



FEEL GOOD. LIVE BETTER

4TH CONGRESS – ASPOA 2023
ASIA and SOUTH PACIFIC OSTOMY ASSOCIATION

Office Bearers

President – Ellil Mathiyan Lakshmanan

Vice-President – Debbie Koh LingZhi

Secretary – Gloria Goh Moy Nan

Asst. Secretary (Fundraising & Campaigns) – Chan Shuling

Treasurer – William Chong Jun Hua

Office Bearers

Committee Member (Administration) - Lim Bee Suat

Committee Member (IT) - Wong Yuk Ling

Committee Member (Logistics) – Francis Goh Guat Beng

Committee Member (Training & Development) – Prabu Naidu

Data Protection Officer – Bharati Borkar

Membership as of 30th Sep 2023



- **Ordinary Members:** 740
- **Fellow Members:** 10
- **Honorary Members:** 3
- **Associate Members:** 26
- **Total Membership:** 779

Focus Group Discussion

Survey Conducted by OAS titled “Life With A Stoma - Coping With Daily Life/Experience”

Recordings of Stakeholder Discussion and FGD Discussion

A follow-up survey conducted by the Conjunct Team

External Analysis

United Ostomy Association of America (UOAA) – USA

Australian Council of Stoma Associations Inc (ACSA) – Australia

The Colostomy Association – United Kingdom

Ostomy Canada Society – Canada

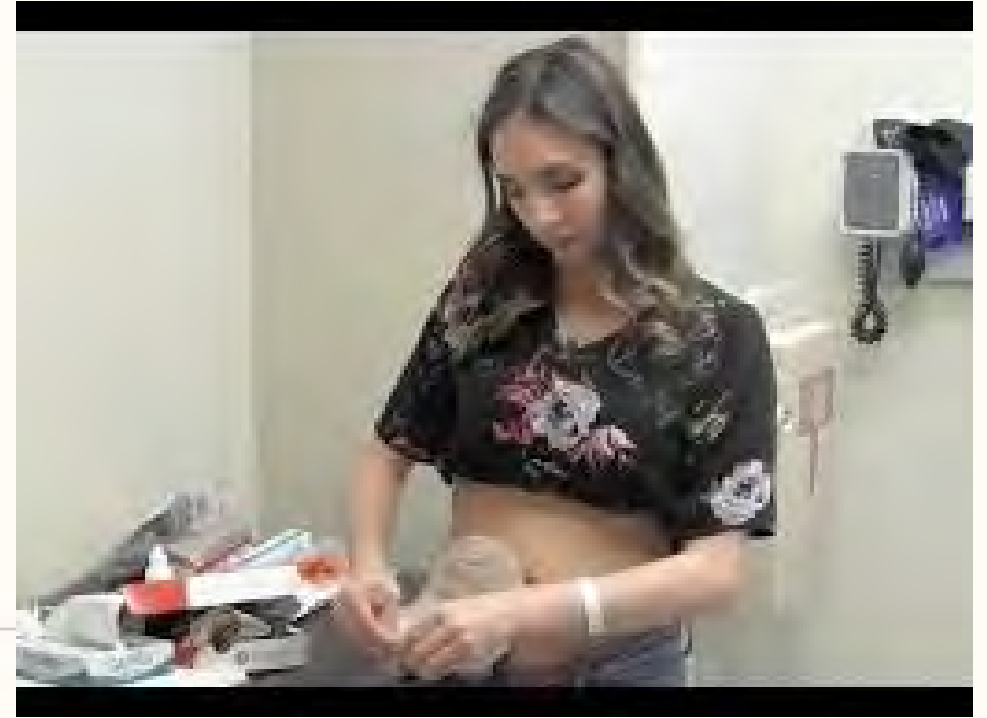
similarity to OAS in terms of their beneficiaries and mission

operate on a much larger scale

**Living with a stoma has
a huge impact on
a person's everyday life**

Both

Physically and psychologically



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Quality of Life

84.1%



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My quality of life is affected because of Colorectal Disease.
我的生活质量因为大肠疾病受到影响。

Disagree 不同意

6.3%

Slightly disagree 略为不...

