



Amputee
Society
of Taranaki Inc.

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Te Whanau Mutu Mutu O Taranaki
Affiliated to the Amputees Federation of New
Zealand

July 2014

Society Secretary:
Tracey Rees

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Block
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Monthly Meetings

& Events

19th July 2014
10:00a.m.

New Plymouth Club,
New Plymouth

Some members will be
staying on and having
lunch after the meeting

16th August 2014
11:00am.

Red Rock Café,
Patea

Lunch will be served
after the meeting

20th September 2014
11:00am.

Straford Club,
Stratford

Eric Ax will be speaking
& after lunch will be
served

Everyone is welcome
*If you would like to
attend but are having
transport problems
we maybe able to
help you.*

Our federation Website is:

www.af.org.nz

President's Message

Lately the society has been involved with planning for the Tony Christiansen speaking event, which will be held March 28th next year.

Put a note in your diaries for this one, Tony is a very well regarded

Motivational Speaker there will be more information coming as the planning progresses.

A sub committee has been meeting with the Taranaki Hospital Allied Health team, where we are aiming to provide an ongoing working relationship with them with particular regard to Amputee welfare before, during and post operative situations.

A very successful meeting/social luncheon was held at the Stratford Club recently where one of our biggest turnouts for quite sometime was evident. It was great to see some new people and put faces to names so to speak.

As normal, any member is more than welcome to turn up to any meeting at any time; I would welcome your input.

You should all have a copy of our planned events for the next six months and be able to see that the next social function will be in Patea in August where I would like to see you all.

Until then, take it easy, enjoy what you do, and do plenty of it.

Wally Garrett President— wal.barb@xtra.co.nz, Ph (06) 7572435

Events Coordinator News
Erik Ax Guest Speaker September Meeting

Erik Ax is a recipient of OPRA with the Axor system which he invented. Erik is an engineer by trade from Norway, after becoming an A/K amputee Erik found the socket prosthesis very 'demanding' so he chose to have Osseo Integration. On finding the system could be susceptible to breakages and bending of the implant, he devised the Axor system which takes the brunt of falls and torque.

Eric works with Rickard Brane Mark, the son of Per Ingver Branemark who found out that through experimenting with titanium and bone in rabbits found they integrated and was accepted by the body, thus providing initially with dental Osseo Integration (which has been around for years) and has progressed to facial, maxillary, lower and upper Osseo Integration.

Erik will be arriving in New Zealand on the 18th of September for around 11 days, in which he will take the opportunity to visit the Wellington Limb Service on the 25th of September where he will meet with several prosthetists and Mervyn Monk, Chief Executive of the Limb Board. Erik will be attending the September Amputee Society meeting in Stratford on the 20th of September where he will be available for Q&A. If other Amputee Societies would like to meet Erik, please feel free to contact me by email christinewindle@xtra.co.nz or Phone (06)2736088.

Erik's presentation is to educate people/amputees about the pros and cons of Osseo integration, and he will also share some of his life experiences. I am hoping to set up a day in Wanganui so interested amputees will have the opportunity to view and ask questions about his implant and what is happening globally with Osseo Integration.

A notice will be placed in local newspapers advising of the date the meetings will take place in Wanganui and Taranaki.

Christine Windle - Events Co-ordinator - christinewindle@xtra.co.nz

Some of our members are receiving their newsletters and purpose magazines via email. If you would like to receive your newsletters this way please email Tracey on amputeesoc.taranaki@xtra.co.nz

Condolences to the family of members who have sadly passed away

Alison Bonner – New Plymouth
Celeste Mottram - Inglewood

Field Officers News from Colleen Mundt – South Taranaki/Wanganui

Hi everybody, I 've had a great couple of weeks, travelling to Australia to watch State of Origin with my grandson and then returning to the safe arrival of my new granddaughter. The Limb Fitters are coming to New Plymouth on the 7th of August, you must ring them in Auckland toll free on 0508630630 to book in for an appointment.

Colleen Mundt– South Taranaki/Wanganui Field Officer Phone (06)2788997

Mobility Taxi Service - South Taranaki

The Mobility Taxi Service is on the road again in South Taranaki

Total Mobility, the subsidized taxi scheme for people with disabilities, is back in business in South Taranaki. South Taranaki Total Mobility clients will be served by two Energy City Cab vehicles based in Hawera. To book call 0800 141 525. Total Mobility users are issued with vouchers entitling them to a discount of up to half the cost of the taxi fare, with a maximum discount of \$13.00. The scheme is for people with impairments that may prevent them from using public transport in a safe and dignified manner. The service is available 7am to 6pm Monday to Friday.

