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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

- I watched Logan's Story.

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

- Through his video he states that even with an ostomy you can still do everything anyone else can even without an ostomy. But some of the life changes that Logan had were he lost about 50lbs; he even lost a lot of muscle. He stated that when he first got the surgery, he had to stick to a low residue diet; they wanted him to eat more "crappy" foods, which was very hard for him because he used to be on a plant-based diet. So, switching his diet was very hard in the beginning. Some of the things he had difficulty with were getting out of bed, taking a shower. He stated that you must take these things slow in the beginning but it's not impossible and you will be able to do these things once you have had more time to heal. But in the beginning, it can be very painful and hard. Logan also mentioned how he sets an alarm to get up and out of bed so he can check his ileostomy bag and make sure he doesn't need to empty or change it. This can be difficult because some people might not be used to getting up in the middle of the night. Clothing and other items like a kidney bag might be helpful so the bag is not pulling down, others might tuck their bag in their waist band, but he mentioned how the kidney belt was more helpful so it's not compressing on the bag.

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

- Some psychosocial and emotional needs for patients with a new ostomy can be things like fear, embarrassment, sadness, depression, defeat. These are all some emotions patients can have or even family members or peers. This can be easily overcome or helped with education, support, and good motivation and surrounding yourself with positivity. Starting out with ostomy's is not easy, there are challenges they must overcome and trying to get used to this new lifestyle is challenging as well. But with the proper education and support these emotions and challenges can be overcome.

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

- Having a support system is very important when undergoing a change like this. Ostomy's can be challenging, recovery can be a struggle, and it can affect your mental health. Having this support

system can make it easier on the person undergoing these changes and it can help them feel more comfortable through the process of trying to figure out the new steps they have to undergo. These struggles can be physical, mental and psychosocial. Having a support system can help with any challenges or surgery's but it's important to have this so they feel more secure and supported through those challenging times.

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

- Some dietary changes the nurse could educate on are things like lower residue diets. Through Logans video he stated how he was used to eating only plant-based diets. This was a struggle because these plant-based foods were harder to digest and harder to pass through the stoma. Changing his diet was a struggle, but he mentioned how cereals and rice, and sugars are easier to pass and better for the ostomies for the first couple weeks. I feel a nurse should educate on foods that would be better for people with ostomies and foods that would be easier to digest. This would help patients or people better understand the reasons why they need to change their diets and potentially make them more comfortable the first couple weeks after surgery.

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

- Some resources that Logan mentioned could be online. Online resources through professional medical doctors or medical online sites helped him better understand the different diets and changes he needed to make with his ostomy. You could also join online groups with people who are undergoing the same changes in their life. This could help people share their feelings struggles or advice with ostomy's. In the health care settings, nurses can advocate with dietitians, or other medical professionals that can help give advice or help guide patients to the right resources to help them better understand their new ostomy/stoma.