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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Living with an ostomy- Logan's story

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

As a result of an ostomy/ bowel diversion surgery some lifestyle changes that may occur are changing diet, and activity levels after surgery. An ostomy is rerouting the stool through the small or large intestines. It requires care of emptying and cleaning the area properly. Establishing a regular defecation schedule, proper fluid and food intake, regular exercise program, and carrying an emergency supply kit for ostomy are all important. With an ostomy after it is healed you can do everything in life as you were able to before for example, swimming, riding a bike, running, eating regular foods.

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

Some psychosocial/ emotional needs for patients with a new ostomy ask the patient or family about cultural practices when providing care to enhance the patient's comfort. Patients may find discomfort of exposure and embarrassment.

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

The importance of having a support system after undergoing an ostomy/ bowel diversion surgery is for emotional support, physical support, and a regular care plan. Some patients may not be able to take care of the ostomy bag, therefore the family would need education and be included in the plan of care. Patients may experience different emotions finding others that experience something similar can make a patient feel more confident.

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

Some dietary changes that the nurse could educate on for a patient with a new ostomy are foods that are high in fiber diet such as rice and meats. Another diet would be a low residual diet after surgery for 2-3week would be foods such as bananas, applesauce, peanut butter, and potatoes. Foods that slow down the production of stool to limit the number of watery stools. Not drinking liquids for 30 minutes after you eat anything. Having five to six smaller meals every three to four hours and eating dinner early to give time for digestion.

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

Some resources available for patients with a new ostomy/stoma all depend on the patient and what they want as it is a patient centered care plan. Some good resources would be nursing education, the nurse can print off tools to better help the patent take care of ostomy/ stoma, support groups, scheduling appointments more frequent til patient is more confident.