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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched "Living with an Ostomy- Logans story"

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

Some lifestyle changes that may occur because of an ostomy/bowel diversion surgery can include having management of the bag, clothing limitations, mental challenges, and activity limitations. Many individuals have shared their stories, and it is said that you can have a completely "normal" life with an ostomy bag. However, it will take adjusting mentally and physically to adjust having a bag on the outside of the stomach. It can be emotionally and physically challenging at first when adjusting to managing a new ostomy bag. Managing the cleanliness and other aspects when having a bag can be emotional socially. Other daily considerations that would have to be considered would include ensuring that clothing is not too tight over the bag, which can be limiting. Along with having to adjust some physical activity depending on the impact it is having regarding the ostomy bag. One final lifestyle adjustment that may occur with an ostomy bag would be adjusting to a new schedule and diet. Watching what and how much you eat. Along with having to create a routine that aligns with the new ostomy bag.

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

Patients that must receive a new ostomy can face many emotions when first adjusting to having a bag. The emotional needs for each patient will differ but common emotions that likely occur in this situation includes anxiety, body dysmorphia, depression, and personal conflicts. To think if I were in this situation I am sure it would take time to adjust mentally. It would be extremely difficult, and I would need my support system by my side. The education of taking care of the ostomy bag must also be obtained. Having the daily responsibility to keep it clean and maintained.

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

Having a support system when undergoing any surgery or medical diagnosis is important. Support systems provide emotional and physical support. Having an ostomy/bowel diversion surgery creates the need for a stable support system for the patient. An individual having this surgery would need their family and friends to step up and provide support. This system provides a healing and comfortable environment for the patient to thrive in. Daily routines and living will alter when adjusting to having a new ostomy bag. Considerations including meals, bathrooms, timing, etc. will have to be considered when adjusting to this lifestyle so it is important that these individuals are understanding.

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

Some dietary changes that a nurse could educate on for a patient with a new ostomy could include eating smaller portions and consuming enough fiber but staying clear from fibers that cannot be easily digested. An example of this would be popcorn. Drinking enough water and fluids is also needed to ensure the increased fluid needs are met. This allows for normal bowel movements and maintenance of the body and organ system. The body needs to slowly adapt to the bag, this is important to keep in mind. An individual having this surgery would want to know that they cannot just jump into their old habits.

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

Some resources that are available for patients with a new ostomy/stoma include support and information groups through care facilities. Typically, whatever center you receive your care from will be able to provide emotional support groups and courses. Social media has grown throughout the years including Facebook, Instagram, twitter excreta. Support and educational groups are available for almost anything. Individuals in the same situation or have family going through the same thing. It provides a safe space for individuals to ask questions and reach out with their own personal experiences.