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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Logan

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

Lifestyle changes that may occur as a result of an ostomy diversion surgery is sometimes it's hard to do simple tasks throughout the day such as getting out of bed and taking a shower. Throughout Logan's story he had to change his diet by eating cereal and sugary foods which he wasn't used to doing. He was big into a plant-based diet and switching dramatically to eating sugary foods was a huge change for him.

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

Some psychosocial/emotional needs for patients with a new ostomy is maintaining a comfortable environment for the patient. The patient needs to find out what works for them and how to adapt to this big change in their life.

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

The importance of having a support system after undergoing an ostomy diversion surgery is family/friends being there to provide a comfortable environment. It's important that the patient and family/friends are educated on how to provide emotional care to the patient's needs after a bowel diversion surgery.

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

Some dietary changes that the nurse could educate on for a patient with a new ostomy is educating the patient to go on a low residue diet which means avoiding high fiber foods such as sticking to rice and meats for the first 2-3 weeks after surgery.

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

Look at medical professionals online and look for any tips that might help you with how to manage a new ostomy and how to adapt to a new ostomy. People could watch other people's stories on how they adapted to their ostomy diversion surgery so that people can get new perspectives.