Welcome
What a great conference we have had! The committee and I were pleasantly surprised at the number of nurse delegates we hosted in Birmingham for the 2018 annual ASCN UK conference. Thank you to everyone who attended – your contributions were of the highest quality and greatly appreciated. This is what makes ASCN UK a success, your experience and enthusiasm helps us to devise a conference with meaning. We have also had another opportunity to network and build on relationships which have been formed along the way, supporting this year’s theme of ‘Breaking Barriers and Enhancing Relationships’.

The two main topics presented; dementia and sexual relationships, have given us much food for thought. Our elderly population is growing and dementia is on the increase. I hope the information and insights provided will help you in your practices to address the ever complex needs of our patient group.

Our Area Reps this year played a vital role in ensuring the smooth running of the conference, from manning the stand to judging posters, oral presentations and selling raffle tickets. A heartfelt thank you – it is good to see so many of you involved at the organisational level. We will have a vacancy for Educational Officer at the end of the year if any of you are keen to take on more!

This years raffle raised £750 for Purple Wings charity to support patients with IBD and I have been in touch with them since the conference, they are delighted with the response and the relationship they have now made with ASCN UK.

I would like to extend a huge thank you to all our guest speakers for their expertise and experience. Support from academia, and organisations like NHS England only goes to prove that the quality of our specialism is to be recognised and acknowledged; there is a certain amount of pride which we should all feel as a result.

I hope to see more of you next year in Wales for the 2019 conference, let’s keep flying the flag for stoma care!

Maddie White
Chair of ASCN UK Committee
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Conference Overview
Our recent conference was host to over 320 delegates from all over the UK and Ireland, as well as visiting Stoma Care Nurses from countries including Australia, Canada, Denmark, Norway and Sri Lanka. The conference and the association are growing from strength to strength and as an organisation that has the focus of supporting and strengthening the stoma care specialism we were delighted to see so many in attendance.

Once again we were tremendously well supported by industry and other associated patient groups as well as WCET; we very much appreciate their continued support.

We had an excellent conference dinner at the ICC Birmingham and danced to iPOP, amidst much hilarity. Many attendees stated it was the best conference dinner they ever had!!

For those of you that were not able to join us in Birmingham this year, we have tried to summarise some of the highlights of the conference within this newsletter.

ASCN UK 2018 Overall Presentation Winner
Andrew Bird- Nottingham University Hospitals NHS Trust
Talking about Sexuality - The Silent Scream. A Personal Journey to Comfortably Discussing the Unmentionable.

Overall Conference Oral Presenter Award went to Mr Andrew Bird, from Nottingham University Hospitals NHS Trust. Andrew spoke on “The Silent Scream. A personal journey to comfortably discussing the unmentionable”. His presentation highlighted the importance of discussing sexuality with ostomates, and methods for overcoming those barriers. His frank presentation included evidence that over 80% of nurses are not taking the time to discuss sexuality, and of those that do, 60% were not feeling comfortable about doing so. Some of Andrews experiences regarding lessons learned along his own journey to feeling more comfortable were shared with the audience, and this provided further food for thought to encourage other nurses to do the same.
ASCN UK 2018 Overall Presentation Highly Commended
Liz Davis - Hollister UK
*Nephrostomies and Their Management in the Community*
Overall Conference Oral Presenter Highly Commended Award went to Liz Davis, from Hollister Ltd. Liz spoke on “Nephrostomies and Their Management in the Community”. Her presentation included the rational for nephrostomy insertion and common medical conditions. She also demonstrated how using nephrostomy equipment serves to protect the skin around the exit site which is often subject to dermatitis secondary to urine seepage around the nephrostomy site.

ASCN UK 2018 Poster Winner
Kevin Hayles & Carolyn Swash - Hollister Limited
*Enhancing Relationships - Your Sexual Self. Developing an Easy to Navigate Patient Information Booklet*
Overall Poster Award went to Kevin Hayles and Caroline Swash from Hollister Ltd. Their poster was entitled “Enhancing Relationships – Your Sexual Self. Developing an Easy to Navigate Patient Information Booklet”. The objectives of the poster were to provide a resource to discuss how sex, sexuality and sexual expression can be affected by stoma formation for utilization by patients and HCPs, and to provide a platform for patients to discuss how they are affected by sexual changes following surgery.

