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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

I watched the first video, Living with an Ostomy-Logan's Story.

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

Someone who has an ostomy, whether it's temporary or permanent, requires a pouch to collect their stool (Potter et al. 2026). These patients have specific elimination needs and require education for managing their condition. After watching the first video, I learned about Logan's story. Logan has a temporary ostomy and has experienced several lifestyle changes following his surgery. He had to ease back into eating and was initially placed on a low-residue diet, avoiding high-fiber foods. His meals consisted of simple and bland foods like chicken and rice to support the healing process of his stomach. This was a significant adjustment for Logan, who previously followed a plant-based diet. However, after a few weeks, he gradually was able to return to his previous eating habits. Logan also shared that he had to wake up every three hours during the night to empty his ostomy pouch, which was another major adjustment. He mentioned the risk of the pouch leaking, which required him to carry an emergency kit with a spare pouch and other necessary supplies when leaving the house. While Logan's ostomy is temporary, he emphasized that people with long-term ostomies can still live a normal and successful life.

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

Some things to keep in mind for patients with a new ostomy are to know that whether you have a colostomy or an ileostomy, you can still live a normal life and be just as successful. It is very challenging to overcome, but it's important to take it slow and allow your body to heal. Having a positive attitude is very helpful, and understanding that you are not alone. The video was very eye-opening and insightful for what it's like for individuals to live with a colostomy or ileostomy.