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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? Living Life to the fullest with a stoma-Alex's Story

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

Some lifestyle changes that may occur because of ostomy/bowel diversion surgery is having to learn what foods you can and cannot eat. As Alex describes in his story it is like a trial and error and you learn over time what gets digested well. Alex did mention that something that made him a bit self-conscious were the noises. Lifestyle changes aren't drastic Alex described but patients with an ostomy are allowed to use a disabled toilet. If patient's perform exercise with an ostomy bag, they must use a support belt to protect them from a hernia and give them the protection they need with the ostomy. In Alex's story he mentions that some people may be self-conscious with swimming since they have to show their abdomen but he states he is confident in himself to take his shirt off.

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

Some psychosocial/emotional needs for patients with a new ostomy are going to be is becoming accepting of the ostomy. Patient's that often our new to having a ostomy experience a low-self-esteem because they aren't sure how the people around them such as friends and family are going to take it. Alex in the video stated that his social life was not affected in any way, but he did wear baggies close at first because he was self-conscious but over time he got used to his ostomy and wore his normal clothes once again. Patient's new to a ostomy should be encouraged with self-care as well as acceptance to the ostomy. Alex stated that something that really helped was being open about his ostomy to people and that help open new relationships and with that he had a son through being honest from the start about their ostomy. When a patient received a new ostomy early involvement in how to use equipment helps patients adjust to their body changing.

- 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 because as described in Alex's videos once getting his ostomy, he ended up becoming depressed and fell into drinking alcohol and pushed everyone he loved away. Realizing why the ostomy was placed and the benefits of it help push pass the negative feelings of it and this can be promoted through a support system. Patients who have a support group can have a sense of community and be able to express their feelings on it with people that can connect with them. A support group can help patient's deal with a ostomy such as how to maintain it and how to live life with having a ostomy since this will be so knew to a patient that had just had gotten one placed. Patients undergo some confusion and don't really know who to go to but a support system lets a patient know how to keep their ostomy healthy and in Alex's case he is able to reach them at any time. A support group will help ease the nerves that patient's experience with something new being brought into their life.

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

Some dietary changes that the nurse could educate on for a patient with a new ostomy would be to eat easy to digest foods. A nurse could instruct the patients on having high fiber foods and fluids to help the passing of stool. Gas producing foods can help the passing of stools as well. If the patient has some sort of intolerance to lactose, then it is best to stay away from it because it can potentially lead to diarrhea and cramping. One can educate the patient to stay away from low fiber foods since passing stool would be slowed down.

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

Some resources that are available for patients with a new ostomy/stoma would be patients with a new ostomy/stoma would be a support group. Collaborative care can also be down such as taking time to discuss the plan of care to the family as well. Patient and family education is important to promote understanding of ways to establish normal bowel function. One can refer a patient out to a dietician to help establish a diet and helps include the patient's food preferences and lifestyles. A clinical nurse specialist is also a resource available which can help guide patients in the care of their ostomies and problems that relate to skin breakdown.