

# HEALTHY CONVERSATIONS: OSTOMY & MENTAL HEALTH

28<sup>th</sup> May 2022, Sat | 10 am - 12 pm (SGT)

\*One CPE point will be awarded.

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**Register today**

Join the first part of Healthy Conversations series – bringing together ostomates, nurses and caregivers. While getting an ostomy can solve many of the physical challenges that made an ostomate sick, it does not instantly heal all the mental anguish in this journey. Hear from expert speakers such as Dr Gilbert Fan and Sister Angela Liew on practical tips to manage mental health as ostomates.

Together we have conversations that matter!



**Mr Ellil Mathiyan  
Lakshmanan**

President  
Ostomy Association  
of Singapore

What is the inspiration behind his advocacy work and what mental challenges did he face on the road to recovery?



**Dr Gilbert Fan**

Master Social Worker

Psychosocial issues and staying positive with transformational thoughts



**Ms Angela Liew**

BScN, RN, WCET  
Nurse Clinician

Optimising peristomal skin management for better mental health



**Ms Christina Lim**

BN, RN, ICW  
Nurse Clinician

What's new in Ostomy skin care routine?

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