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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? Living With An Ostomy

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

Changing the way you eat, in the video he had to stick to a low residue diet, avoiding high fiber foods. As seen in the video he was still able to live life as if nothing happened physically.

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

Some fears that could come along with getting a new ostomy is asking yourself am I going to live with this forever. Another fear that is common with patients with new ostomies is how can I live a normal life or the embarrassment that might come along with having one of these.

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

The importance of having a support system through undergoing an ostomy/bowel diversion surgery is to keep and hold you or patients accountable for the upkeep and cleanliness and to make sure you're following specific orders. This could include activity, diet, general health, etc.

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

Like stated earlier, he didn't enjoy the changes at first, he couldn't eat the vegetables or high fiber foods that he once enjoyed. But, instead now had to switch his diet to something that wasn't appetizing to him.

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

Some resources for patients are testimonies of people that have gone through this type of situation before. This video is a great representation of what a patient would need to help compare their life to with a positive influence to encourage them throughout the process.