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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Both Logan and Alex.

- 1.) What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?
  - There are none. A person with an ostomy can live a completely normal life.
  
- 2.) What are some psychosocial/emotional needs for patients with a new ostomy?
  - Promoting confidence.
  - Encouraging self-acceptance.
  - Encouraging self-care.
  
- 3.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery.
  - Many patients with an ostomy will isolate themselves and feel self-conscious. Having a support system can help to alleviate feelings of needing to isolate. Support systems can be a person to talk to or someone to physically help them do something. Even if a support person doesn't understand how a person feels, being there is the best thing they can do.
  
- 4.) What are some dietary changes that the nurse could educate on for a patient with a new ostomy?
  - May need a low-residue diet if they have a high output of fecal effluent.
  - Avoid high fiber foods and sticking to rice and meats to get all the different vitamins.
  - Eat smaller more frequent meals throughout the day.
  
- 5.) What are some resources available for patients with a new ostomy/stoma?
  - Ostomy/Stoma nurse or teams
  - Support groups