

# WannaWearOne

- ◆ *Raising aWEARness among health care professionals and caregivers of ostomates*
- ◆ *Empathize with changes to day-to-day life*
- ◆ *Encourage appropriate pouching technique*
- ◆ *Encourage ostomates to live normal, adventurous lives*



# WannaWearOne



UNC HEALTH  
CARE SYSTEM



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# Wanna Wear One

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# WannaWear ne

- ◆ No one wants to wear an ostomy pouch
- ◆ Many times, these ostomy surgeries provide a life-saving diversion
- ◆ Many times, having ostomy surgery greatly improves the ostomates' quality of life
- ◆ After surgery, wearing an ostomy pouch takes some adjustment

Let's support our ostomates by wearing a pouch with them!



## Day One: Oct. 28th

- ◆ Sit in front of a mirror
- ◆ Identify the flattest part of the abdomen so the pouch will adhere best. For this reason, always remember to consult your WOCN to mark patients before surgery.
- ◆ As needed, shave any hair in the pouching surface. Cleans surface with plain water.
- ◆ Cut the opening of the pouch to 1 1/4", remove backing paper and apply. Cover pouch with hand for 5 minutes.

## Day Two: Oct. 29th

- ◆ Fill the pouch with applesauce or food of your choice.
- ◆ Practice emptying at the end of the day

## Day Three: Oct. 30th

- ◆ Participate in day-to-day adventures
- ◆ Take pictures doing an adventure and email it to your contact person for the photo contest
- ◆ Participate in a celebration banquet

Sign up for this event at:  
[www.signupgenius.com/go/10C0C4EA\\_BAC2FA3F49-wanna](http://www.signupgenius.com/go/10C0C4EA_BAC2FA3F49-wanna) or go through the WOCN Website to the Wanna Wear One



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