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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched living with an ostomy- Logan's story.

1.) What lifestyle changes may occur because of ostomy/bowel diversion surgery?

It doesn't alter your lifestyle to much in the physical aspect because you can still do everything you want to do you just will need to be extra careful as well as wear a support belt that protects them from a hernia, and bring the supplies you need just in-case. A lifestyle change that may occur would be no longer doing things that you enjoy as in swimming because you may not feel comfortable or confident to do those things.

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

Some psychosocial/emotional needs for patients with a new ostomy are reassurance on how they look, and how you feel about them, still feeling included in everything & not feeling like an outsider well as getting help with managing the big change.

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

Having a support system is extremely important after undergoing an ostomy/bowel diversion surgery. For someone going through that, they need encouragement, someone to talk to, someone to lean on when they get down, someone to help them process it, even nurses supporting them through being independent. It takes a toll on some people, for some people they need a wonderful support system to pull them through and encourage to keep going when it gets bad, and even to tell them to keep going through the good.

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

In Logan's case, he had to make serious changes for a little bit. He had always eaten plant-based foods and a lot of vegetables. The nurses made it a point to strongly educate him on the important of not eating a diet high in fiber for his ostomy, and what benefits it would bring to him in the long run. Getting an ostomy, he could no longer eat foods high in fiber and had to cut out vegetables. He always ate super healthy, so for him it was difficult to eat unhealthy food. It was mentally challenging for him to not be eating healthy and feel his best but after hearing the importance he knew it was a change needed to be made.

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

Some resources available for patients with a new ostomy/stoma could be the stoma nurses at the hospital or other patients that have an ostomy/stoma, as well as friends that have an ostomy/stoma and folks on Facebook or YouTube that share their stories/ experiences to connect with other people in the same situation.