ASCN UK 2018 Highly Commended Poster
Sarah Duke-Burns - Hollister Limited
*Community Stoma Care; Better Early, Then Late, Than Never?*
Highly Commended Poster Award went to Sarah Dukes-Burns from Hollister Ltd. Her poster was entitled “Community Stoma Care; Better Early, Then Late, Than Never”. It sought to identify how an early home visit can promote peristomal skin integrity and limit problems with pouch leakage in the early post discharge period, and to generate discussion regarding timing of initial home visit within existing SCN services to identify if an adapted pathway may be beneficial to patient care.

New Presenter Award 2018 *(Supported by Coloplast)*
The level of presentations within the New Presenters award were once again outstanding. ASCN UK thank Coloplast for supporting this award again this year.
As part of the award, all presentations are marked by the ASCN committee and area reps using a set criteria to rate for example the quality, content, presentations skills, format as well as meeting learning objectives.

Winner Rebecca Fossett - Royal Wolverhampton Hospital Trust
*Can the Stoma Care Nurse (SCN) Rise to the Challenges faced by People with Dementia and a Stoma?*
Rebecca’s presentation met her aims and objectives to define what the role of the CNS is when a patient has dementia, how dementia impacts the patient but what we can do improve the patients experience. Rebecca clearly highlighted the importance of assessing the capacity to consent and what implications this may have when determining treatment plans in ‘the patients best interest’. Her presentation was certainly thought provoking as she then identified the importance of considerations for advanced decisions and power of attorney. Safeguarding is an important aspect that we as nurse specialists are all aware of, but once again applying this to an individual with dementia was addressed. The final aspect Rebecca discussed was about an assessment tool, and some practical advice to consider to support our patients. The case studies presented towards the end of Rebecca’s presentation really captured all the information shared and demonstrated the reality of the impact we as stoma care nurses can offer.
Stoma Care Nurse of the Year Award  
(Supported by Salts) Simon Turley

Simon trained at Heartlands Hospital in Birmingham from September 1985 – December 1988 before moving to Luton and Dunstable Hospital in 1994 where he worked on ward 22 a general surgical ward for 7 years.

Simon then moved to Oxford in 2001 where he commenced his role as Clinical Nurse Specialist in Stoma Care. Simon is an extremely dedicated stoma care nurse, who has exceptionally high standards of care. Simon completed his BSc at Kings College, London in 2012.

Within the team where Simon works he is viewed as the “go-to” person, if you have a really challenging patient who has been experiencing constant leaks or desperately sore peristomal skin and has often “saved the day” with his care and creativeness. He is immensely supportive and highly respected by his colleagues and peers both Nationally and Internationally.

Simon has become one of the UKs experts in nursing ostomy patients who have undergone bowel transplantation, and has lectured nationally and internationally in this field.

Simon has worked tirelessly for quality in stoma care, auditing ASCN UK’s National Stoma Care Standards and was extremely proactive whilst serving on the ASCN committee as secretary.

Simon has a good sense of humour, and is one of three identical triplets.

Well done, Simon, many congratulations for winning this year’s Stoma Care Nurse of Year award

Keynote Speaker Highlights

During the conference there were some extremely valuable and enlightening keynote lectures, in this edition of the newsletter we have included just a short précis to remind those of you who attended the conference and to try and entice those of you who missed this years’ conference to attend next year – Wales 2019.

Mandie Lavin - British Healthcare Trades Association

BHTA Update

Mandie Lavin joined BHTA as the Director General 3 months ago. She introduced herself as a fellow nurse who had trained at Guy’s hospital in 1985. She made us all giggle with amusing tales of high jinx during her student nurse days, which I’m sure many of us can relate to!

Mandie reinforced Kevin Hodges words of last year highlighting that BHTA is the overarching association to which most of our stoma care industry partners belong. The association offers strong links with key stakeholders/decision makers including NHS, PIPS Forum, MHRA and Devolved Nations including Scottish Government, National Procurement, NHS Wales and NI.

