

Student Name:

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched Alex's story video.

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

Alex explained that he just continued doing everything he wanted to in life but just had to adjust some things due to having the stoma bag. Alex continued playing rugby and football after he had the stoma bag put in. Alex was able to exercise and run but he would use specific equipment to hold the stoma bag in place, so he does not get a hernia. Alex was able to continue doing his normal activities, he just had to adjust to them with the stoma bag. Also eating habits would be affected because of an ostomy/bowel diversion surgery.

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

A patient that has an ostomy may need to be reassured that they are still loved. The patient might feel as if they are unattractive, and they may be insecure at first. Alex explains he had to deal with a lot of pain after his surgery and this was hard to get through. As time went on Alex was able to become more confident with himself and he was able to be happy. Alex explains that the healthcare team was extremely helpful with information on how to care for the bag and stoma as well as helping him understand what he should and shouldn't eat. Alex unfortunately shut all his family and friends out at first which led to him becoming depressed. He also turned to alcohol because of being depressed. Once he let his family back in, he felt happier.

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

It is important to have a support system after undergoing an ostomy/bowel diversion surgery. Patients sometimes have issues with confidence, and they struggle to be able to feel like themselves after this surgery. Alex was under the impression that his stoma bag would be reversed, and he woke up after the surgery with the stoma bag still there. This was hard for Alex at first, but he later was able to enjoy his life even with his stoma bag. Having people around to remind him that he is still the same person and they love him always helped. Alex learned that telling the new people he met about his stoma bag

increased his self-esteem. He was able to ensure that the new people he met would accept him for who he was. Alex explains that having his family there helped him out of depression. Having a support system helps most people get through the toughest times in life.

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

Patients should follow a low residue diet which may include things like bananas, applesauce, yogurts, chicken, and rice. Patients with a new ostomy should eat four to six small meals a day instead of three large meals a day. It is important to slowly introduce foods after about two to three weeks of having the ostomy/stoma. This will allow the patient to see how their body would react to the different foods.

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

Patients can contact their doctors if they want to with any questions. There is a stoma team that ensures that patients are confident about being able to care for their stomas, and they give patients their phone numbers in case they have some questions later. There are education and support groups for patients with ostomy/stomas to attend as well.