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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

- I watched Logans story "Living With An Ostomy"

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

- Some lifestyle changes that can result when having an ostomy/bowl diversion surgery is dietary adjustments patients may need to modify their diet to include or avoid certain foods. Even the clothing they wear may be changed. This may include, looser fitting clothing so that the ostomy may move freely and not get caught on anything.

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

- Through a patient's eyes having bowel problems can be very embarrassing and be a big source of embarrassment for their families and friends. Some may encounter self-esteem issues, anxiety, or even fear. It's important for the nurse also to acknowledge this is provide the best care and emotional support through that. Each patient will feel different when having an ostomy, it's important to educate not only the patient but the family and/or caregivers about promoting patient comfort.

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

- Having a strong support system plays a crucial role in helping patients go through the emotional, physical, and social challenges following ostomy/bowel diversion surgery, significantly impacting their recovery and quality of life. It also helps heal the mind that might come with the surgery and there to have a better attitude when caring for the ostomy. Its important for patients to have a good support system no matter what surgery or diagnosis they may have or encounter.

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

- Logan stated he liked to eat plant-based foods, especially vegetables, because he just had his ostomy bag placed it was important for Logan to eat soft consistency foods, cereals, and sugars to get these nutrients needed. The nurse could educate on the importance of these foods in the healing process of the newly placed ostomy because it slows down the production of stools you pass and limits the number of watery stools you have. Then gradually, being able to incorporate the foods Logan truly enjoys into his everyday diet.

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

- Their health care provider can provide good maintenance resources for these patients and help them navigate the process of having an ostomy. Even a dietitian, they provide guidance to help manage any digestive changes. A big thing today is online communities like Facebook groups. A patient may be interested in joining these and interacting with people who have/are going through the same thing as them.