BHTA are working to enhance their profile further through strong communications & relationship management. ASCN UK continue to work collaboratively with BHTA to ensure that services and care provided to our patients is of the highest quality and standards.
Lorraine Grover - The London Clinic
Sexual Function and Colorectal Patients: How Can Stoma Care Nurses Help Their Patients Overcome Sexual Function During and After Treatment

Lorraine highlighted how important it is for us as healthcare professionals to recognise and discuss changes in sexual function with our patients to help alleviate potential mental health issues that may develop. Improving quality of life should include addressing sexual function as this area can be neglected due to embarrassment by either the patient, healthcare professional or both. This should be done in a positive and supportive way to encourage conversation. Normalising this discussion can help to ease this as often the effect of sexual difficulties can be underestimated. The PLISSIT Model (Permission to talk; Limited Information; Specific Suggestions and Intensive Therapy (Annor (1977)) was highlighted as a great tool to guide conversations with the emphasis to normalise the conversations. There are a variety of ways in which we can recognise and identify issues, these include not only lifestyle changes but additional management options of oral pharmacological therapy, topical and intracavernosal therapy, vacuum devices and also implant surgery. By being aware of the treatment and management options available we can confidently advise and if necessary refer our patients.

Reference

Justine Tomlinson & Pam Kehoe - Dementia UK
Bridging the Dementia Gap in Stoma Care

Justine Tomlinson & Pam Kehoe from Dementia UK presented for ASCN via the Sunday 9th September Dementia workshop, and again on Tuesday 11th September, on “Bridging The Dementia Gap in Stoma Care”. Their workshop which was also supported by Michaela Parker and Caroline Swash, ASCN UK Area Reps, was well attended with over 120 attendees over two sessions. The results of the Dementia survey carried out in 2017 were discussed, and opportunity offered to members to contribute to the new guidelines being written to aid SCNs caring for ostomists with Dementia. Justine and Pam shared with ASCN UK members that there are 850,000 people with Dementia currently and just 233 Admiral specialist dementia nurses. Their work is invaluable in supporting carers to understand the progression of the disease and suggestions for coping strategies were practical and empathetic.

Pardeep Kumar - The Royal Marsden Hospital
Genito-urinary considerations in patients undergoing Total Pelvic Exenteration

Mr Pardeep Kumar, Consultant Urologist gave an excellent key note presentation on Total Pelvic Exenteration (TPE) and the impact for patients on sexual function. In his very articulate and engaging presentation, he showed us photos of patients who had undergone TPE and flap surgery. He discussed the effects on sexual function for men and the impact for females. He also showed us the cosmetic results of Vaginal reconstruction undertaken at the same time as TPE. Mr Kumar ensured that we were familiar with the extent of surgery and had some slides showing how the tumour can affect the rectum, bladder and surrounding tissues.
Gabby Thorpe - University of East Anglia
ASCN UK Stoma Care Course - A specialist Course Available to Everyone; Designed by Us the Specialists

Following Gabby's presentation last year in Glasgow about the conception of the ASCN (UK)-endorsed Advanced Stoma Care module, Gabby updated everyone on the exciting news of the final details of the ASCN/UEA course. An outline of the superb module design and content highlighted the involvement of Nurse specialists across the UK, online teaching and assessment methods were also discussed, but most importantly information about how to apply was provided – please see our website https://ascnuk.com/advanced-stoma-care-module-now-open-forapplications/

The module is due to launch in January 2019 as part of the MSc Advanced Professional Practice at the University of East Anglia (UEA), where it can be used towards a Post-Graduate Certificate or Diploma in Advanced Professional Practice, as well as the full MSc, or as a stand-alone CPD module.

This course has been designed by us the specialist for all those who wish to be a specialist.

Please do share and pass this unique ASCN / UEA course information onto your colleagues.

Sharon Fillingham - University College London Hospitals
Breaking Down Barriers in Gender Expression

Sharon has a wealth of knowledge both in the Urology area and Gender reassignment. Her Key Note presentation highlighted Gender Expression. Sharon took us through the medical, surgical and legal procedures to facilitate change from a natal assignment of gender to the patient's preferred gender. Her presentation had examples of surgical implications on anatomy and highlighted prejudice towards transgender individuals. Sharon highlighted the law (Equity Act 2010) to improve quality of life within society and the workplace. Her presentation included gender definitions.

