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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Logans story-living with an ostomy

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

The lifestyle changes may occur because of an ostomy, such as sticking with a low residue diet, basically avoiding high fiber foods for the first 2-3 weeks after surgery. Another lifestyle change is not drinking anything 30 minutes after you eat. As this allows your body to adjust your food. The third lifestyle change is space out your meals, it allows your body to fully digest your food. The last lifestyle change is learning how to empty out your ostomy bag.

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

Some psychosocial/emotional needs for patients with a new ostomy are negative effects on self-esteem and body image. It's a huge change both physically and mentally on an individual. Interventions such as emptying and changing the ostomy can be hard to get used to when first starting out or even as you age into older adulthood as well. The maintenance of keeping the ostomy free from odor and cleanliness can be hard mentally and physically for the individual. Once you have the ostomy it can be hard mentally since you must take it easy for the first few weeks and wait for your body to get used to the change.