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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched Alex's story on youtube.

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

After watching Alex's story, I realized that he didn't have to change much of his life. He was still able to play sports and exercise, he just had to protect his stoma in the process. As long as he wears the belt that covers his stoma, he was able to still do his daily activities. He was still able to hang out with his friends and even started a family of his own. I learned from Alex that as long as you are aware of your stoma and protecting it, you can continue on with your daily living.

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

Ostomies can be very life altering for people. They make many people self-conscious of their bodies and can make people depressed as well. We, as nurses, need to make sure to show our patients that there is nothing wrong with having a stoma and show them how to be confident with them. Patients need to be reminded that they can still wear their same clothes they've always worn and can still do their activities of daily living. Like the book mentioned, we can include them with many things of having a stoma, like changing the bags, to make them more comfortable with them before they even leave the hospital. Just because they have a stoma, doesn't mean their lives have to change, they just have to adapt to it. They also need to be reminded, just like Alex mentioned, that everyone's bodies make noises and pass stool, theirs are just doing it into a bag rather than a toilet.

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

There is great importance of having a support system after undergoing an ostomy surgery. This is a huge change for many people and can make people feel singled out and uncomfortable. They need to see that not only do people still love and care for them, but also that they do not look at them any differently

with or without the stoma. They need to be reminded that people love them for what's on the inside, rather than the outside. These patients will often push people out of their lives and abandon their friends out of fear or embarrassment. The patient's support system needs to stick with them through thick and thin to really show that they care, and they will always love them.

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

From what Alex mentioned, everyone's dietary needs are different. What one person can tolerate, another person might not. The nurse needs to educate that it's all trial and error when first getting a stoma. Slowly, test new foods to see what works for your body.

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

One resource that the book mentioned is an ostomy support group. In the video I watched, Alex mentioned that his ostomy nurses gave him their phone numbers and he is able to text them at any time with any questions or concerns. Patients are also always able to call their providers with any questions or concerns.