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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched the video "Living With An Ostomy" By Logan Tremellen

1.) What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?

One lifestyle change after having an ostomy surgery is you will need to avoid strenuous activities and take it easy. Physical activity will have to become limited, and the patient will need to be careful about exerting pressure onto their abdomen. This can cause a shift in a patient's routine, and they may need to adjust. This could lead to changes in their job or household chores.

Another lifestyle change is diet adjustments. After an ostomy/bowel diversion surgery the patient may need to stick to a low residue diet while recovering. Fiber cannot be broken down and is hard for the body to digest. This can be a difficult adjustment for a patient if they are not used to the specific foods or a strict diet.

A third lifestyle change that may occur as a result is an interrupted sleep schedule. Instead of sleeping throughout the night, the patient should set alarms to check their ostomy bag to ensure there are no leaks and it is not full. The pouch should be emptied if it is 1/3 to 1/2 full and should be changed approximately every three to seven days. This can cause increased tiredness during the day and possibly even irritability. This can also affect a patient's daily routine, work, school, and more.

Along with the ones I listed, other changes may occur such as loose fitted clothing adjustments, maintaining proper skin care, and seeking out educating to properly do stoma care. Wearing loose clothing can be more comfortable and will not press onto the ostomy bag. Skin protection is important because irritant dermatitis or fungal infections can occur.

What are some psychosocial/emotional needs for patients with a new ostomy?

Emotional support from friends, family, and from the patient's healthcare provider is an important need for new patients with an ostomy. Patients may experience depression, embarrassment, sadness, fear, anxiety, or fear. It is important these patients have someone to give them advice, motivation, and education to restore their self-worth.

Patients with a new ostomy may need mental health needs. These patients may experience body dysphoria or can have a decline in their body image. The patient may need a support group, counseling,

or a healthcare provider that can address their worries. Patients may need to communicate with others who have the same experience to eliminate some negative thoughts and have the ability to connect and relate to others.

Along with the two I listed a patient may have struggles with personal relationships and being intimate with their partner, caring for their children or grandchildren, positive coping mechanisms, maintaining a job while healing, and many more.

2.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery.

As I mentioned in the question above, having a support system is a need a patient may have after undergoing an ostomy/bowel surgery. This is important because a patient is experiencing a life altering healing process and can very easily experience a variety of emotions. It is important a patient has people to talk to, depend on, and express their emotions to. If a patient does not have a support system, they could experience a sense of isolation, loneliness, or sadness. A support system could be friends, family, healthcare providers, or a specific support group.

3.) What are some dietary changes that the nurse could educate on for a patient with a new ostomy?

After an ostomy/bowel diversion surgery the patient may need to stick to a low residue diet while recovering. This is when you avoid foods that are high in fiber. A nurse can educate the patient to eat foods like potatoes, bananas, chicken, yogurt, pasta and more will slow down stool production which will decrease watery stools. Fiber cannot be broken down and is hard for the body to digest. Nurses can also educate on consuming an adequate amount of nutrients following their surgery and educating on the importance of staying hydrated. A patient could be educated to eat smaller portions throughout the day. An example would be eating five or six small meals instead of three large ones. This allows your intestines to work continuously and digest food.

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

There are ostomy nurse specialists who can provide education and training for patients with a new ostomy/stoma. These specialists can also give advice, recommendations, and support to the patients. Another resource is reliable books and online websites. These sources can give a patient more information and can help answer some of their questions. There are support groups for individuals to connect with others and hear advice from people with similar experiences. Patients have the ability to get ahold of dietitians or nutritionists to help them plan a diet that works for them, and to answer any questions they may have regarding what they can and cannot eat.