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Nursing Foundations

Online Bowel Elimination Assignment

Which patient story video did you watch? **Logan's story**

[https://www.youtube.com/watch?v=89ol\\_ekajU](https://www.youtube.com/watch?v=89ol_ekajU)

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

After having an ostomy, there's a lot of adjustment that must happen both officially and mentally. Logan talked a lot about his adjusting period: cleaning, maintenance, and paying attention to the food he would eat that worked for his body. Many patients, not only Logan, must watch for things like dehydration, gas, and certain foods that can put more stress on the digestive tract. This is a big lifestyle change, as people have to carry supplies with them to be able to clean and dump the contents, and be mindful of where the restrooms are always. It can change the type of clothes someone wears, especially right after surgery. Someone might choose to wear looser clothes, as it would feel more comfortable and more freeing to move as they get used to the new lifestyle change. Over time, we are able to adapt and start building new routines... People with ostomy bags can live a normal life; it just takes some time and patience to get used to it.

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

Emotionally, getting an ostomy can really affect how someone sees themselves... Naturally, as humans, we don't like change, let alone change we can't control. A lot of people struggle with mental health as they can feel embarrassed, have confidence issues, nervousness, be angry at the world, and/or be upset due to this. Logan shared that it took some time to accept himself again, which is something a lot of patients experience. People may also worry about returning to social activities due to 'being different'... This is why emotional support and guidance are so important, especially in big lifestyle changes like this. Having friends and family who would simply encourage or support could make the biggest difference in their emotional health.

