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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Logan's story

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

The lifestyle changes that need to be done to adapt to an ostomy were dietary (low residue, low fiber), clothing that is comfortable around the waist where the ostomy is located, non-contact sport activities, and carry extra emergency supplies in case of leaks or brokage. He also must learn how to maintain and empty the ostomy bag and skin care around the ostomy location.

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

One of the psychosocial and emotional needs of these patients is disclosure. When it comes to disclosing that you have an ostomy, you want to share with people who love you dearly first and try to build confidence in how would want to explain your situation to others such as coworkers or other acquaintances.

Another need is the social anxiety that they may encounter, such as be prepared with extra clothes and supplies in case of an incident and control the pieces of your life that you can such as diet, odor reducing products, and finding the right pouching system.

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

With any new ostomy patient, it is encouraged to join a support group with other patients of ostomy or bowel diversion. By joining a support group, they will have support and gain ideas from other patients and how they dealt with issues and been able to adapt to the life of ostomy. It is also important to gain emotional and moral support from your family, coworkers, and friends as you go through these changes in dieting and emotional changes in the process.

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

The dietary changes that a patient will need to make is to start with a simple liquid diet and slowly introduce foods low fiber, low residue diet, such as chicken, applesauce, pastas, peanut butter, bananas, yogurt, and potatoes. They also must remember that they need to eat meals in small portions, maybe even divide the meals into 5-6 meals over a span of 3-4 hours. This allows the food enough time to be digested properly and the body time to absorb the nutrients. Also, they must not drink during their mealtime until 30 minutes later this allows foods to be processed through the intestines properly instead of creating watery stool.

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

They have support groups within the hospital or community in which they can participate to help them emotionally in adapting to this change. There are also physical resources such as place that can help them with supply needs, such as ostomy belts, binders to help support a peristomal hernia, wraps that can help provide a flatter body contour, and special swimwear and intimate that allow for privacy.