

Student Name: Hannah Castro

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? Alex's story

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

Your diet will need to change – avoid foods that can cause gas because it could be more difficult for it to go into the colostomy bag. You also will not need to use the restroom, but you will need to empty your bag and change it into a new one when its time.

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

A person might have body image issues after an ostomy/bowel diversion surgery because there is now a bag attached to their stomach that has, essentially, feces. Even though it doesn't smell, it can also cause some embarrassment for people. There will also be some changes in their daily life, its not something that can be totally ignored so it might affect someone mentally.

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

It's important to have a support system because it's a big change to your body, whether it be for forever or a short amount of time. The person can't use the restroom naturally, like most people do, anymore. This can be embarrassing for some people which will affect someone mentally. When you have people around you then they can be reassuring and let you know that everything will be ok.

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

The nurse could let someone know that foods that cause gas could become uncomfortable for someone with an ostomy. Foods like beans, cabbage, spicy foods, broccoli, and other vegetables could potentially cause some cramping along with gas.

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

A person with a new ostomy/stoma will receive a phone number where they can call 24/7 if they have any questions. There is also a lot of information online along with a whole team that makes sure you don't leave the hospital without knowing 100% how to change your bag on your own.