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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched the video "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?

Most lifestyles do not have to drastically change after having an ostomy/bowel diversion surgery. One change that must be made is a person's diet. Certain foods that cause excessive gas may want to be avoided. Another lifestyle change would be while traveling, having to bring extra supplies in case of needing to change or clean an ostomy bag.

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

A person with a new ostomy may feel anxious or embarrassed about their condition. Some people may also become depressed because they miss their life before they had their ostomy. Providing emotional support to these patients while they are adjusting to their new lifestyle is important.

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

A support system after undergoing an ostomy/bowel diversion surgery is important because the patient may feel depressed, and having people there to show them they are still valued will help improve their mental status. This support system can help the patient have the drive to accept their lifestyle and live a life to the fullest.

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

A nurse could educate the patient that they may not have to avoid certain foods forever but will have to slowly reintroduce those foods over time and avoid them for a period. The patient will want to drink plenty of fluids as they will be prone to dehydration. Spicy foods should be avoided as it can cause

irritation. The best way for a person with an ostomy to find out what works best for them is keeping a diary of what they consume and how it makes them feel as every person is different.

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

A patient with a new ostomy can consult with a Wound, Ostomy, and Continence Nurse (WOCN) if they have any questions or need education about their condition. Another resource available would be the United Ostomy Associations of America to join a local ostomy group to talk to people that are going through the same situation and can have emotional support, letting them know they are not alone.