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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? I watched both stories actually.

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

Ostomy patients undergo several lifestyle changes, some of the ones talked about in the second video were that he is still able to do the things he loves to do like exercise and even stomach crunches or sit-ups he just has to wear a protective band over his ostomy to prevent hernia. You have to also think about your ostomy getting full so bring an extra back just in case that should ever happen. The second video touched on patients worrying about the smell but he stated there isn't much of a smell since the ostomy bags have filters. Overall you can have a normal life and return to previous activities with a few accommodations.

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

The main focus I think here is body image and self-esteem, having an ostomy would be a big adjustment in this department. Ostomy patients often struggle with altered body image or may feel embarrassed or fear of odor or leakage. Making sure ostomy patients have a good support system is vital for their recovery. Having an ostomy may cause anxiety over certain things like swimming, or sexual relationships times when you may be without something covering their ostomy bag. At the end of the day it just comes down to having a solid support system but also education. Educating those who don't have an ostomy so that if they see someone with one out in public or swimming etc. they will be more kind and compassionate in regards to how that person may feel.

