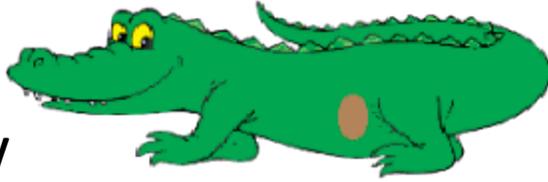


Colorado  
River  
Ostomy  
Chapter



## CROC May/June/July 2022 Newsletter

### June In-Person Meeting Date Change

Our chapter will meet on Monday of **June, the 27<sup>th</sup>**, from 1-3pm.  
**Come and join us!**

June's meeting was changed due to unforeseen circumstances that prevented an ostomy certified RN to be present on the original date.

Location: **Western Arizona Regional Medical Center's (WARMC) education room.**

The address is 2728 Silver Creek Road, Bullhead City, AZ 86442.

The Education building is across the street from the main entrance to WARMC. It is labelled building 2.

You may park in building 2 parking spaces or in the WARMC main visitor lot and walk across the street to Building 2.

Enter the building through the right-side door, go down the short hall through the next door, onto the patio and the room will be on the right.

#### -JUNE-

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

#### -AUGUST-

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### Did you know?

#### Ostomy Surgeries & Pouches

The first fecal diversion surgery may have been in 1710.

#### Do you know the ostomy supply allowances per month?



Most insurance companies follow Medicare guidelines:

Monthly allowance of some of the ostomy supplies:

- Skin Barriers: 20
- Pouches:
  - Drainable 20
  - Closed 60 (used for colostomy)

You can get 20 drainable and 60 closed pouches— each month, as they have different HCPCS billing codes.

- Barrier rings 20 or as medically necessary
- Adhesive remover wipes 50 pads

Check out [www.coriverostomy.com](http://www.coriverostomy.com) the CROC website for more information.

Next Meetings: June 27<sup>th</sup> & August 8<sup>th</sup>

## Education of the Month(s):

### Moldable Skin Barriers

This type of barrier is a “no cut” one, but one that is shaped. There will not be a picture of scissors on the back of the skin barrier protective cover, but instead a marker such as arrows.

Moldable technology is meant for a stoma that protrudes ½ to 1 inch above the skin, preferably a round stoma but may work for an oval one as well. It is not for a stoma that is low profile, flush to the skin or one below the skin.

The moldables are made of an adhesive that is flexible/pliable which can be shaped from the center opening of the skin barrier by pulling toward the edges of the skin barrier.

When the opening is a little larger than the stoma, put on clean dry skin and allow the skin barrier to reshape to fit the stoma. As the material reshapes, it will come around the stoma, swelling some to come up onto the stoma, in a turtleneck fashion. This provides a fit specific to that stoma.

This flexible skin barrier material will move with the stoma as it contracts and expands.

This type of skin barrier may work well for someone who has some vision impairment, cannot manipulate a pair of scissors well to size a cut to fit skin barrier, or someone who prefers a moldable style.

Note: Desiree and Stephanie, CROC Ostomy RN facilitators, do not suggest moldable skin barriers initially on a brand-new stoma that is still swollen, but possibly later on.

## Summer Heat And Pouching



Summer weather may cause increased sweating, including under the skin barrier. If you have trouble with a good seal during the summer, consider some changes for the season.

Use a regular wear skin barrier that has some fluid absorption properties. This skin barrier more readily handles moisture of the skin.

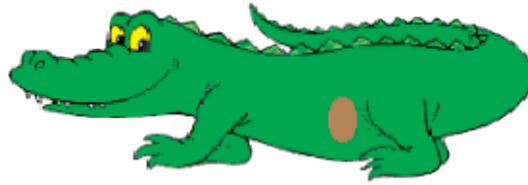
Next, a barrier ring may also help with some of the absorption of some of the sweat.

Lastly, the use of an aluminum chloride hexahydrate antiperspirant such as Drysol or Dricolor and others. Apply the antiperspirant to clean dry skin, follow the packaging directions, then let dry and pouch.

### Heat and ostomy products

The heat can have an impact on your supplies during shipment or storage, making the product less adherent thus, allowing leaks.

Makes sure you get your supplies inside once they arrive. Don't store supplies in your car in warm weather. If you have an issue with your new products arriving “melted”, let the carrier and the distributor know and the manufacturer as well for a possible resolution of the non-functioning items.



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**Website:**

[www.coriverostomy.com](http://www.coriverostomy.com)

**There is a contact page on our website to reach us by email.**

**For Additional Resources:**

**United Ostomy**

**Association of America:**

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