6.3%

Slightly agree 略为同意

23.8%

Strongly disagree 强烈不...

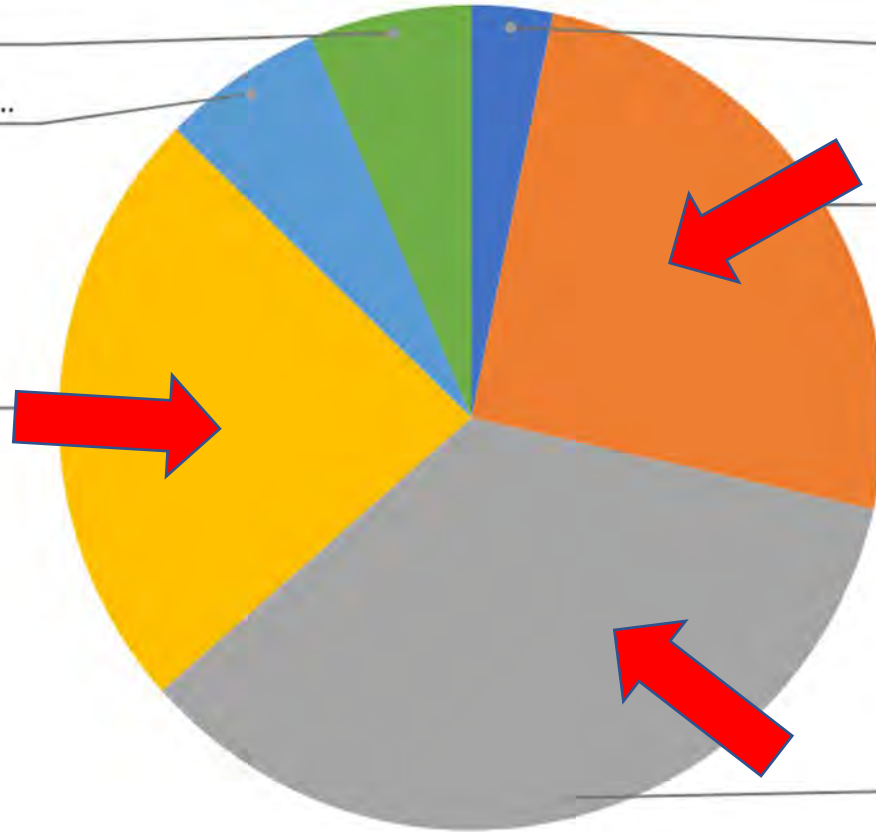
3.2%

Strongly agree 强烈同意

25.4%

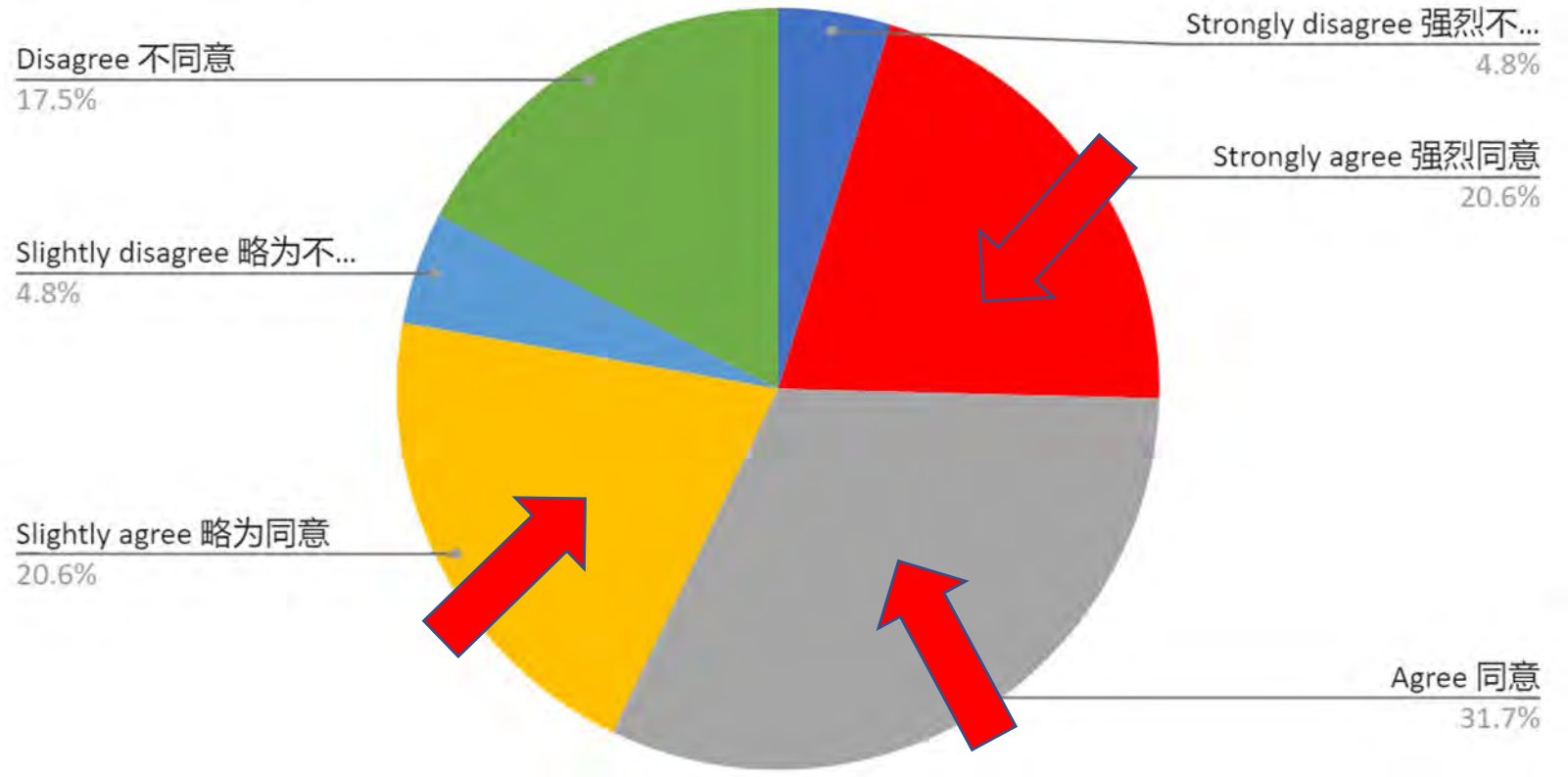
Agree 同意

34.9%



The quality of life of my family members is affected because of Colorectal Disease. 