxygen Therapy unit)& Mrs Kelly an ET, both in Chi Mei Medical Centre, Tainan & few others including Mr Patrick Wong ,from Coloplast Hong Kong. It was an interesting evening as I got to know few things about local set up & got to know local health care professionals.

Next day I joined there WOD celebrations which was a big Event with lectures from local surgeons about current status of Management of Colorectal cancer ( Dr Yu- Feng Tian ,HOD Depart. Of Surgery), sharing of experiences by few ostomates, Complications of Ostomy & how to manage by local ET Mrs Kelly & I shared my experiences by lecture “ Living with a Stoma “. There were local group of dancers & musicians who gave some entertaining programme .My lecture had to be translated in local Chinese language which was done by Mrs Phyllishsuyang, local educator in that hospital. About 80 ostomates , few care givers, Local surgeons & nurses participated in the event.

There was a press conference prior to the WOD celebrations where lot of journalists from local news papers came to interview all of us to know more about ostomy care in Taiwan & cover WOD celebrations event. This was published next day in local daily.

We travelled to Taichung, a city in the middle of Taiwan ,on the same day evening again by high speed train.

Next day morning, there was a WOD celebrations in China Medical University Hospital. I had a tour of their hospital. I visited Asia’s largest Hyperbaric Oxygen treatment facilities run in that hospital where at a time about 16-18 patients can be treated. It was an eye opener for me to know what they are doing & have achieved in that facilities. I also spend some time in Stoma clinic managed by ET Mrs Kelly & her team of that hospital & their work load & Services that they provide is excellent. Mrs Kelly also manages wound care in the Hyperbaric Oxygen Treatment facilities.

About 80 ostomates, care givers, Nurses ( Mrs Wil-Lie Chen , Associate Prof., School of Nursing was also present ) participated in the event. It was again sharing of experiences by local ostomates, My lecture was on “ Living with Stoma “ just like in Taipei & Tainan & interactive sessions between health care professionals & ostomates.

This was a very good sessions as lots of querries were raised on various issues of local ostomates & answered by local Prof. David, ( Tao-Wei Ke) young & dynamic Colorectal Surgeon & by me. I was very humbled by Prof.David presence through-out this event as he directly came from local airport after flying in to Taiwan from Vancouver (16 hours of flying) after attending a Colorectal Surgeons meeting.

After the event we proceeded to Taipei as there was forecast of hurricane hitting Taiwan next day when I was to leave for Kuala Lumpur for similar event. Fortunately this did not happen as it changed its course towards Hong Kong. We had lovely dinner & visit to famous places in down town Taipei.

Next day Mrs Teresa showed me her local Coloplast office and National Taiwan Hospital & Stoma Clinic.

We also visited one of the oldest Buddhist temple where I could observe local customs of how to get rid of “Evils Eye “ from some nasty evil persons on you.

Same day after noon I took a flight to KL, Malaysia.



## Kuala Lumpur WOD activities

I arrived in KL late in the evening. Next day I attended WOD celebrations organised by members of EC of MOSA. There were only about 10 ostomates, about 25-30 nurses & few doctors who participated in the event.

Again it was sharing of experiences by the ostomates, Current status of treatment of Colorectal Cancer by Dr Ms April Camilla Roslani (Associate professor at UMMC ) & " Current status of Stoma Care & Training in stoma care in Malaysia" by Mrs Mariam an ET & Matron From University of Malay Medical Centre ( UMMC )& I gave an account of Current status of " Stoma Care Training in Asia ". It was very well organized.

In the evening there was a dinner for all delegates including entertainment with music, singing, local folk dances etc.

Late Dato' John Cardosa was remembered & was posthumously recognised in presence of his two daughters (Dr Mary & Mrs Elizabeth Cardosa).

It was a very touching moments for me as I told the people present that what- ever I have gained & reached in Ostomy world , its credits goes to Late Dato' John Cardosa & MOSA as they have supported me throughout my career in Ostomy world

