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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Logan's story

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

Eating habits, relationships, sleeping habits (having to wake up and check it throughout the night to make sure there are no leaks or to make sure that it is not full), body image

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

Anxiety, depression, low self-esteem, distorted body image

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

Having a support system is very important with patients who have an ostomy because psychosocial problems are likely to arise. Having a support system to keep them hopeful but also positive while they navigate their way through life is essential for their healing process and their self-esteem.

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

The nurse could educate the patient on a low-residue diet because the body is in a healing stage. Foods such as bananas, applesauce, chicken, yogurts, pastas, peanut butter, potatoes, etc. would constitute a low-residue diet. Education on this type of diet would be important to limit the amount of bowel movements each day.

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

Support groups and counseling services are some resources available for patients with a new ostomy