因为大肠疾病，我的家庭生活质量受到影响。

72.9%



Impact on Family Members

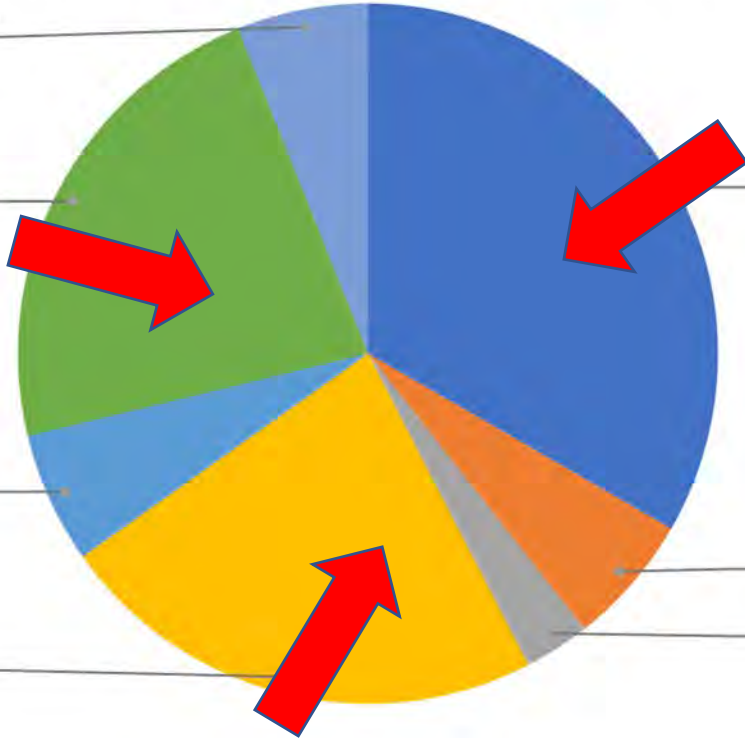
The treatment for my condition is disruptive to my lifestyle.
(Example: I need to interrupt my daily routine (at home, school or...))