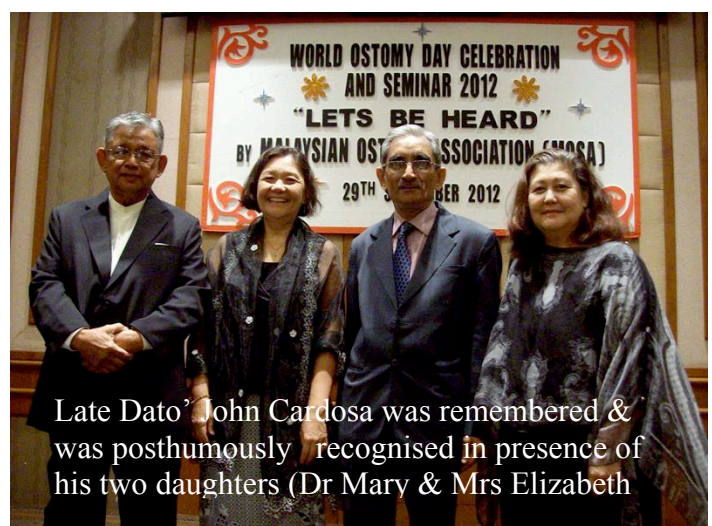
Next day I had two live radio interview for 30 mins each. Radio Interview with BFM & with Capital FM . (BFM interview can be heard

on [http://dl.dropbox.com/u/95740115/Health%20%26%20Living/2012-10-01\\_DrHarikeshBuch\\_Ostomies.mp3](http://dl.dropbox.com/u/95740115/Health%20%26%20Living/2012-10-01_DrHarikeshBuch_Ostomies.mp3) )

It was broadcasted live with questions being asked by listeners live as well. It was on all about Ostomy care in Malaysia, about local & International ostomy support group & their role & my personal experience as an ostomate & a surgeon. It also included common issues that ostomates can have & how they can be helped locally. Home care (Community care ) of ostomates organised by Coloplast by arranging of home visits by ETs for those who can- not attend local stoma clinics was also announced.

Next day I visited some tourist places in KL & in the evening took flight to Mumbai

This was very productive travel around different countries specially Taiwan



Late Dato' John Cardosa was remembered & was posthumously recognised in presence of his two daughters (Dr Mary & Mrs Elizabeth

23<sup>rd</sup> From 28<sup>th</sup> November to 10<sup>th</sup> December 2012

There was an annual meeting of ET association of Thailand in Bangkok on 29 & 30<sup>th</sup> November 2012 which was attended by 300 ETs & stoma care nurses from all across Thailand. It was organised in **Siriraj Hospital in Bangkok**. The president of ET association of Thailand is Ms Yuwadee Kestsumpun.

Since Ms Louise Forrest Lalande & I were scheduled to do “Lions for Stoma Care “training (along with Prof. Carlo Pezcoller in Manila, Philippines from 3<sup>rd</sup> December to 7<sup>th</sup> December), both of us were invited to speak at Bangkok ET meeting. I spoke on “Current Status of Stoma Care in Asia “& Mrs Louise spoke on “Current Guidelines in Wound care in Canada & how that can be used in Thailand “. Both lectures were well received by all the participants. Conference was of very high standard with good papers.

We also had meeting with Dr Darin , a senior most Colorectal Surgeon in **Siriraj hospital** for discussion on having an active ostomy support group in that hospital & in Bangkok. Both Dr Darin & Ms Yuwadee Kestsumpun , a senior most ET in that hospital were not very keen on starting a support group locally. That hospital has an active stoma clinic which is run by four ETs & is well attended by many ostomates. They have local training for general nurses in Stoma Care. There are only 10-15 WCET certified ETs in Thailand but they have trained about 300 nurses in Stoma care

We had dinner with core group of ETs & Stoma nurses from different regions & hospitals of Thailand including few Colorectal Surgeons & Ostomates in the same evening organised by Ms **Chutima Chaweewan** , Sales & Marketing Manager of local Coloplast Distributor, Pacific Health Care & her local team & Mr Eric Chan of Coloplast, Hong Kong. During the dinner one of the ET Nurse Ms Siriluck, from Chiangmai hospital (Email:siriluck05@yahoo.com) is keen to start an ostomy patient support group locally. This is about 800 KM north of Bangkok.

We had some local tour of Bangkok organised by Ms Chutima & Mr Eric. We visited some of the most ancient Buddhist temples including of most famous reclining Buddha.

I had meeting next day at 7-00am at the Bangkok airport for an hour (before I flew off to Manila) with Mrs Akariya Samahaputra, General Secretary of Thailand Ostomy Foundation (TOF ). We had good discussion about current state of TOF & how they work & their future plan of activities including joining as a new member of ASPOA. She told me that Mr Sanan Silapabanleang is still president & Dr Kiti Chindavijak is vice president of TOF. They have 12 EC members & 3000 they have regular meetings of TOF in different parts of the country & Chiangmai group always sends their representative and a nurse to their meetings. She also wants us to help them in Cheingmai to start a local ostomy support group.

