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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched Logans story.

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

Some lifestyle changes that come from having an ostomy are diet changes, sleep schedule changes, and having to carry extra supplies when leaving home. When a patient undergoes a bowel diversion surgery, they will have a bag that they excrete stool into, this means the bag fills fast. that being said the patient will have to wake up multiple times a night to empty the bag, so it does not burst. Diets changes can be beneficial to the patient by eating smaller meals and not drinking water right after finishing a meal. This will help the patient to not have the empty their bag as much. Another lifestyle change that may occur for a patient with an ostomy bag is having to carry extra supplies with them in case the bag bursts or start to leak.

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

Some psychosocial /emotional needs for a patient with a new ostomy may include stress, depression, and self confidence issues. Getting an Ostomy may be stressful for most people. It is a massive change in their lives that they must adjust to. If the patient does not have a good support system and feels alone in their journey they may fall into depression. Having to get an ostomy may cause body image issues since they have having to wear the bag on their abdomen. These self-esteem problems may also lead to depression.

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

It is important for a patient with an ostomy to have a strong support system because it is a big change for them. After undergoing a surgery like this it could cause many psychosocial problems. Having a strong support system to encourage them to do the same things they were doing before and continue to live their lives to the fullest will benefit the patient in many ways.

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

Some diet changes that the nurse could educate the patient with a new ostomy on is eating high fiber foods and foods that are easily digestible. Some examples of these foods would be chicken, rice, bananas, and apple sauce. Some foods to stay away from are vegetables and any leafy greens. Foods that are high in fiber are easily digestible and will not irritate the stomach as bad as other foods.

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

Some resources available for patients with a new ostomy would be support groups, mental health counseling, and educational resources. Support groups would help with self-esteem issues and depression to help patients to feel like they belong. Mental health counseling can also help with depression and self-esteem issues. Having someone to talk to about their feelings may help contribute to a positive mindset. Educational resources may help them feel more confident with ostomy and help them have a positive outlook.