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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Living Life to the full with a stoma – Alex’s Story

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

At first your lifestyle changes after having ostomy/bowel diversion surgery, but over time Alex shared that if you have self-confidence your lifestyle should not change. You can do everything like swimming, exercising, flying on airplanes, etc. like a person without a stoma. Alex shared that he had to change his diet through trial and error by figuring out what foods he could and could not tolerate.

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

Some psychosocial experiences that Alex shared after having a new ostomy bag is that he became self-conscious towards his body image. He became depressed and turned to alcohol for comfort. Alex pushed away all his friends and family due to being depressed. A change in social habits like feeling embarrassed about going out with a group of friends or family.

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

Alex said that having a support system after undergoing ostomy surgery really helped him become confident in his body again. His family and friends helped him continue his journey towards healing and recovering after his surgery. With the help of having a very supportive stoma team in the hospital made sure that Alex was comfortable and confident, changing his bag by himself, answering many questions that he had, and overall helping him lead a normal life.

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

A nurse should educate a patient with a new ostomy on some dietary changes like eating meals with low fiber intake for the first few weeks. Encourage the patient to chew food thoroughly to help digest food and prevent choking. After a few weeks pass, encourage the patient to eat starchy foods like pasta, rice,

bread, bananas, peanut butter, and applesauce. Alex said it was a trial and error for him figuring out what foods he could tolerate and what not.

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

The patient should meet with a stoma nurse/team before being discharged from the hospital. Patients will be able to ask their stoma team any questions about their stoma bag. The hospital might even have different support groups for patients new to having a stoma bag. Encourage patients to go on the internet and YouTube to watch and listen to others who have a stoma bag to help them not feel like they are alone. Provide mental health services to patients who are experiencing depression or anxiety about their body appearance.