

Student Name: Jessica Greaves

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Online Bowel Elimination Assignment

Living with an Ostomy. Logan Tremellen

- 1.) What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?
 - *Patients will have to learn how to manage and care for the ostomy, including emptying and changing it.*
 - *Adapting to the basic routine of having to care for and empty the ostomy bag.*
 - *Carrying around an emergency kit with extra supplies in case of leak in public.*
 - *Adjusting to a new diet and or making modifications to your existing diet to avoid potential blockages or discomfort.*
 - *Taking steps and precautions to maintain good hygiene and prevent skin irritation around the stoma.*
- 2.) What are some psychosocial/emotional needs for patients with a new ostomy?
 - *Emotional support to cope with the changes that come with the ostomy.*
 - *Education about the procedure as well as learning self-care techniques.*
 - *Support groups, counseling, and or a strong support system.*
 - *Building self-confidence and body image.*
 - *Assistance in adjusting to a new lifestyle.*
- 3.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery.
 - *Emotional support is vital whenever anyone goes through life-changing events.*
 - *Having a support system can encourage individuals to maintain a positive outlook.*
 - *Practical assistance, a support system that can help with daily activities that may be challenging initially.*
 - *Connecting with others who have gone through a similar surgery can provide comfort and valuable advice.*
- 4.) What are some dietary changes that the nurse could educate on for a patient with a new ostomy?
 - *Increasing fluid intake to prevent dehydration.*
 - *Learning about foods that may cause gas or odor and ways to minimize this.*
 - *A low residue diet limits foods high in fiber.*
 - *A low residue diet will be prescribed to prevent a blockage at your stoma while swelling decreases. Slows down the production of your stool and limits the number of watery stools.*
 - *Low residue diet; bananas, yogurt, applesauce, pastas, peanut butter, turkey burgers, chicken, and potatoes.*
 - *Gradually reintroducing foods that were restricted in the immediate post-surgery phase to aid tolerance.*
 - *Low residue diet, avoiding high fiber food.*
- 5.) What are some resources available for patients with a new ostomy/stoma?
 - *Ostomy support groups within the community or online.*
 - *Online forums*
 - *Reputable Websites*
 - *Ostomy Organizations and Associations.*
 - *Your healthcare teams.*