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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Living with an Ostomy - Logan's story

- 1.) What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?
 - Diet changes (low fiber)
 - Frequent checking of the bag
 - Carrying extra supplies, being mindful of checking the bag

- 2.) What are some psychosocial/emotional needs for patients with a new ostomy?
 - Impaired self esteem
 - Body image changes
 - isolation due to fear of ostomy failing
 - depression, anxiety

- 3.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery.
 - Friends and family to keep patient from self isolating
 - reassurance that they are not viewed differently
 - healing after surgery, assistance with ADLs
 - Acceptance with new diet, support with changes of diet
 - respecting their schedule with checking, emptying and changing bag

- 4.) What are some dietary changes that the nurse could educate on for a patient with a new ostomy?
 - Low residue/ Low fiber diet, taking time to heal and slowly reintroduce foods.

- Limiting/eliminating whole grains, nuts/seeds, vegetables, beans, raw fruit (skins and seeds are a concern), popcorn, juice with pulp, berries, processed meats, tough meats with gristle, marmalade
- decaf coffee and tea, enriched white bread, refined/processed grains (white bread), smooth peanut butter, cooked soft tofu, eggs, applesauce, plain pasta and noodles (not whole grain), skinned and cooked potatoes, strained juices with no pulp, soft canned fruits without skins or seeds, well ripened bananas (small amounts), soft honeydew or cantaloupe, sherbet and popsicles
- don't drink liquids 30 minutes after eating
- eat smaller meals, 5-6 smaller meals instead of 3 large meals.

5.) What are some resources available for patients with a new ostomy/stoma?

- United Ostomy Association
- United Ostomy Association of America
 - local ostomy support group finder
 - closest support group is in Lorain!
- American Cancer Society