Strongly disagree 强烈不...
6.1%

Strongly agree 强烈同意
22.7%

Slightly disagree 略为不...
6.1%

Slightly agree 略为同意
22.7%



Agree 同意
33.3%

Disagree 不同意
6.1%

Not Applicable 不适用
3.0%



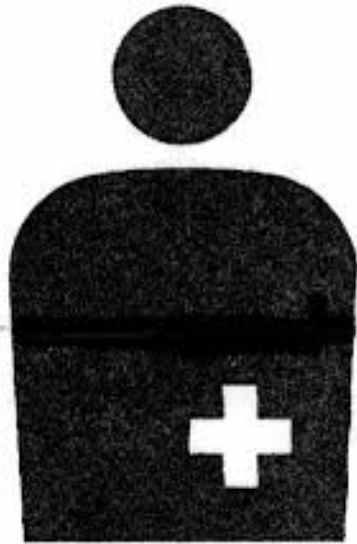
78.7%

Disruption to Lifestyle

Several times a day to manage the output of the stoma



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I find it a challenge to look for a proper toilet facility managing/changing my ostomy appliance. 我发现寻找一个合适的...

72.8%

Strongly disagree 强烈不...

4.5%

Slightly disagree 略为不...

6.1%

Disagree 不同意

13.6%

Not Applicable 不适用

3.0%

Strongly agree 强烈同意

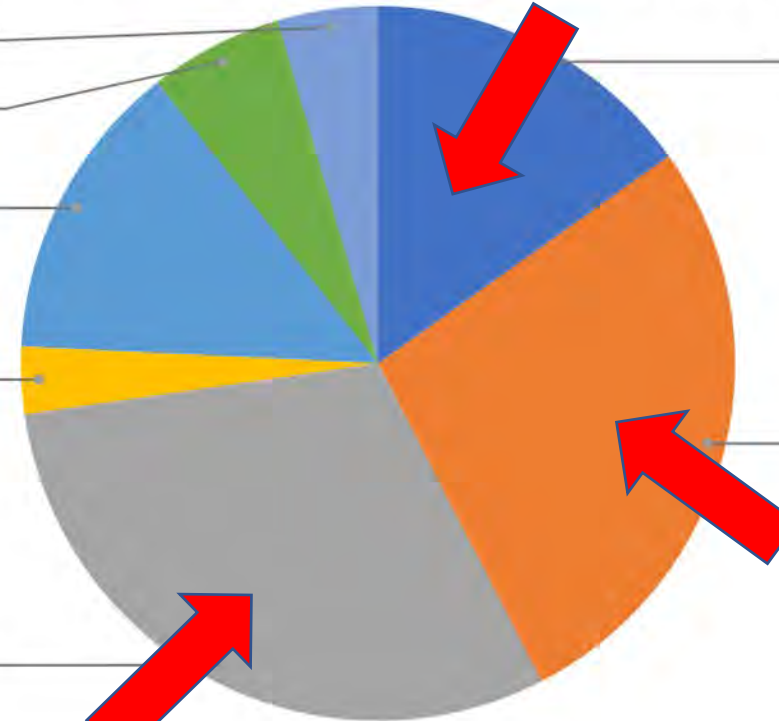
30.3%

Slightly agree 略为同意

15.2%

Agree 同意

27.3%



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Unavailability of Proper Toilet Facilities

Psychological Impact - Fear of leakage



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Psychological Impact - Body Image