I was very pleased to meet with Mrs Akariya to re establish contact with TOF. Hopefully they will soon join ASPOA



With Mrs. Akariya,  
Secretary - TOF



# Hong Kong Stoma Association

I visited Hong Kong after Manila. I had lovely dinner with Mr. Patrick Wong & Ms Elaine Chug on the day of my arrival in Hong Kong.

Next day I had meeting with ostomates where I shared my experience as an ostomate for last 36 years with about 20 Ostomates. This was an interactive session. It went well. After the lunch with the EC members of Hong Kong Stoma Association we went to HKSA office.



We had long discussion for about 3 hrs on how to plead with Hong Kong legislative body next day in getting ostomates certified as disabled so that they can get financial aids to get ostomy supplies. We went through lots of rules & regulations of Hong Kong government & directives of HK legislative from 2006 till date. I had offered to present their case but according to local regulations only locals can do that in legislative meetings to address the legislators. Finally the vice president agreed with our strategy to present their case. I took some pictures with them & also some pictures of likely person from HKSA in

1993-1994 who might have represented HK in Historic AOA formation meeting in Hong Kong.



Local Coloplast team led by Mr. Eric Chan & Ms Elaine Chug hosted me for a tea party in their office & also for lunch & local touristy places.



It was a very fruitful meeting & renewal of my friendship with lot of local ostomates & EC members plus Coloplast team members.



## Lions for Stoma Care

Dr Rami Roxas ( Dr Manuel Francis Roxas ) & ET Mr Rhyan Hitalla from Manila had organized a training course for 30 general nurses in Stoma & wound care under the project " Lions for Stoma Care " ( LFSC ) of Lions Clubs of district 108Tb of Modena, Italy. Prof Carlo Pezcoller, Mrs Louise Forrest Lalande & I were the teachers from International Traveling Teaching Team of LFSC & there were many local doctors & nurses as local teachers. This was organized in The Medical City Hospital, Manila, Philippines from 3<sup>rd</sup> to 7<sup>th</sup> December 2012. It was a very good training course after which 26 nurses graduated from this course. There were many interactive sessions with participants & teachers. We trained

them in various topics in Anatomy & Physiology of G.I & G.U. Tract , pathology of these systems, Indications for stoma surgery, correct technique of creating stoma, Dietary advise, Rehabilitation of ostomates, Pathology of Stoms, Ostomy associations local & world, Visitors training, Sexuality & ostomates, Nurses role in stoma care, WCET, Ostomy Product selections, Psychosocial issues , Irrigation etc.

They looked after us very well & we had comfortable & enjoyable stay in Manila. They also took us around to see historical places in Manila as well. Of course we had tour of the Medical City Hospital & Stoma Clinic run by ET Mr

Rhyan Hitalla. We also had visit to Philippines General Hospital ( PGH ) which is about 120 years old hospital ( Built by Americans & Japanese Government ) run by Government & Medical University of Philippines. We interacted with only other ET Mrs Nelda Escueta in PGH in Manila. She was the first ET trained of Philippines & Mr Rhyan Hitalla is the second one. We visited Dr Rami's Colorectal surgery Department in the surgical indoor ward as well.

Local Coloplast manager Mrs Sherry Claire F Atento, ( Pacific Health Care ) & her team arranged local logistics for us. We were very pleased with the out- come of the LFSC course

### Hong Kong :

I visited Hong Kong after Manila. I had lovely dinner with Mr. Patrick Wong & Ms Elaine Chug on the day of my arrival in Hong Kong.

Next day I had meeting with ostomates where I shared my experience as an ostomate for last 36 years with about 20 Ostomates. This was an interactive session. It went well. After the lunch with the EC members of Hong Kong Stoma Association we went to HKSA office.

We had long discussion for about 3 hrs on how to plead with Hong Kong legislative body next day in getting ostomates certified as disabled so that they can get financial aids to get ostomy supplies. We went through lots of rules & regulations of Hong Kong government & directives of HK legislative from 2006 till date. I had offered to present their case but according to local regulations only locals can do that in legislative meetings to address the legislators. Finally the vice president agreed with our strategy to present their case. I took some pictures with them & also some pictures of likely person from HKSA in 1993-1994 who might have represented HK in Historic AOA formation meeting in Hong Kong.

