

Impact of Patient Education in Stoma Care Patients: Literature Review

Tuan Nguyen

Lakeview College of Nursing

Dr. Ariel Wright

June 11, 2021

Impact of Client Education in Stoma Care Clients: Literature Review

Surgical procedures such as artificially created stomas are done with the ultimate intention to help preserve normal function within the body. A stoma is a surgically created opening on areas of the abdomen connected to either the urinary or digestive system to allow for waste to leave the body (Liu et al., 2021). Such surgical modifications can have unforeseen consequences on one's quality of life. Clients with stomas must learn to incorporate their new body modification into their lives and adapt to the psychological, physical, and emotional obstacles that come with it (Liu et al., 2021). For this reason, members of the healthcare team need to provide client education to their clients to help them care for their stoma and help them cope and adapt to such changes. This literature review will examine the importance that client-centered education has, its beneficial effects on the client's overall well-being, and the effect it can have on the length of stay in hospitals for clients with a stoma.

The Quality of Life of Patients with Colorectal Cancer and a Stoma in China: A Quantitative Cross-sectional Study

A study conducted in China aimed to look at how stomas affected the quality of life and other factors associated with quality of living for 375 clients. Most clients reported a significantly reduced quality of living, but 359 out of the 375 clients reported that factors such as a low financial status, stoma related complications, being dependent on others for assistance, having a temporary stoma, and psychological issues, specifically contributed to a lower quality of living. Among the reasons, depending on others for assistance and the type of stoma are factors that can be resolved with proper education. Clients with a temporary stoma experienced a

lower quality of living since ileostomies are often used for temporary stoma. These in contrast to permanent stoma are more difficult to care for as they experience a high chance of leakage, which can result in the lower quality of living (Liu et al., 2021). Clients that must rely on the assistance of others for care often become anxious as they are unable to provide care for themselves when the pouch becomes full or loose. This psychological distress results in reduced quality of living (Liu et al, 2021). Providers and caregivers can improve the quality of living for many of these clients by providing them the proper skills and education on how to care for the stoma in these situations. Education should also be centered to the client as clients with temporary stoma require more care due to the high chance of leakage (Liu et al., 2021).

Key Points

Most of the clients who participated in the study reported poor quality of living, most attributing the poor quality due to low financial status, reliance on others for care, psychological issues, stoma-related complications, and stoma type (Liu et al., 2021). Caregivers have a role in improving care by providing client education that can improve living quality for these clients (Liu et al., 2021). Caregivers can teach clients and provide them the skill to care for their stoma so that they will not have to rely on others for assistance or feel anxious when their pouch becomes full, whether it is a permanent or temporary stoma (Liu et al., 2021).

Assumptions

Caring for clients with stomas often comes with unmentioned issues that may be important to address. These unmentioned issues can cause the client distress and discomfort that may go unnoticed, so caregivers need to assess the client and provide attention where it is needed. For

example, clients with a temporary stoma need more supervision than clients with permanent ones, as the study shows (Liu et al., 2021). These clients can benefit significantly from the client-specific education provided by caregivers who can improve their quality of living and make a difference (Liu et al., 2021). Caregivers should be trained in stoma care and should teach those skills to clients so that they have the power to improve their quality of living.

Deficit/Conclusion

The study goes over the importance of knowing possible factors that can be affected by medical treatments. A treatment designed to improve someone's outlook does not always mean that it will not have consequences. It is vital to have the mind so set on the treatment and the potential problems that it can bring up. Knowing this will help improve the client's quality of care and living. The article also points out the importance of providing individualized client care and education. Clients may have a stoma, but not every stoma will be the same, as mentioned by the difference in a client's struggles with a temporary one as opposed to a permanent one (Liu et al., 2021). Paying particular attention to clients and providing them with the individualized care they need will significantly improve their quality of care. Not everyone will respond to the same treatment. If everyone received the same care, then some clients will benefit more than others. At the same time, some may even experience harmful effects from the treatment, and healthcare would become ineffective.

Acceptance of disease and the quality of life in patients with enteric stoma

A study conducted in Poland aimed to examine the relationship between acceptance of a disease and the quality of life for clients with a stoma. 101 clients participated in two

questionnaires that would determine their quality of life and their level of acceptance. Clients would rate their acceptance to situations pertaining to having a stoma using a scale from 1 to 5. The lower the number the more negative the reaction is (Szpilewska et al., 2018). Depending how the clients do on the Acceptance of Illness Scale (AIS), they will be placed in one of three groups (Szpilewska et al., 2018). Group 1 demonstrated a lack of acceptance of their condition with 8 to 18 points, group 2 demonstrated an average level of acceptance with 19 to 29 points, and group 3 demonstrated a good level of acceptance with 30 to 40 points (Szpilewska et al., 2018). The Health-Related Quality of Life Survey (HRQOL) consist of categories such as education level, type of work, place of residence, reason for choosing an ostomy, self-care, and social contact (Szpilewska et al., 2018). divided the 101 clients into one of three groups as well. Group one would demonstrate a poor quality of life with less than 30 points, group 2 demonstrated a good quality of life with 30 to 50 points, and group 3 demonstrated a very good quality of life with more than 50 points (Szpilewska et al., 2018). After the groups were made, they were used to make a bar graph. Three categories were labeled on the bottom of the chart labeled, lack of acceptance of disease, average level of acceptance of disease, and acceptance of the disease on a good level (Szpilewska et al., 2018). The category labeled with a lack of acceptance to the stoma had a poor quality of life of 23% (Szpilewska et al., 2018). The category labeled (with an average level of acceptance of disease had a poor quality of life of 3%, and the category labeled, with acceptance of disease on a good level had a 0% for poor quality of life (Szpilewska et al., 2018). This study would indicate that as the level of acceptance to the stoma increased, so did the quality of life (Szpilewska et al., 2018)

