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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Alex

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

When it comes to lifestyle changes as a result of ostomy/bowel diversion surgery, there aren't too many huge changes patients would have to make. According to Alex, even though he has a stoma, he is able to still do the things he loves to do such as workout and play rugby, he just has to make sure to wear a support band when doing this. After his surgery the dietician was able to communicate the different foods that he can or can't eat, but he was mostly able to eat the same things as he did before.

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

After Alex had his second surgery and realized that his stoma was going to be permanent, he lost a lot of self-confidence. He became depressed and took to alcohol, and as a result, pushed away his family and friends. It is important to ensure patients that an ostomy is not the end of the world and you can still do most of the things you would normally do without one. After awhile Alex was able to gain his confidence back and go spend time with his friends and family again.

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

Having a support system is very important when it comes to having a new ostomy/bowel diversion surgery. Going through a big change such as this one alone can be very frightening and difficult, so it is important to have a support system such as friends or family there with you to help get you through. After this kind of surgery, you might feel alone and left out as you may think you can not do the things you used to do, which cause lead to depression, so creating that long term support system to help cope is huge when undergoing something like this.

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

Some dietary changes a nurse could educate the patient on for a new ostomy would be to maintain regular food intake daily as this helps to promote the movement of food through the bowel. Also educate the patient on eating foods high in fiber such as fruits and greens, as well as gas-producing foods such as broccoli, cauliflower, and onions.

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

Some important resources available for patients with a new ostomy/stoma are dieticians to help set up meal plans for the patient, an ostomy nurse who can help provide guidance on how to care for and maintain a clean site where the ostomy has been placed. When watching Alex's story, it sounded like there were many other resources that were available to him and many others with stomas to help them cope with this change in their life.