Local Coloplast team led by Mr. Eric Chan & Ms Elaine Chug hosted me for a tea party in their office & also for lunch & local touristy places.

It was a very fruitful meeting & renewal of my friendship with lot of local ostomates & EC members plus Coloplast team members.

### **Report of my trip to South East Asian Countries in March 2013**

#### **Taiwan : 9th to 13th March 2013**

I arrived in Taipei on 9th March & same evening I had dinner with committee members of TOWCNA ( Taiwan Ostomy Wound Continence Nurse Association ) . President of TOWCNA is Ms Po-Jui Yu. She is an ET & is also lecturer in School of Nursing in National Taiwan University. She also is a President of Taiwan Ostomy Association. Ms Elaine Chug, Regional Business Manager, from Coloplast Hong Kong was also present for this dinner. There were many old friends whom I knew from my previous trip to Taiwan in September/ October 2012. It was a nice feeling & renewal of friendship.

We travelled to Tainan which is city in South of Taiwan. I had a

lecture in Patient Club of Kaoshiung Medical University Hospital (Kaoshiung city about an hour driving distance from Tainan), Topic: "Living with Stoma". There were about 30-35 patients & care givers. Ms Amy Mei-Chuan Lin who was head nurse & an ET running a stoma clinic in that hospital translated my lecture in local language. Prof. of Surgery Dr Jaw-Yuan Wang also attended my lecture & told at the end how much surgeons need to know about the needs of the ostomates. Mr Patrick Wong from Coloplast HK so as Ms. Teresa Lee, manger Coloplast Taiwan & her local team was also present.

I had very good response in 2nd meeting in Patient Club in Changhua Christian Hospital (Central of Taiwan Near Taichung city 90 mins. drive from Taichung city), Topic: "Living with stoma" for ostomates where Prof. Dr Chen HOD of Division of Colorectal surgery, him self translated my lecture. He was very pleased on the response from patients & care givers at the end of lecture. He also commented that there are many aspects of Ostomate's life he understood that day. There were about 80 ostomates & care givers who attended that meeting.

Entire Taiwan team of Coloplast lead by Ms. Teresa Lee, Manager for Taiwan deserves an applaud & congratulations from me for making all arrangements for me to have a very comfortable stay in Taiwan. Most important aspect is that they are friendly & kind in nature.

### **Kuala Lumpur, Malaysia: 14th to 16th March 2013**

Then I travelled to Kuala Lumpur, Malaysia on 13th march 2013. Ms Fiona Tai of Coloplast Hong Kong & Ms Pui San Lim ( Coloplast ) of UITM which a distributors of Coloplast in Malaysia looked after me in KL.

Ms Teresa Lee, Manager Coloplast Taiwan was also present for Coloproctolgy meeting in KL with ET from Taipei who also gave a very good account of stoma care in Taiwan in English.

I had good meeting in KL & presentations went well & were received well by almost 100 nurses & few doctors in Associate specialist meeting of division of Coloproctology Surgeons meeting. My lectures were "Psycho social issues of Ostomates "& " Stoma care Training in Asia " Mrs Mariam had organised this meeting..I had long chat with Mrs Revathy Ramamurthy, an ET & a Metron in Government Hospital in KL. during my stay in KL.

Mrs Mariam, Vice President , MOSA, An ET & President of Malaysian ET Nurses Association ( METNA ), Metron of University Of Malay Medical Center ( UMMC ) told me that MOSA have by now 70 members.!! Coloproctology surgical meeting had 400 surgeons attending the scientific lectures. I attended few of them on 16th ( 2nd day ), It was of very high quality seminar.

I met few of my old friends ( Colorectal surgeons from Malaysia , India & Sri Lanka (Dr Kemal Deen ). He also has promised to organise training workshop in Sri Lanka under "Lions For Stoma Care " in last week of December 2013 / first week of January 2014. He knows Mr Eric Chan , Coloplast HK well & I met Coloplast distributor from Sri Lanka on the last Day of the conference. Dr Ms April, Colorectal Surgeon from UMMC wanted me to give a lecture on Irrigation but I declined on being given only 10 mins. for the same & I did not have the presentation as I had declined to give talk on the subject long before the conference.

Mrs Pui San Lim, Coloplast manager from UITM, Malaysia & her team looked after me very well & were always looking for how to make me more comfortable during my stay in KL.

