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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? [Alex's Story of Living with a Stoma](#)

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

After watching Alex's story about him getting a stoma at such an early age due to cancer. At first, he had a really hard time adjusting to having a stoma. He had very little confidence in himself and pushed away his family and friends. He also started to drink alcohol to try to cope with his situation. I can't imagine what kind of impact that would have on someone's life but if this were me I would have a very difficult time with it.

Lifestyle changes due to an Alex's stoma:

- Daily care to prevent infection
- Finding the right stoma bag that is the right fit and most comfortable
- Needing to have or take spare supplies to work/vacations
- Learning what foods you can eat that prevent more gas, odors, and frequent bowels
- Avoiding high fiber diet
- Drinking plenty of water to stay hydrated
- Being alert of dehydration
- Initially no heavy lifting but gradually Alex was able to continue with his normal exercise routine due to some simple modifications.
- Wear more loose fitting cloths to feel more comfortable which Alex did at first because he was uncomfortable but eventually gained confidence to wear his normal size clothing

Overall, having a stoma puts a person through quite an emotional rollercoaster on anyone. Alex's story was a very inspirational one. He went through all the normal emotions and changes that are usual for anyone who may have a stoma. Eventually he has coped and accepted it very well with the support of his family and medical team. It was great to see him have a normal life just like anyone else and how much confidence he has. By the way he has handled this situation I believe he is going to be a great father to his son and show him that there is nothing that can stop you from living a happy and normal life even if it seems difficult at first.

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

Alex was so young when he initially had to get a stoma. He went through major confidence issues and pushed his family and friends away. He was scared at first because he was concerned about playing the sports he loved, having a normal social life, and just living a normal life. This is completely normal especially due to his age. He turned to drinking but eventually came back to his family, friends, and medical team for support which helped him bring his confidence back and continue to live a happy and healthy life.

Having a stoma at any age would definitely take some time to adjust to but with support of the people around you on a daily basis would help tremendously. Of course, at first most people that have an ostomy are going to look at all the negatives to having it rather than the positive of receiving it. It just takes time and a lot of support to adjust to the "new you." It just takes time to decide that it was what was best for your body. For Alex it was an alternative to his bowel cancer.