



Ballarat
District Nursing
& Healthcare

2011 | Our
Centenary Year

The Start of Stomal Therapy at the Ballarat District Nursing Society

The Story of Sister Joan Aked





Sister Joan Aked at Prince Henry's Hospital

Joan Anderson Fenton was born in Ascot Street, Ballarat and attended school in Ballarat. When she finished her schooling, she made a decision to study to become a nurse and commenced her training at the Prince Henry Hospital in Melbourne. She obtained her Nursing Certificate on 12 February 1949 and nursed in the Prince Henry Hospital and the Queen Victoria Hospital in Melbourne until she returned to Ballarat to marry in 1950.

Joan married Sydney Aked, a retailer in Ballarat and retired from nursing awaiting the birth of her two daughters Rosemary in 1952, and Bronwyn in 1957.

In 1968, Joan was recruited by Mrs. Lena Trevenen to fill the part time role of Weekend Nurse. This was an extremely busy time with a large number of people requiring a visit on either a Saturday or Sunday. The Sunday nurse remained in that role for some time, however Joan was joined by Laurel Johnson of a Saturday because of a large influx of extra patients.

Nursing numbers were increasing significantly over time and Joan was requested by Mrs. Trevenen to consider a full time role. Her experience as a part time weekend nurse was invaluable and she agreed to become full time, working from 7:20am until 4:00pm.

In 1972 a local physician, Mr. Jim Pryor, requested Ballarat District Nursing Society to consider training one of the nursing sisters to become a specialist nurse in colostomy and ileostome, also known as Crone's Disease. Both these conditions were increasing in the community and patients required treatment in their own homes and ways to manage these complaints.

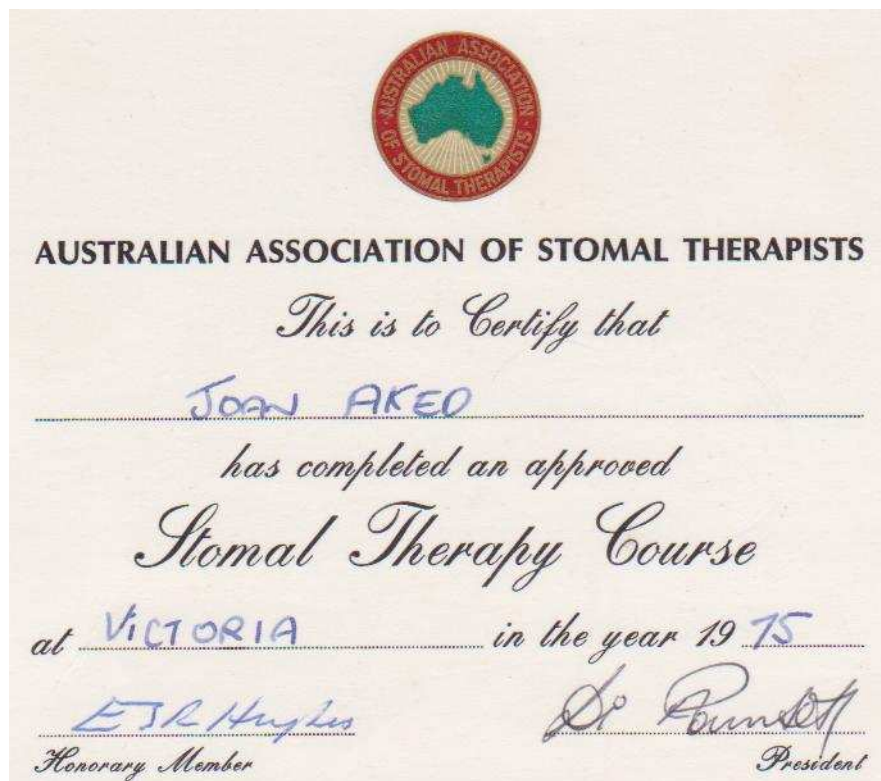
Joan Aked was requested to undertake a training course in both these areas in a move to provide services after the patients had been discharged from hospital. Sister

Aked took up the suggestion and in February 1973, it was noted in the minutes that Sr. Aked was not taking stomal training, however would complete ileostomy in her own time.

An association had been formed titled the Australian Association of Stomal Therapists and they organised regular conferences to provide the exchange of information and ideas across their various members. Ballarat District Nursing Society requested Sister Aked to attend these conferences when time permitted. She also facilitated study days in St Arnaud and Castlemaine as required.

An interview with Joan Aked revealed that the Society agreed to develop relationships with other stomal therapy nurses and provide education across the region. These study days were held at the Ballarat Base Hospital. Diet was one of the areas of concern and appeared to be a large part of the problem with patients. Part of the stomal therapy nurse's role was to advise patients on the right type of diet required by one suffering from such complaints.

There was, at this time, a great deal of difficulty in obtaining a regular supply of colostomy and ileostomy bags, and Sister Aked developed an arrangement with Leo Ryan from St. John of God Hospital, who had a larger supply than BDNS, that they would borrow according to supply and return them when their own bags arrived.



Prince Henry's Hospital



SPES FIDA DOLENTI

Melbourne

TRAINING SCHOOL FOR NURSES

PRINCE HENRY'S HOSPITAL

MELBOURNE 12th February, 48.

This is to certify that

Joan Anderson Tenson

has completed her term of three years training in this Hospital and has attended the prescribed course of lectures during that period. She has passed the necessary examinations, and is now qualified to act as a trained general nurse.

SIGNATURE OF NURSE Joan Anderson Tenson

W. H. Roadie
PRESIDENT

J. B. Palmer
MANAGER & SECRETARY

A. H. Teague
MATRON

Keith Ballinger
CHAIRMAN OF THE
MEDICAL STAFF

The patients requiring the service of the stomal therapy nurse requested she arrive early, and subsequently this meant commencement at 7:30am. It was considered imperative that nurses arrived on time.

There were big advances in the prevention of infection, particularly with the stomal and ileostomy patients. Stomal bags were difficult for patients to manage and nurses found several cases where patients were not washing their hands before placing the bag on the stoma. This would create problems with infection and Sister Aked, as the stomal nurse, would provide education to patients that led to a large improvement in infection control.

Sister Aked also addressed training courses provided for nurses attending Ballarat District Nursing Society for two weeks to train in community nursing. This also involved information as to how district nurses functioned by allowing people to be treated in their own homes.

Joan remained at BDNS, occupying this role, until she retired in 1983. At this time she also filled the role of Deputy Director of Nursing, with Sister Phyllis Dean being the Director of Nursing and responsible for the management of the organisation. The retirement of Sisters Joan Aked (after 15 years) and Phyllis Dean (after 23 years) saw the loss of a large amount of experience that was difficult to replace.

The City of Ballarat honoured both Sisters with a reception and the presentation of a badge in appreciation of their excellent service to the Ballarat community.

After retirement, Joan kept up her good work by acting as a volunteer with the Hospice organisation, visiting and assisting people who were suffering terminal illness.

Sr. Aked's daughter, Rosemary, followed her mother into the nursing profession and undertook her training at the Alfred Hospital in Melbourne.

