

Student Name: Zachary Grosswiler

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Logan's story

- What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?

Lifestyle changes that can occur with an ostomy involve a level of difficulty with things one might take for granted; planning maintenance of the bag is required every day, tasks like showering are harder, certain activities may feel like they aren't an option after surgery.

- What are some psychosocial/emotional needs for patients with a new ostomy?

A patient with a new ostomy is likely feeling upset. Unfortunately, managing the situation will become more difficult as soon as they leave the hospital. Helping the patient while in the post-operative care setting with maintenance of the bag, education of the condition, and helping them understand their actual (opposed to preconceived) limitations will make the situation much more manageable for the patient on exit. Encouraging and educating a patient will likely reduce the negative feelings the patient has with the condition.

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

Having an ostomy is a condition known to cause embarrassment. Social situations may even cause a significant amount of the stress or anxiety a patient has, for example situations that involve taking off one's shirt or being out somewhere for extended periods of time. Having a good support system means having people that understand the needs associated with the condition and can help, and also being surrounded by people who reduce your anxiety or stress about the condition instead of increasing it.

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

Generally, a nurse should collaborate with a dietician for advice on diet. But for a patient with an ostomy in particular, eating foods that are high in residuals such as insoluble fiber is not advisable. Eating low-impact, fast processing foods is less irritating to the healing tract.

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

Resources available to patients with an ostomy can be found online from reputable sources such as [ostomy.org](http://ostomy.org), the premier ostomy online outreach program in America with hundreds of support groups, and for more individualized care and help with an ostomy the patient can reach out to their provider.