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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? Alex's story (second video)

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

Some lifestyle changes that may occur is adjusting your diet to fit the surgery, wearing a protective band around the pouch to prevent things like hernias, and figuring out how to cope with any anxieties and concerns after the surgery. Alex learned what foods work best for him, how to continue working out and playing sports, and worked through all his anxieties and self-esteem concerns.

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

After a new ostomy the patient is likely to feel very anxious about living their life and meeting new people. They also will likely face self-esteem issues which can affect how well they live their life.

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

Having a support system is very important after undergoing an ostomy/bowel diversion surgery because it can help you gain confidence and live life normally instead of pushing people away and struggling by yourself. This was seen through Alex's story.

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

After the surgery the patient may not want to eat much for a few days so soft foods in small amounts is normal. After this a patient with a new ostomy should eat foods with good fiber and drink lots of water.

Patients are reminded to drink an 8-ounce glass of water every time they empty their pouch in order to keep their water intake adequate.

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

Some resources available for patients with a new ostomy/stoma are The Wound Ostomy and Continence Nurses Society which helps patients find a WOCN and the United Ostomy Associations of America which helps patients find local ostomy groups.