

Student Name: Katelyn Swingle

Firelands Regional Medical Center School of Nursing

Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch?

Living life to the fullest with a stoma - Alex's story

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

As a result of ostomy/bowl division surgery there are many lifestyle changes that might occur. On the nutritional side mostly, people can continue with a normal bowl function diet with high fiber and fluid. They must also keep hydrated due to the loss of salt and water from the ostomy bag. People could also develop a food blockage from eating foods with ingestible fiber, so it is recommended to have those foods in small portions. For your regular life you really don't have to change anything. You can live a normal life. With exercise though or like physical work you should wear a support belt but the key behind it is to be confident in what you do.

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

When patients receive a new ostomy, they usually face anxiety and a wave of new emotions, so it is important that we provide them with appropriate psychological and emotional support as well as recognizing the signs and cues for psychological concerns. They usually face conflicts with body image and self-esteem. When you receive a new ostomy bag it takes a while to adjust with how to take care of the bag and how to adjust to your daily living so your approach should always be individualized. Over time it does get better but especially in the beginning it is rough, and people face depression and anxiety but as you gain more confidence you will gain self-esteem back.