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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

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

Some lifestyle changes that might occur as result of an ostomy/bowel diversion surgery would be eating habits, changing your job, changing hobbies or changing clothing style. Some of these things are optional but might make it a little easier living with a stoma.

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

Individuals who have a new ostomy might experience low self esteem, depression, anxiety, stress, and more. It is important for these individuals to have a good support system and to try to maintain their normal lifestyle.

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

It is very important to have a support system throughout any surgery so that you can have help recovering and getting back to your new normal life. Having a support system also helps to make sure individuals recovering don't experience depression or loneliness. Although they might still experience depression regarding their new lifestyle, your support system can help you get through it much easier than trying to do it yourself.

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

The foods you eat will pass through your body more quickly than normal. Being mindful of this, you might want to eat foods that are easy to digest, don't have a ton of smells, don't cause gas, and avoid foods that could cause blocks in the intestine such as popcorn or nuts.

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

There are many ostomy/stoma support groups, there are different types of support wraps and covers that help you still live your normal life and there are medical exemptions/notes you can get for traveling and daily living. You can also have an in home nurse come help you learn everything on your own for the first few days after surgery.