### **Singapore : 17th to 19th March 2013**

In Singapore it was very productive visit. Mrs Lynette Lai, manager, Coloplast Singapore & her team must have really worked hard to arrange all these meetings at different hospitals & at Singapore Cancer Society (SCS) with Ostomates & CEO & other support staff at SCS.

15 ostomates were trained for Visitor training which lasted for over 3 hrs 30 mins & certificate that were given to ostomates who attended this training, had signature of CEO of SCS along with mine. This was a big achievement for ASPOA. CEO Mr Albert Ching & Ms Lucy Lim,



## Report of my South East Asian Trips continuation

Manager Cancer Support Services, Programme & Services Division, along with a surgeon Dr Kevin Sng & 2ETs from Changi General Hospital (CGH) & 1 National University Hospital (NUH) attended along with ET Ms Ong Choo Eng from Singapore General Hospital (SGH). This was an interactive session.

We had very good breakfast meeting next day at SCS with Mr Albert Ching, CEO & his team. It was almost for two hrs that we discussed various aspects on how to go about forming National ostomates organisation under SCS & he has agreed to extend all the help & resources of SCS to do that. We also had discussion about needy ostomates & how SCS can help taking advantage of newly launched package of Ostomy products (launched by Coloplast at Half the price) for needy patients including receiving donations from different companies.

After that meeting I am convinced that National organisation will be formed soon.

Mr Shiv Raj Kapoor & Mr Teo, both ostomates from SGH support group, also were very happy about the outcome of the meeting with SCS. It appears that Mr Teo will be the President & Mr Shiv Raj Kapoor will be secretary of National Ostomy Association of Singapore under SCS.

I met three colorectal surgeons from three different hospitals in Singapore. Dr Tan Kok Yang of Khoo Teck Paut Hospital (KTPH), Dr Kevin Kaity Sng & Mrs Nur Madalinah, Senior Staff nurse of Changi General Hospital (CGH) & Dr Cheong Wai Kit, HOD Division of Colorectal Surgery of National University Health System, Singapore (NUHS) & discussed with them on how to start local hospital support group in their hospital which will join in National association under SCS & all have agreed to lend full support from them. I also met Ms Dincy Lim Chair person & her team of support group in Tan Tock Seng Hospital (TTSH). She had some reservations about National organisation but eventually came around about this idea after our meeting & discussions. In fact she organised a lovely dinner for me & Lynette & one of my surgeon friend from her hospital (Dr Sameer Junnarkar specialised in Liver & pancreatic surgery) in the elite

club of Singapore where bigwigs of Singapore are the members. It was a very nice evening.

I must thank Mrs Lynette Lai, as she was with me both the days all the time inspite the fact that her eldest son was running high fever & her inlaws had to look after him while she was with me all this time.

Mr Patric Wong, Senior Manager, Asian Emerging markets of Coloplast Hongkong & his teams in all these countries are fantastic & very good Human beings who want to help ostomates for better life with - out expecting financial gain through business. He has passed on his values to his team members to help ostomates in all these countries extremely well & successfully.

Thanks & regards,

Harikesh.

