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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

**I watched Alex's story about his stoma.**

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

**Some lifestyle changes that may result from ostomy/bowel diversion surgery that I noticed, especially in Alex's case, were his self-esteem and how he plans his day or even how he uses precautions when he goes out in public or travels abroad. Contrary to the average person, he has a drawer filled with supplies that he uses to change out his ostomy bags. He mentioned that when he goes out in public, he carries around back up supplies just in case he was to be in a situation where he needed to change out his bag. When he travels abroad, he takes double the supplies as a precaution on the plane and sits in an aisle seat for easy access to the bathroom in case he needs it. Alex mentions that he loves to workout. He is still able to do so and play his sports if he wears a stomach belt to prevent a hernia. He also mentions that he goes swimming with his stoma. He just takes his top off and dives right in. He mentions a few times how he used to be very self-conscious about his stoma, but over time he was able to build that self-esteem to live a happy and normal life.**

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

**Some psychosocial/emotional needs for a client with a new ostomy would be making sure that their anxieties and concerns about their self-esteem, body image and sexuality are met. Sometimes patients do not have the ability to maintain care for their stomas, which can cause a decrease in self-esteem, especially in older adults. Making sure that a patient is aware of how to adjust, empty, and prevent leakage and odors can help with these emotional needs and anxieties.**

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

**In Alex's situation, he was so depressed about his situation he started pushing away everyone he loved, including his parents, and he turned to alcohol. He said that once he came to the realization**

that he could still actually live a normal life, he worked hard to bring those people back into his life. He said that he realized he didn't have to sit all day on the toilet. His friends and his family made him feel good about having a stoma, which enhanced his positivity on having one so he can live a normal life.

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

As Alex mentions, everyone's diet will differ depending on the person. However, right after surgery, the patient should be given soft foods until their appetite has returned to normal. Patients with colostomies typically do not have any diet restrictions other than maintaining adequate fiber and fluid intake to keep stool soft and formed. Patients with ileostomies will digest food completely but lose fluid and salt in the process of elimination, so it's important for them to replace what they have lost to avoid dehydration. The nurse could educate the patient in this situation to drink 8 oz of water during each ostomy bag change as a reminder that they have a greater fluid volume need. Patients with ileostomies also are at greater risk for food blockage. This means that foods such as corn, pineapple, popcorn, raw mushrooms, and Chinese cabbage that contain indigestible fiber pose greater risk for the patient. Patients need to be reminded to eat these foods in small quantities, drink fluids while eating, and chew thoroughly, and they should be fine.

5.) Identify an online resource available for clients with a new ostomy/stoma?

An online resource available for clients with a new ostomy/stoma would be:

WOCN: <http://www.wocn.org>

United Ostomy Associations of America: <http://www.ostomy.org>