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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched both videos.

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

Some lifestyle changes that a patient may have to adapt to our different eating habits. A patient can eat whatever they want, but immediately after surgery it is best to stick to a low residue diet while they body heals. Some foods may affect them differently then they did prior to having surgery. Logan mentioned eating dinner earlier in the evening, so the digestion process begins before he goes to bed so he can get a better night's rest. He also mentioned having an emergency kit with ostomy care supplies that you can take with you wherever you go in case they bag leaks when you aren't at home. Alex mentioned wearing a support belt when he exercises to prevent a hernia. He participates in numerous physical activities such as swimming, stomach crunches, and flag football. A patient may need to purchase new clothing. They may want to wear baggy clothes to hide the bag and/or wear clothing that the waistband will not be sitting on the bag.

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

Patients may isolate themselves and get depressed after getting an ostomy. Patients may also experience other emotions such as anxiety and embarrassment. They can become self-conscious about their body image which could effect their sexuality. They might fear to go out in public because they are afraid that the bag could leak, create an odor, and/or people may hear noises coming from the bag from gas and stool being eliminated through the stoma. Alex said if you have self-confidence then an ostomy will not affect your social life.

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

A support system is important because patients will need help navigating through all the emotions that they will go through following the procedure. They may need guidance and/or assistance with the proper care of the stoma and how to change the bag.

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 should consider educating to a patient include:

- Increase fluids
 - Instruct patient to drink 8 oz of water every time they empty the bag
 - Wait 30 minutes after a meal to drink anything to avoid flushing the food out of the body immediately after consumption
- 2-3 weeks post op patients should eat a low residue diet and avoid high fiber foods while the body heals; slowly incorporate healthy foods such as vegetables back into the diet (per Logan's story)
- Instruct the patient to eat numerous small meals per day rather than 3 big meals
- Inform patients that foods may effect their digestive system differently than they did prior to the surgery
- Limit sugar and alcohol intake
- Chew food slowly and completely

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

Alex mentioned having a stoma team available to help him with any questions or concerns that he had about changing the bag, stoma care, and anything else that he needed. He also met with a dietician. Our textbook mentions patients having resources such as an ostomy nurse; The Wound, Ostomy, and Continence Nurses Society; and support groups belonging to the United Ostomy Association of America.