ConvaTec



Hollister

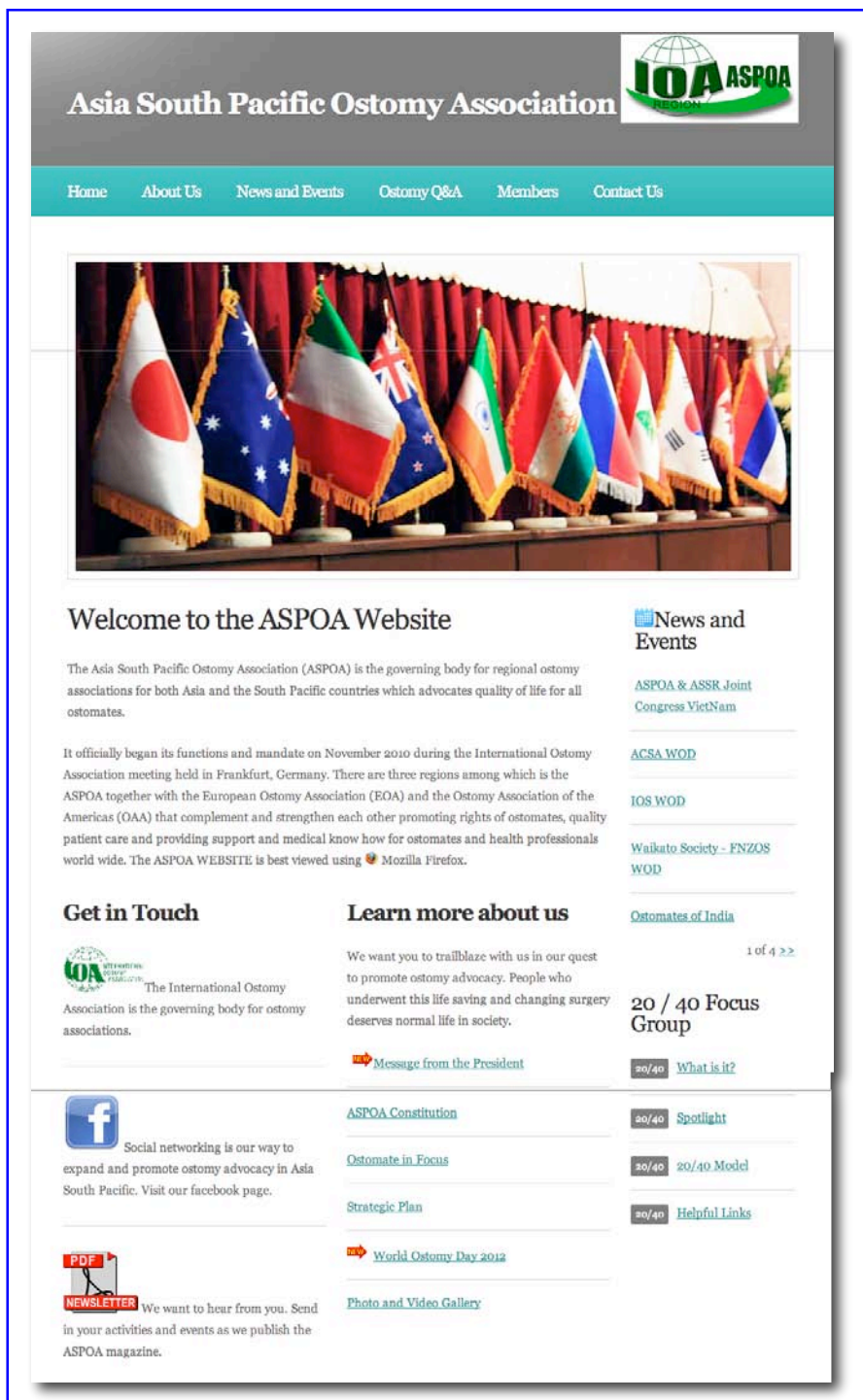
# ASPOA Website and 20 / 40 Focus Group

*We welcome news and events from the Asia and South Pacific Member Associations.*

*It is important for us to hear your stories and activities.*

*Help us promote the ASPOA newsletter to further encourage and foster a quality of life for ostomates in the region and in across the world.*

*Get in touch and Email us at [ostomyasiasouthpacific@gmail.com](mailto:ostomyasiasouthpacific@gmail.com)  
Visit our website: [www.ostomyasia-southpacific.org](http://www.ostomyasia-southpacific.org)*



The screenshot shows the ASPOA website with a header featuring the IOA ASPOA logo and the text "Asia South Pacific Ostomy Association". A navigation menu includes "Home", "About Us", "News and Events", "Ostomy Q&A", "Members", and "Contact Us". The main content area has a banner image of various national flags and a "Welcome to the ASPOA Website" section. Below this, there are sections for "Get in Touch" (with a Facebook icon and text about social networking), "Learn more about us" (with text about the association's mission and a "Message from the President" link), and a "20 / 40 Focus Group" section. A sidebar on the right lists "News and Events" with links to "ASPOA & ASSR Joint Congress VietNam", "ACSA WOD", "IOS WOD", "Waikato Society - FNZOS WOD", and "Ostomates of India". At the bottom, there are links for "ASPOA Constitution", "Ostomate in Focus", "Strategic Plan", "World Ostomy Day 2012", and "Photo and Video Gallery". A "NEWSLETTER" icon and text encourage users to send in their activities and events for publication in the ASPOA magazine.

## 20 / 40 Focus Group : Highlight JOA 20/40

JOA 20/40 focus group celebrated its 4th year anniversary last 2012. At present, the group has 86 members now. The group leader is Mr. Hajime Hino. They conducted a meeting for young ostomates in Fukuoka in January that was followed with the 20/40 focus meeting during the JOA annual conference of Niigata last June. By holding an exchange meeting, although it is little-by-little, the link of young ostomates in Japan is being developed.

Congratulations JOA 20/40