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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? - Alex

1. What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?
 - Lifestyle changes that occur are changes in diet, awareness of a ostomy pouch during movement, caring for thier pouch, additional anxieties from having an ostomy, and possibly changes in their relationships with others. Patients with an ostomy can do anything they desire! Physical activity is still possible, wearing a support belt helps to keep the ostomy in place when being active. Swimming is also still possible, the patients confidence is the only thing that can hold them back.

2. What are some psychosocial/emotional needs for patients with a new ostomy?
 - Patients that have a new ostomy are subject to new anxieties after their surgery. The new social anxieties and self esteem issues of having an ostomy pouch. In watching Alex's video, he struggled with depression from his illeostomy becoming permanent. This caused him to fall into using alcohol as a vice, and he pushed his loved ones away. It took time for him to bring his family back in and realize that as hard has having an ostomy is, his life has improved for the better. This shows how important having a support system is for patients with new ostomies. To have support behind them, and someone to talk to.

3. Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery.
 - Having a support system is so important post surgery when reciving an ostomy. Ostomies are something that is hard to adjust to for everyday living, there are many new responsibilities that come along with it. To ensure the stoma is not infected, that the patient is on a proper diet, and cleaning/ proper care is done for the ostomy. Having people in your corner is so helpful for self esteem (for some patients those in your support system are helping care for the ostomy). Having a support system helps for patients like Alex to show that life is better because of having the ostomy pouch, even when it seems so difficult to live with.

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

- Some dietary changes are a soft diet right after surgery, then once they're ready they can pretty much eat anything they desire. However, a diet that promotes healthy bowel function is discussed with them in the hospital. This includes staying well hydrated and eating enough fiber to have softly formed stool. Also keeping hydrated is important for patients with ileostomies because during digestion they lose salt and fluid through the stoma. Another restriction for those with an ileostomy is to avoid foods that have indigestible fiber. This includes corn, raw mushrooms, fresh pineapple, and popcorn. If the patient wants to eat these foods they can, however they must eat them in small quantities, drink plenty of fluids when eating, and chew the foods well.
5. What are some resources available for patients with a new ostomy/stoma?
- In the hospital there is a wound, ostomy, and continence nurse (WOCN) that is there to help provide education to the patient as well as collaborate with other members on their healthcare team as well as the patient and their family. This nurse will provide care and supplies specialized to the patient. The nurse possibly will supply the patient with additional resources and their contact information for when they are discharged from the hospital. The patient outside of the hospital is able to reach their healthcare provider for additional resources to help care for their ostomy.