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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?

There are multiple lifestyle changes that people must adjust to following ostomy/bowel diversion surgery. People who have an ostomy need to learn how to properly empty and care for their stoma bags. This is a new skill and way of life that takes time to adjust to and learn. People also need to adjust their diet to a low residue diet following the first two to three weeks after surgery. This diet is necessary to allow the body to heal. A support belt is also needed during exercise or physical activity to prevent a hernia from developing.

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

Patients who have a new ostomy may feel a decrease in self-worth and feel unattractive. Many patients who have a new ostomy are scared to tell others out of fear of being judged. Depression and a lack of self-worth can lead to drug and alcohol abuse. Alex talked about how he would only wear baggy clothes to help hide his ostomy. Many people feel the same way as Alex and have a lack of confidence in their new appearance. It is important for patients to have a good support system when learning how to accept their new way of life.