Field Officers News from Maragret Barraclough North Taranaki

I have made a concerted effort recently to visit all the members in North Taranaki with an invitation to attend our Mid Winter Christmas celebrations in Stratford.

It has been nice to put names to faces.

Margaret Barraclough North Taranaki Field Officer (06) 7533207



Josh Johnson – Rehab Physiotherapist

My name is Josh Johnson and I am a Rehab Physiotherapist working in Taranaki. I have 7 years experience working with people with amputations, from traumatic to vascular. The following is from my point of view, reasoning, and what we strive to achieve with each patient. For this newsletter, I will focus on the acute phase of their recovery, through to discharge home and the outline for the next installment.

You wake up following your surgery, Nurses, Doctors, Occupational Therapist, family visiting, and then there is the Physiotherapist telling you they would like to get you out of bed. Which, in all honestly, usually the last thing you want to do.

For us, this is important for two reasons:

- 1) Establishing a safe transfer to reduce the risk of falls while in hospital, and
- 2) Movement & sitting up reduces the risk of chest infections and post operative complications.

At this stage, if you have a vascular (blood flow) related amputation, protecting the remaining leg is very important. This leg will be supporting you when you eventually get your limb, and if you damage or injure it, you could be looking at a second amputation. In these cases, walking, transferring and functioning on a daily level becomes far more difficult as a bilateral amputee. This is why we will encourage people to use a transfer board, and reduce the risk of damaging the “good” leg.

If you have had a traumatic amputation then there less risk to the “good” leg. This is why a standing transfer is safer for this group. But in these cases, the trauma of the amputation has caused other injuries which make matters more complicated.

Once safe transfers have been established, the next thing on the Physiotherapists mind is referring you to a limb centre to start leg strengthening exercises and shaping your new stump in preparation for a limb. This involves education from the Physiotherapist, handouts of exercises, and daily exercise sessions. Stump shaping can start immediately post operation, or start once healing has occurred, and is often decided between Surgeon and Physiotherapist. Therapy Assistants are often involved with your exercising and transfer practice.

Getting a limb can take anywhere from six weeks to six months, depending on the individual circumstances of each person. Even then some people will only use their limb for cosmetic reasons, and never walk functionally. But I will go into that more in the next newsletter.

Discharge planning involves all of the staff on the ward, your family, and communication with community based services who organize home help (If required). When planning your discharge, your home set-up, steps, access to shower/toilet etc., are all taken into consideration. Most people will require a wheelchair for getting around, which is arranged by the Occupational Therapist. Some people require in-patient rehab to enable them to get home and eventually get a limb, while others are more able to rehab via Outpatients Services. Again this is based on each person and their circumstances.

A lot of what we do as Physiotherapists in this early stage is to prepare our patients for long term safety and function. Each person we work with has different needs, capabilities, housing and goals, so no two people rehabilitate the same.

In the next article, I will write about the subsequent phase in rehab, which involves the journey to getting your new limb.

New members - Welcome

Murray and Coleen Weir from Wanganui

& Tom and Maureen Spackman from Waitara

Membership is very important to the sustainability of our society so we hope you continue to support your local branch



**Colleen Mundt & Peggy Avery
at the Luncheon in Stratford**



**Barbara & Wally Garrett at the Luncheon
In Stratford**

Finance

Please note subscriptions are now overdue

If you have not paid please do so

Annual subscriptions are due on the 1st of April 2014. Please post your subscription to:

Mrs. Margaret Simpson, (Patron) 14 Exeter Street, Stratford, 4332

MEMBERSHIP SUBSCRIPTION (\$10.00) \$.....

Associate Membership for your partner/spouse (\$10.00) \$.....

Donation to Society funds (Donations over \$5.00 are tax deductible) \$.....

Total enclosed \$.....

Please make your cheque payable to the Amputee Society of Taranaki Inc.

Direct payment may be made using internet banking or at any TSB Branch

(Account-15-3953-0457601-00) Please include your name as reference if paying electronically or at the TSB

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