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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched both Logen and Alex's stories, just to get a perspective of what both individuals face.

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

Lifestyle changes occurring for individuals with new ostomy/bowel diversion surgery can range from adapting to the new stoma, daily care, managing new diets, emotional or mental adjustment, and physical exercise precautions. Life with a new stoma means understanding how to properly clean, empty and change the system as needed. Not only do individuals need to learn how to care for a stoma, but education is also needed on how to maintain an irritation free environment and learning how to notice the signs of infection or reactions. Observing the skin around the stoma site daily to notice any changes of skin color, breakdown, injury, erythema, or blistering. Lifestyle changes also include understanding new diets associated with ostomy/bowel diversion surgery, such as a low residue diet. A low residue diet is recommended to reduce the bulk and frequency of stools, increasing digestion and absorption, reducing gas and blockages. This can include limiting or avoiding high fiber, whole grains, raw veggies, fatty foods, carbonation, nuts, and fruits. Dietary modifications help to slow down production of stool/digestion, producing thicker stools and preventing dehydration from liquids not being absorbed. Another lifestyle change can include consuming smaller meals to space out food ingested, allowing the intestines to move at a slower pace and absorb more nutrients. Being prepared and carrying around extra supplies in case of accidents or emergencies with stomas is also another change to get used to. Ostomy/bowel diversion surgery can also affect the mental or emotional aspect of oneself. Lifestyle changes dealing with it can include feeling vulnerable, embarrassed, or reduced confidence. These can lead to disturbances in personal relationships or depression. It is important to recognize any challenges in the adjacent and receive any support needed. The last lifestyle change affecting individuals is adapting to physical exercise precautions. High risk contact sports can be restricted to prevent injuring the site or causing hernias. However, using a supported waist belt for ostomies can provide security when taking part in physical activities. Individuals facing lifestyle changes due to ostomy/bowel diversion surgery's face an adjustment period in adapting to the new systems, diet modifications, mental impact, and daily care.

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

Patients with new ostomy's commonly face psychosocial/emotional challenges. These can include depression, new outlets to relieve emotionally pain, communication challenges, body image issues, embarrassment or anxiety. The physical appearance of patients is altered with a new ostomy, affecting

how patients see themselves. This can cause struggles of embarrassment and lowered confidence/self-esteem. Often these are due to altered body image of a visible ostomy or pouch, possibility of gas or leakage, and fear of independence. It can contribute to social withdraw and hinder relationships. Adding all of these up, patients often face struggles of unhealthy coping mechanisms (such as alcohol). Patients with new ostomy's need support to the lifestyle modifications such as therapy, counseling, or groups. Support is a great way to enhance mental struggles and to increase confidence in oneself. Education can improve emotional/psychosocial needs by increasing independence and reducing anxiety. It can promote positive adjustments to stability. Overall, patients often face mental challenges with new ostomy's but with the right education and support it can help patients to improve quality of life and independence.