

## YOU Inc. Educational Day on 4<sup>th</sup> March 2023

### Mind and Body Focus using Meditation by Rita Doherty

This was a great introduction to the day, sitting in a circle after brief introductions Rita emphasized how important Mindfulness is, recognizing how important the mind is in coping with life and everyday challenges. By learning to relax our mind it helps to reduce stresses relieving anxiety and can assist pain control. Covid has exhausted most people emotionally, the lack of physical connection has increased our sense of isolation and this can be exhausting.



Rita demonstrated the benefits of 'Belly breathing' which will help to relax our body and mind, helpful to do at least 5 a day, this can be done anytime and anywhere: holding your belly breathe in slowly if possible close your eyes, hold that breath then exhale slowly, repeat.



Now relaxed Rita helped us to mediate, once again eyes closed and sitting in a quiet atmosphere focus on something restful in your mind, exclude other issues from your mind concentrate mentally on something positive breathing slowly and deeply. Rita quietly moved around the room using the restful tones of crystal sound bowls. Following meditation it is important to slowly get back to reality.

Thank you Rita for educating us in relaxation techniques and the importance of mindfulness when coping with life's' challenges.

### Childhood Issues resulting in Stoma Surgery by Judy Wells STN, CNC @RCH



YOU Inc. is always grateful to our friend and support Judy Wells, who over so many years has shared her stomal knowledge with us. After working in Continence the last few years Judy has recently moved to Stomal Therapy, although the stoma departments have now been divided the other members of the team have shared their knowledge for Judy's presentation.

97% of Paediatric stomas are performed on children under 2years of age and are temporary.

## Reasons:

- 1: **Necrotizing enterocolitis** – inadequate blood supply to the gut, more common on premature infants.
- 2: **Hirschsprungs Disease** – scant or absent nerves in a section of the bowel.
- 3: **Meconium Ileus** – sticky meconium (first poo) causes a blockage in the bowel
- 4: **Imperforate anus** – anal opening is not formed.
- 5: **Inflammatory Bowel Disease** - not common in children
- 6: **Congenital birth defects** including narrowed sections of the bowel, gastroschisis when there is a hole on the abdominal wall with protruding bowel
- 7: **Slow Transit Constipation/** chronic constipation.
- 8: **Childhood cancers** - rare
- 9: **Trauma**
- 10: **Intestinal Transplant.**

## Types of Treatment apart from Stoma Surgery

**TENS Machine:** Transcutaneous Electrical Nerve Stimulation that can be used to treat certain types of pain, effective in some children with chronic constipation, slow transit.

**Washouts:** rectal, anal washouts can be quite effective and welcomed by many children.

**Surgery** e.g. .Appendicostomy, Malone, Chait Button can all be used with regular washouts

Mitrofanoff: bladder stoma

**Diet:** increase fluid intake, roughage, consult with a dietician.

## Medication

**TPN: Total Parenteral Nutrition:** method of feeding that bypasses the gastrointestinal tract: excessive TPN can cause liver disease but is invaluable to allow the bowel to heal.

Apart from the two great speakers YOU Inc. would like to acknowledge the continued support of the product companies: Dansac, Hollister, Salts, Coloplast and Omnigon, sorry Convatec have been unable to attend recently and our special thoughts are with Sandy from Future Environmental Services who lost her partner Rob late in 2022.

This Educational Day was recorded and Zoomed, in lieu of payment Judy Wells' fee was donated to the Gutsy Group, which conducts research into Crohns and Ulcerative Colitis.

Special thanks to all committee members who assisted with the success of this day.

***Lilian Leonard OAM***