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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?

A change in diet can be difficult. Emptying an ostomy bag could interfere with daily life. The ostomy bag will need to be checked multiple times each night. Normal activities are not limited with an ostomy.

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

Education and courage need to be provided to the patient to ease their anxiety about life with an ostomy. The patient may have difficulty with self-esteem, body image, sexuality, and depression. Emotional support is needed before and after surgery. Self-care inabilities will impact self-esteem. The patient will need to successfully care for the ostomy by emptying and replacing the bag.

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

It is important to have a support system to provide comfort and confidence. A support system can help with lifestyle changes. People with an ostomy may be susceptible to depression so spending time with friends and family can ease anxieties.

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

Patients with colostomies have no diet restrictions besides diet promoting normal, healthy bowel function with adequate fluid and fiber. It is recommended to eat small portions of indigestible foods

such as sweet corn, popcorn, raw mushrooms, fresh pineapple, and Chinese cabbage to avoid food blockage. Fluid is encouraged when eating these foods.

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

Education on how to care for and change the ostomy bag is provided throughout their hospital stay. The patient is provided resources such as phone numbers, and foods to avoid or eat.

The Wound, Ostomy, and Continence Nurses Society (<http://www.wocn.org>) provides information and helps patients locate a WON. Consider referring to local ostomy groups, such as those affiliated with the United Ostomy Associations of America at <http://www.ostomy.org>.