

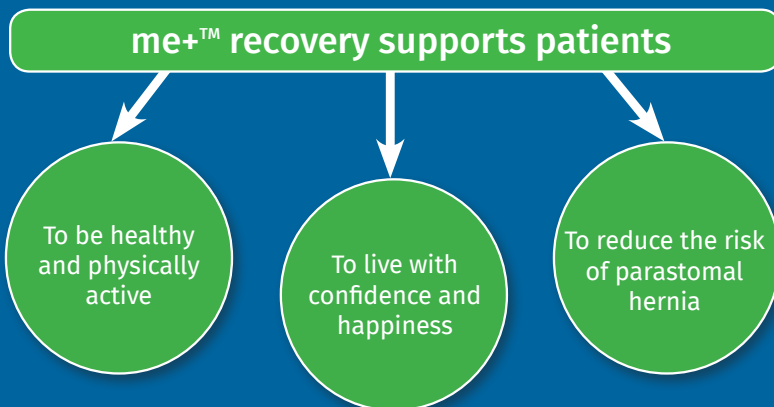


Recovery and Movement Programme

convatec.co.uk/meplus

me+™ recovery from ConvaTec.

Helping patients to recover, one step at a time.



Research conducted by ConvaTec in the UK in 2016 found that stoma patients generally become less physically active after surgery and live in fear of parastomal hernia or causing themselves harm.

THIS CONCERNS US FOR 3 REASONS

One

Inactive patients are at risk of other chronic health conditions, such as cardiovascular disease, cancer, obesity, diabetes and increase their risk of depression and anxiety.

Two

Risk factors for parastomal hernia include muscle weakness and obesity, so patients who become less physically active are likely to increase their risk of parastomal hernia.

Three

Our research also found that nurses and surgeons do not have the knowledge to advise their patients about physical activity and exercise, so patients are not given this support.

TOGETHER WE CAN CHANGE THIS.

We developed me+™ recovery - a patient-centred movement and recovery programme - to guide patients through their recovery after stoma surgery and beyond.

The 3 phase recovery programme rebuilds confidence, includes core movements to rehabilitate the abdominal muscles and encourages physical activity. Patients can access the programme at www.convatec.co.uk/meplus or by calling **0800 467 866** in the UK and **1800 721 721** in Rol.

FOR NURSES AND HEALTHCARE PROFESSIONALS:

We have developed me+™ recovery Specialist Nurse Education Course - a 2 day UK RCN and Rol Bord Altranais accredited training course to educate and support nurses in all aspects of movement, rehabilitation and physical activity following stoma forming surgery. For more information on this course email mepluseducation@mpi.eu.com or call **0800 467 866** in the UK and **1800 721 721** in Rol.

me+™ recovery course

2018 me+™ RECOVERY COURSE DATES

23/24 JANUARY

Holiday Inn, Handy Cross, High Wycombe

13/14 MARCH

Malahide, Dublin

20/21 MARCH

Crowne Plaza, Chester

9/10 MAY

Village Hotels, Walsall

11/12 JULY

Meon Valley, Southampton

10/11 OCTOBER

Marriott Worsley Park, Manchester

6/7 NOVEMBER

DoubleTree by Hilton, Coventry

HOW TO APPLY FOR me+™ RECOVERY 2018 COURSES

To register your interest to attend a me+™ recovery course in 2018, please contact the ConvaTec Events team at mepluseducation@mpi.eu.com with your preferred course dates and location.


To ensure attendees have the best experience and learning environment, there are limited numbers for each course therefore please contact us as soon as possible!



OUR ETHOS IS TO ENCOURAGE AND EMPOWER PEOPLE WITH A STOMA TO LIVE A HAPPY, ACTIVE AND HEALTHY LIFE

We invite you to think differently about your patients and choose one of the following pledges.

I pledge....



**TO HELP
REDUCE**
the risk of
parastomal hernia

I'll talk to every patient about core and abdominal exercises and show them how to do them correctly.



**TO REDUCE
THE RISK**
of other chronic
health conditions,
depression and
anxiety

I'll talk to my patients about the benefits of being physically active for their health and wellbeing.



**TO HELP
IMPROVE**
recovery
from surgery

I'll encourage my patients to get out of bed, mobilise earlier and become active as soon as they can.



TO IMPROVE
confidence and
long term outcomes

I'll use positive language to empower and encourage my patients.

Together we can help shape the future for people with a stoma to have a healthy and more active life