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Psychological Impact

-

Social Isolation

Stigma

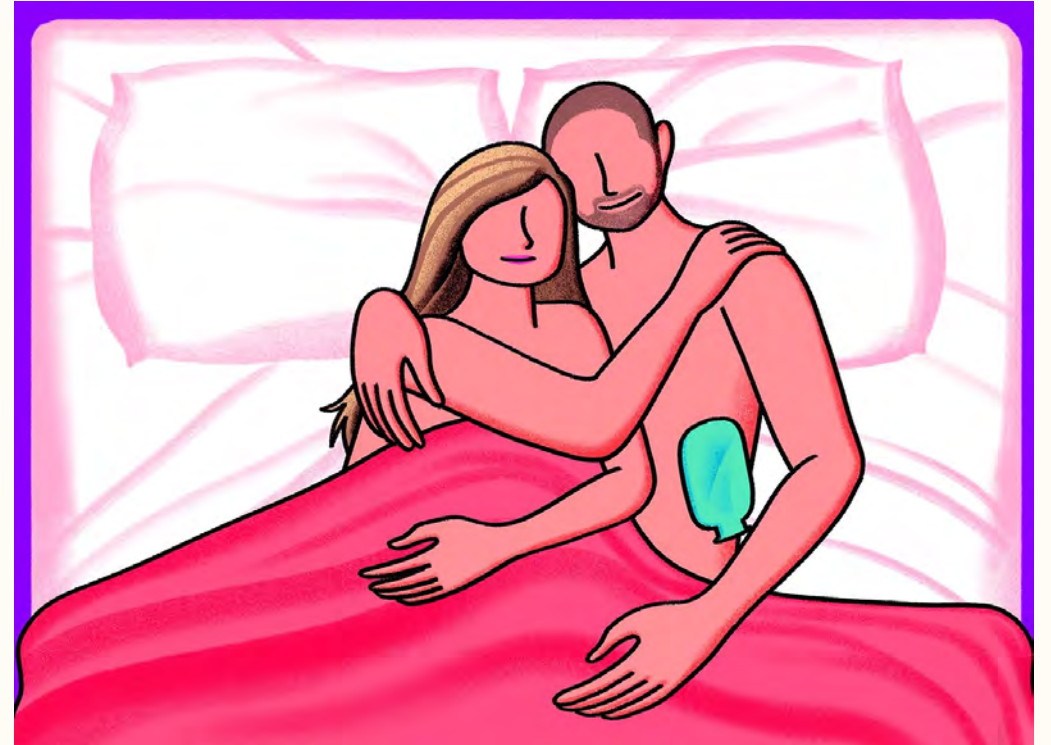
Embarrassment



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Psychological Impact - Sexual Function

