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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched the video, "Living life to the full with a stoma". This is Alex's story.

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

You are given the option to use a disabled toilet which would provide a more comfortable way of using the restroom to change your stoma. When he exercises, Alex wears a support belt to protect himself from a hernia all while allowing him to play sports and do the activities he enjoys.

Alex explained towards the end of the video that although he had negative feelings about his stoma at the beginning, he is an open book now and will educate anyone on stomas/ostomies and the lifestyle. He said that you must live life with confidence to live life to the fullest. At one time, he did not feel comfortable enough to wear the clothes he used to before having a stoma. He now embraces his life in all its ways!

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

In the video, Alex explained the emotions that was caused because of his new ostomy. He was worried that he would not be able to play the sports he used to such as rugby and flag football, going out to meet new people, and live life the way he was used to. Alex felt uncomfortable with the way his body looked with a stoma and did not want to show anyone. It is important to have a strong support system.

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

Alex spoke out about his mental struggles after getting an ostomy. He suffered from depression and fell into alcoholism. This led to him pushing away everyone that cared deeply about him, even his family. He mentioned that he always had negative outlooks about his new life, but with the support of his family, they brought positivity and helped him through such a life-changing adjustment period.

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

There are certain foods that a person with a stoma/ostomy cannot eat because of the way it is digested. As read in our textbook, some foods that people with a stoma cannot eat are those with indigestible fiber. This includes sweet corn, popcorn, raw mushrooms, fresh pineapple, and Chinese cabbage. However, if you eat these foods in small quantities and drink many fluids, they are unlikely to experience any difficulty.

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

According to Alex's story, the stoma team was a great resource. They educated and helped him through the steps of taking care of a new ostomy correctly. They taught him how to maintain and change the bag, as well as cleaning around the stoma to keep it healthy. The stoma team will also give you their information in case you need to call them with any questions about caring for your stoma/ostomy. You can get a certificate when traveling abroad that explains the need for carrying excess medical supplies. When traveling, you are allowed to get an aisle seat closest to the toilet just in case there are struggles experienced with having a stoma.