Corinne Power - NHS England
Leading Change, Adding Value: positioning nursing, midwifery and care staff as leaders to design the future, whilst sing their influence to manage the challenge of today through the use of technology and data.

Corinne is the Lead Nurse for Strategic Programmes and Business at NHS England. Corinne managed the task of turning the rather dry subject of Leading Change Adding Value and made it relevant to CNS in Stoma Care. She underlined the key role that ‘Stoma Care Nurses’ have in leading change to design the future and to utilise technology to assist that change. Her presentation covered an example of how a Stoma Care Team had used technology in an piloted telecare service for the follow up of stoma care patients after a discharge. She highlighted the need for quality and measurement.

Conference Photos
ASCN UK conference photography was provided by Tom Simpson Photography, to view the photos from the conference, exhibition and conference dinner, please visit www.ascnuk.com/conference-photography for the link to access the photos on-line.
ASCN UK Specialist Workshops

We continued the ASCN UK Specialist workshops this year on Sunday afternoon before the opening of the exhibition and also added the addition of an Open Mic Clinical Case Studies, which was very successful and rated highly among delegates who attended the session.

ASCN UK Dementia Workshop

Justine Tomlinson & Pam Kehoe - Dementia UK
(supported by Michalea Parker & Carolyn Swash, ASCN UK Area Reps)

This workshop on Dementia provoked much discussion on how we as Stoma Care Nurses should be addressing this rising issue within our speciality and explore strategies that could be employed to ensure the ostomist’s changing healthcare requirements are met. Dementia is an umbrella term used to describe a range of progressive neurological disorders that currently affects approximately 850,000 UK residents forecast to rise to over 1 million people by 2051. The Challenge on Dementia 2020 launched in 2016 recognises that those affected by dementia have an uncertain future whilst those caring for loved ones affected often struggle to cope with changes to both physical and mental health. As stoma care nurses, we have an opportunity to ensure that ostomists who are affected by dementia reach their optimal potential with support from both ourselves, as well as those that also support them.

Pam Kehoe and Justine Tomlinson, two leading Admiral nurses gave a very thought provoking talk on how Dementia can effect individuals of all ages and backgrounds, as well as highlighting the impact that it can have on the whole family and their carers.

Dissemination of the dementia survey results 2017 along with draft guidelines to manage the ostomist living with dementia were distributed to the audience. Any comments on these guidelines were to be completed and returned to In-conference by 21st September 2018.

Open Mic Clinical Case Studies by ASCN UK

Facilitators Angie Perrin & Kevin Hayles (ASCN UK)

This was a new venture for ASCN. This session offered the opportunity for stoma care nurses to share any challenging situations in stoma care with their peers in an informal, unthreatening environment. Stoma Care Nurses were encouraged to send in photographs of some challenging situations that they had faced in their field of practice. Individuals from the international audience were then able to share advice (what pouch, lotion, potions and/or additional products were used) and professional experience. Many of the case studies generated a huge amount of interactive discussion and offered possible solutions, some really quite innovative!

One case study was sent in by Verna Henderson and she offered the following as feedback and testimony as to how useful the open mic session was for her:

“I work in a very small district general hospital as lead of the stoma service, I had the opportunity to discuss a complex patient with multiple fistula at this session using photographic evidence (with patients consent).

My ASCN UK peers shared their wealth of knowledge and experience in similar cases, giving invaluable support and advice on the use of appliances and accessories I had not considered or tried on this patient, the discussion it generated in the room was very thought provoking for all the nurse specialists attending.

Following this session clinically I am at present using a different barrier product and protective sheet, with a much improved outcome and less appliance leaks for my patient thanks to the advice of my peers. The breakfast session gave me the opportunity to change clinical practice and improve patient outcome thanks to the support and advice received at this session”
ASCN UK Closed Facebook Group

ASCN UK 2018 conference saw the launch of the new ASCN UK closed Facebook group. It is hoped that it will become a platform for discussion between our members to enable troubleshooting, sharing of best practice, networking and recruitment for research. This will rely on engagement by you but if everyone does join it could prove to be an invaluable resource with access to 1000’s of years of stoma care experience that we have not had access to on such a scale until now.