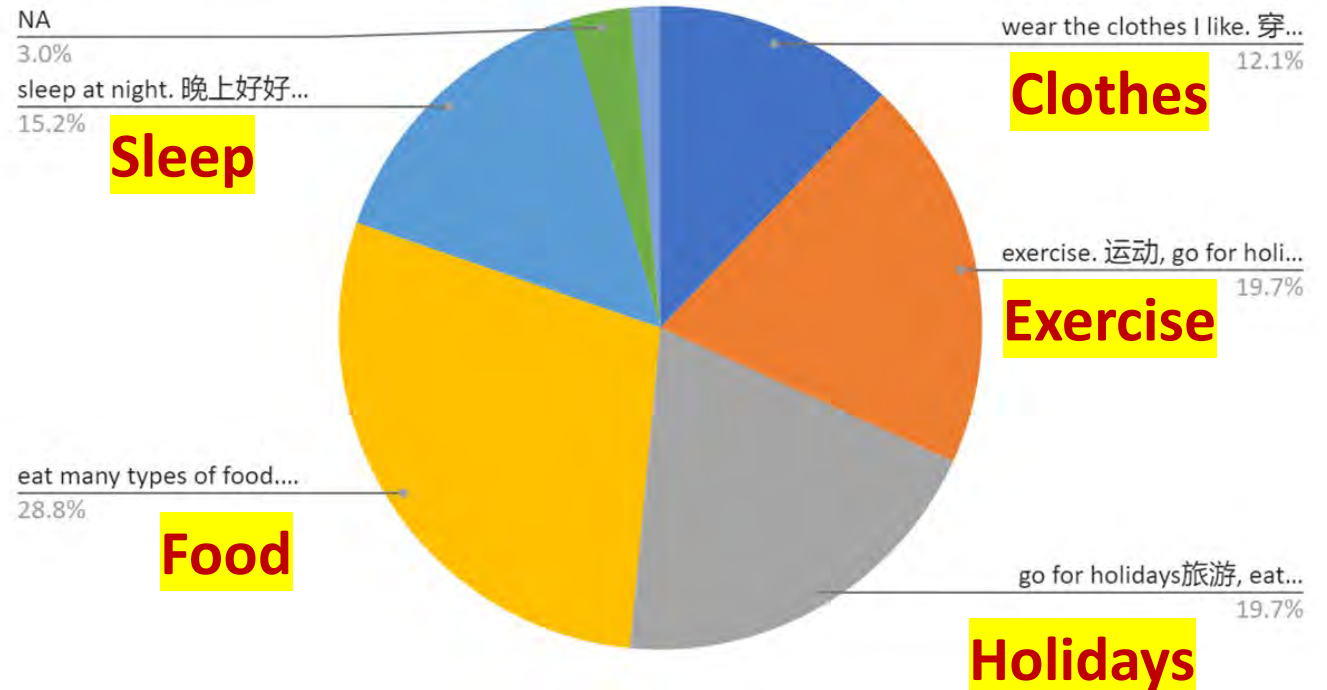


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Psychological Impact

Helplessness Caused by Loss of Control

Because I have Colorectal Disease, I am not able to _____.
(Select all that apply) 因为我患有大肠疾病, 所以我无法 _____...



Temporary Stomas – Problems after reversal:

- Painful fissures, Need for botox in the rectum
- Bio-Feedback therapy –can't leave the house for more than three hours without desperately needing the toilet
- Pain, going non-stop initially ; may even have accidents
- Use the toilet between 5-8 times, some even more, up to 20 or more times
- Will not have a proper poo again - food and medication to make it less watery.
- Reduce the chances of fertility in women
- Cannot leave the house for longer than three
- Take medication to help



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Role of



Contact:

www.oas.org.sg

help@oas.org.sg

Advocate for Ostomates

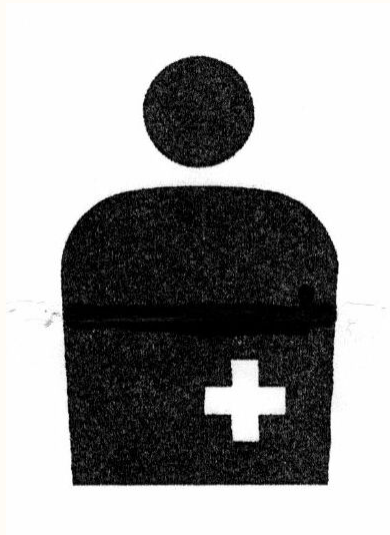
Raise Awareness

Make representation to

- **Healthcare institutions**
- **Regulatory authorities**
- **Government agencies**

Provide Psycho-social support

Provide financial assistance



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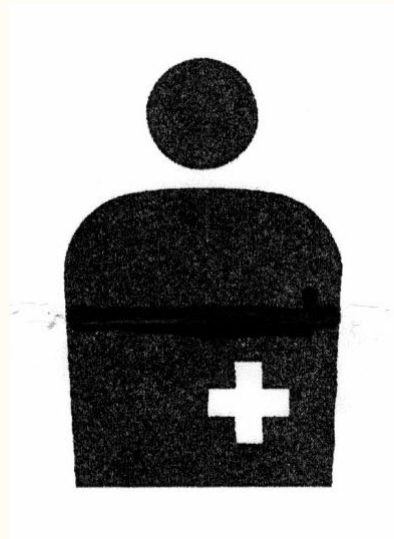
Role of



