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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? **I watched 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 as result of an ostomy/bowel diversion surgery are that your body may not be able to digest some foods as well as it was able to before, self-consciousness of the smell or noise of the bag, or feeling unattractive and not wanting to show anyone your body. You would also have to wear a support belt during exercise to be protected from a hernia.**
- 2.) What are some psychosocial/emotional needs for patients with a new ostomy? **Alex's story made it very clear that you need to have a good emotional support system and social life if you are living with an ostomy/stoma. I say this because he talked about how his insecurities associated with his new device caused him to turn to alcohol and push his loved ones away from him. With this being said, it is important to keep yourself social and have a healthy support system to help you through your hard times with this procedure so that they can reassure you that it is okay and nothing to be insecure about.**
- 3.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery. **As said before, it is important to have a support system after undergoing an ostomy/bowel diversion surgery because it is a difficult procedure that can alter your life in many ways. These procedures can change the way you look, change the way you exercise, or even change the way your body digests some food. An ostomy or bowel diversion can also change your need for access to a restroom such as if the bag overflows, which is another way this procedure is so hard. The many ways that this surgery can change your life may become too much for some people to handle, so it is important to have a support system to ensure that you cope with such in a healthy way.**
- 4.) What are some dietary changes that the nurse could educate on for a patient with a new ostomy? **A nurse can educate a patient with a new ostomy that the ostomy may alter their ability to digest certain foods and that they should trial and error foods to see which works best for them. If certain foods are hard for them to digest, they should avoid those foods.**
- 5.) What are some resources available for patients with a new ostomy/stoma? **Patients with a new ostomy or stoma have resources available such as ostomy/stoma nurses that can help them clean, change, and care for their bag. You can also receive from them multiple different bag products to determine which bag fits you the best.**