

Student Name: Nevaeh Walton

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? -Living life to the full with a stoma

- 1.) What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?
  - One lifestyle change could be the differences in clothing that may choose to wear. If a patient feels uncomfortable or to avoid irritation to the ostomy, they might choose to wear more loose-fitting clothes than they did before. Another would be the additional hygiene care that they would need to provide for the ostomy. This includes cleaning the ostomy and changing it.
  
- 2.) What are some psychosocial/emotional needs for patients with a new ostomy?
  - These patients might struggle with body issues which could be helped by support groups or other resources like counseling. They might also feel like their life is out of control or that they lost some of their independence. They might need additional support and encouragement to take control and be active in the care of their ostomy.
  
- 3.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery.
  - Having a support system is vital it allows patients to cope with the new changes to their lifestyle and it allows patients to maintain a positive outlook.
  
- 4.) What are some dietary changes that the nurse could educate on for a patient with a new ostomy?
  - Some dietary changes would be an initial low fiber diet to prevent blockages. Make sure there aware that some foods can lead to increased gas, which could be uncomfortable. These foods are like beans, dairy, or carbonated drinks.

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

- There are support groups, blogs, and online websites that provide support and education to patients that with a new ostomy/stoma.