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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched Alex's story.

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

. After undergoing diversion surgery, patients often experience significant lifestyle changes. This can include adjustments to toileting schedules, setting aside dedicated time for personal care, and overcoming mental barriers associated with these changes. The transition also involves modifying dietary habits and adapting to new self-care routines, which can be quite different from what individuals are used to. Overall, these changes impact daily activities and require a thoughtful approach to ensure a successful recovery and adjustment period.

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

Patients with a new ostomy often face significant psychosocial and emotional challenges. Understanding the mental impact of this life-altering surgery is crucial, as it can affect their confidence and daily activities. Many individuals experience a decrease in self-esteem due to changes in their body image and the new responsibilities associated with stoma care. Concerns about odor, leakage, and the overall willingness to care for themselves can further diminish their self-confidence. Acknowledging and addressing these emotional needs is essential for supporting their adjustment and promoting a positive outlook on their new reality.

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

Having a support system is crucial after undergoing ostomy or bowel diversion surgery. The encouragement and assistance from family and friends can make a significant difference during this life transition. Their support not only helps individuals adapt to their new way of life but also alleviates feelings of isolation. With loved ones by their side, patients can navigate the challenges more easily and feel empowered in their recovery journey.

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

The nurse can educate a patient with a new ostomy about important dietary changes to support their health. It's essential to ensure adequate fiber intake, as it helps maintain regular bowel function. Staying well-hydrated is also crucial, as fluid needs typically increase after surgery. Patients should learn about

their specific dietary requirements and how to identify which foods aid digestion while minimizing discomfort. Understanding these dietary adjustments will empower patients to manage their nutrition effectively and promote overall well-being.

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

Resources available for patients with a new ostomy or stoma include supportive staff, dietitians, and specialized ostomy care nurses. Regular follow-ups and patient education are also essential in helping individuals understand their new situation. Additionally, support groups offer valuable advice and a sense of community, making it easier for patients to adjust to their new circumstances and enhance their overall well-being.