If you would like to join please send an email from your work (NHS/Company) email address to fbgroup@ascnuk.com to ensure that we keep the group specifically for stoma care nurses with the following information:

- Name
- Job title
- Place of work
- Facebook name
- Email address linked to their Facebook account

Please also use the above email address if you have any questions or comments about the group.

Funding for ASCN UK Members

As we are all aware, due to the implementation of the MedTech guidance, the process of receiving industry support for educational activity has changed, and your ASCN UK committee have worked hard to show compliance with the MedTech rules and provide additional guidance for members in how to access educational funds, where these are not available locally. This has included:

- Additional guidance on the website via the funding algorithm which was demonstrated by Kevin Hodges from BHTA at conference in 2017
- Telephone support for individual members from ASCN UK committee
- Written guidance compiled by ASCN UK committee which members can download and share with their NHS Trust managers, which shows the recommended process to apply for Jean Preston funding to attend conference.

Pre-Conference, your committee received 15 requests for funding through the Jean Preston fund, from members to attend conference. Each of these requests were supported with part funding for travel and subsistence, and for 2018, 100% funding for each applicant’s registration fee to conference. A total of £7,522.00 has been granted to members to date. The award structure will be reviewed again for 2019.

Suportx Travel Bursary 2019 (Supported by Suportx)

Suportx have announced a new travel bursary for 2019, with the chance for a Stoma Care Nurse to visit another UK centre or a conference to look at parastomal hernia management and prevention. The winner will present findings and influence practice. Full details are available on the ASCN UK website, visit www.ascnuk.com/awards-information.

Peristomal Skin Problem Terminology

During conference this year we conducted a Peristomal Skin Problem Terminology Survey in which 64 attendees completed, below we have shared some of the results. ASCN UK feel there is a need for consistency in the terminology used and therefore there will be a discussion at the next Area Reps meeting on the 7th November on how ASCN UK go forward with this.

What is your understanding of the term “excoriated”?

What is your understanding of the term “ulcerated”?

What is your understanding of the term “erosion”?

![Pie Chart showing understanding of terms](Image)
Delegate Feedback

ASCN UK has received some great feedback from delegates and exhibitors alike this year, below is just a few of the comments received.

**Overall Organisation**

- Excellent (64.94%)
- Very Good (26.62%)
- Good (5.84%)
- Satisfactory (1.95%)
- Poor (0%)
- N/A (0.65%)

“Great conference and Topics this year especially about sexuality and how to support patients.”

“Length of breaks between sessions were perfect - allowing time for exhibition viewing and networking. Great atmosphere at the conference dinner this year”

“Workshops on Sunday afternoon were excellent. Relaxed forum to ask questions, great learning environment.”

“Really interesting and relevant topics that are so important in what we do”

“I think as a Stoma nurse we all have patients that we could link to the wealth of knowledge these presenters gave”

“Lorraine - excellent and informative as ever, Pam and Justine - very powerful messages – need more of this”

“All keynote sessions shared with us a wealth of expert advice, information, experience up to date practices in Clinical, Education, Politics and Business. Hugely valuable opportunity to hear these experts in their fields speak”

**Workshop & Seminar Rating**

- Excellent 32%
- Very Good 11%
- Good 4%
- Satisfactory 40%
- Poor 13%

“Two excellent workshops delivered with energy, enthusiasm passion and compassion”

**Question: Please rate the Keynote & Invited Speakers overall.**

- Jay Nicoll: 59.9%
- Lorraine Greet: 48.4%
- Corrine Peters: 46.9%
- Miranda Lawn: 63.8%
- Gaby Thorpe: 73.8%
- Sharon Mitchell: 78.8%
- Justice: 79.8%
- Tom Bourne: 79.8%
- Paul Bynam: 79.8%
- Leslie Dellow: 69.9%

- Poor: 10%
- Satisfactory: 20%
- Good: 30%
- Very Good: 40%
- Excellent: 50%