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Provide information on

- Support Groups
- Products
- Vendors

Conduct

- Education Talks
- Seminars/Webinars
- Surveys

Run programmes



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Current Programmes

- 1. P.O.S.H – Patients Online Support Hub**
- 2. Patient Ambassadors Programme**
- 3. Support Stoma Clinics in Hospitals**
- 4. Distribution of Donated Ostomy Supplies**
- 5. Ostomy Friendly Toilets**



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Future Plans

1. Reach out to ALL ostomates

2. CPF Medisave for Ostomy Supplies



3. Ostomate Symbol



4. Access to Handicapped Toilets



5. Raise Awareness / Prevention



Update

Charity Status Approved in November 2023

Raise Funds to continue to run our programmes and services

Support our members psychologically, and financially (for needy cases)



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OSTOMY ASSN OF S'PORE



SCAN TO PAY







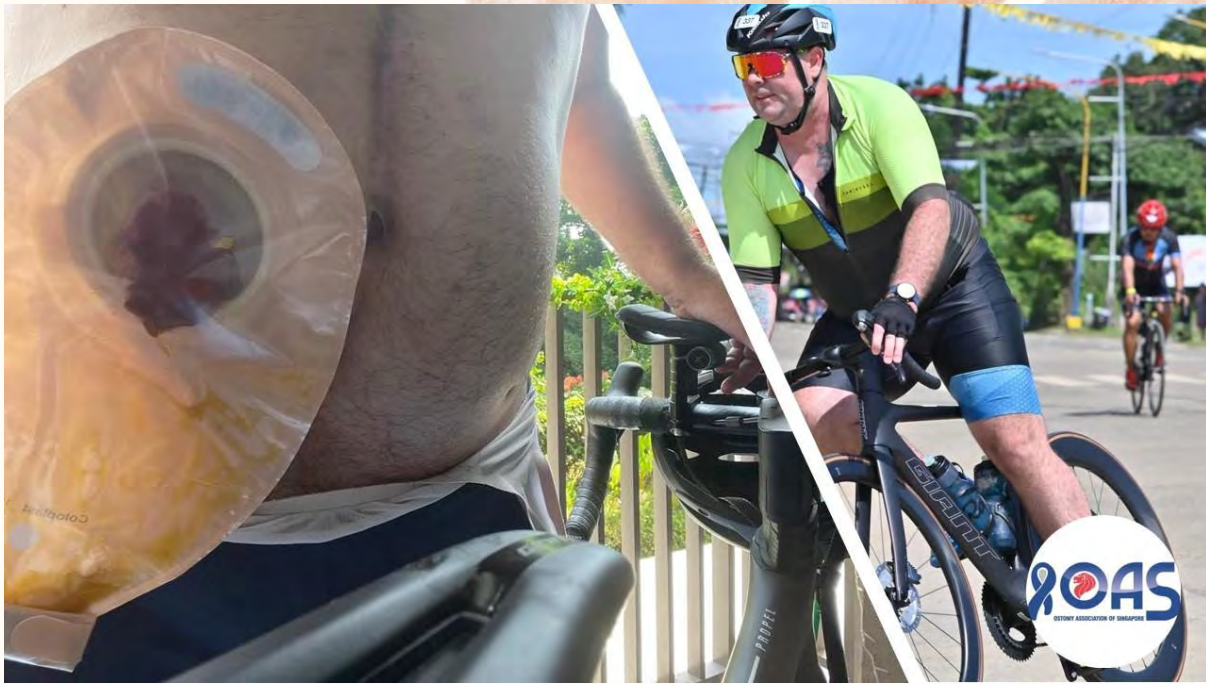
TOGETHER WE CAN

PROVIDE BETTER CARE FOR OSTOMATES

The Ostomy Support Aid initiative aims to provide temporary ostomy products support for ostomates with financial challenges

Donate to Our Charity Now!





It's not
the end of the
world.....

...there is
HOPE



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You can STILL enjoy life....

