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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched the "Living with an Ostomy - Logan's story" video.

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

After an ostomy/bowel diversion surgery, some lifestyle changes may occur to the individual. One lifestyle change would be changing diet to manage the output. Whether it be through watching fluid intake or not eating foods that may cause gas or odor. This would also help with the prevention of blockages. Another lifestyle change would be learning proper care for the stoma and skin in the area. This would have an effect on daily routines, clothing changes, and planning activities based around ostomy supplies. This can change the way a person uses time management and completes everyday tasks. In addition, some individuals may also experience changes in their interactions with others, and emotional well-being as they adapt to living with a stoma, including concern about body image changes and being self-conscious in social situations.

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

One psychosocial/emotional need for patients with a new ostomy would include emotional support to cope with changes in body image and self-esteem. For example, they often require reassurance and guidance to manage feelings of embarrassment and fear about social situations. As the individual may experience frustration or even sadness about no longer having a normal, functioning bowel. Encouragement from those around them whether it be through family, healthcare providers, or even individuals who have experienced something similar can help the patient find it easier to adjust to living with a stoma. Lastly, allowing patients with a new ostomy to take part in their stoma care can promote independence within the patient. As they become assured of taking care of their stoma, they will slowly ease those feelings of helplessness and support their emotional and physical adjustment to the procedure.