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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched Logans story!

1.) What lifestyle changes may occur as a result of ostomy/bowel diversion surgery?
You may have to modify your diet and avoid certain foods with the ostomy surgery. You will have to learn how to clean your ostomy pouch and cleaning the stoma. It's a possibility you may have to avoid certain activities as well.

2.) What are some psychosocial/emotional needs for patients with a new ostomy?
Patients may develop anxiety and depression having a new ostomy. It's a lifestyle change and can be uncomfortable and some may feel embarrassed so having a great emotional support system is very important. Patients may struggle with the changes to their body – support groups or even counseling could help patients

3.) Describe the importance of having a support system after undergoing an ostomy/bowel diversion surgery. I think its very important to have a support system after undergoing an ostomy surgery. Being able to share experiences with others who have had this done can help the patients emotional well-being. Making sure the patient is educated on ostomy care and the do's and don'ts after the surgery is also important to avoid any problems in the future. Patients can find resources in their community to help them maintain a positive outlook and share experiences with others and those who have gone through the same thing.

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

I would educate the patient to hydrate well, teach them about odor control and gas producing foods. Community resources and education on ostomy care.

5.) What are some resources available for patients with a new ostomy/stoma?
Ostomy support groups, maybe talk with a nurse who specializes in ostomy care. Also reaching out to maybe a dietician so the patient can help make the right choices.