Key Points

The study aimed to show how the level of acceptance towards the stoma correlates with the quality of an individual's life. The Acceptance of Illness Scale (AIS) and the Health-related quality of life survey (HRQOL) questionnaires were used to help place the clients into categories that would hopefully provide insight into the correlation of awareness and acceptance of stomas and the quality of the lives of the clients (Szpilewska et al., 2018). Clients that scored higher in the Acceptance of Illness Scale had a higher level of acceptance or outlook in their situation. Like the Acceptance of Illness Scale, clients who scored higher on the health-related quality of life survey had a higher quality of life (Szpilewska et al., 2018). The results indicated that clients with a higher level of acceptance also had a higher quality of life..

Assumptions

A lower score on the health-related quality of life (HRQOL) survey indicates that a person has a lower quality of life. Lower quality of life is characterized by not having much social contact, lack of interactions with their providers, insufficient sleep, experience limitations related to their stoma, or a negative self-image after receiving a stoma (Szpilewska et al., 2018). If clients were not to accept their situation, they would have a lower quality of life. Client education plays a role in the results. Clients that have scored a low score in the HRQOL survey indicate that they lack a healthy outlook on life. These clients may lack social interaction, have an impaired self-image, or lack sufficient interactions with their providers. Client education is crucial after a procedure such as a stoma. Without proper education, clients will lack proper skills in stoma care, which can negatively affect their self-image. Caregivers and providers must educate the client on the importance of maintaining proper care, a self-image, and encouraging social interaction as it promotes the overall well-being.

Deficit/Conclusion

The study attempts to prove the correlating relationship between an accepting attitude towards conditions such as having a stoma and clients' quality of life. It also encourages clients to accept their illnesses or conditions to move forward as it is a necessary step towards adapting (Szpilewska et al., 2018). The study also concludes that it is essential for clients to have increased education to use it to adapt to their conditions (Szpilewska et al., 2018). Client education is essential to a client's recovery. Clients will benefit from how to care for themselves after a procedure such as a stoma. Being able to care for themselves will prevent the loss of their independence which prevents depression. Caring for themselves also extends to maintaining a social life that includes friends and family in their care. Loved ones must be included in the care as it will benefit the client's self-image to know that he or she is a valued member of a family and has a support system. If nurses fail to provide client education, clients will lack the knowledge to take care of themselves physically, mentally, and emotionally and nurses would lose part of their identity as healthcare teachers.

Pre- and postoperative stoma education and guidance within an enhanced recovery after surgery (ERAS) program reduces length of hospital stay in colorectal surgery

The study aims to compare a new treatment characterized by a combination of stoma education and enhanced recovery after surgery (ERAS) program with traditional standard treatments (Forsmo et al., 2016). One hundred twenty-two clients were divided evenly into the new treatment and standard treatment. Clients in the combination treatment received extra education on various topics related to the stoma procedure. The information included a detailed review of the intestine and the removed parts, pictures of a stoma, the function of stoma

equipment, the possible impact of activities of daily life after the stoma procedure, how to care for a stoma, where to buy equipment to care for a stoma (Forsmo et al., 2016). In contrast, the clients in the standard treatment groups were only briefed on the removed intestine area, how to care for a stoma, and how to bathe and shower with a stoma (Forsmo et al., 2016). After the surgeries to give the clients their stoma, the new treatment group experienced stoma-related complications in 38% of its clients compared to the 51% in the standard treatment group (Forsmo et al., 2016). While the quality of life for both groups remained the same, clients in the ERA treatment group stayed in the hospital for six days compared to the nine days for the standard treatment group (Forsmo et al., 2016). The ERA group also left their postoperative hospital stay after five days compared to the nine days for the standard treatment group (Forsmo et al., 2016).

Key Points

The study looks at a new multimodal perioperative approach characterized by extra education on stoma and enhanced recovery after surgery (ERAS) and the standard treatment for a stoma. The difference between the new treatment and the standard treatment consists of additional educational topics related to the stoma procedure (Forsmo et al., 2016). The new treatment group experienced stoma-related complications in 38% of its clients, while the standard treatment group experienced 51% in stoma-related complications (Forsmo et al., 2016). Clients in the ERA treatment group left the hospital after six days compared to the nine days for the standard treatment group (Forsmo et al., 2016). The ERA group also left their postoperative hospital stay after five days compared to the nine days for the standard treatment group (Forsmo et al., 2016).

Assumptions

Client education is essential to the well-being of the client. Proper education teaches the client how to care for himself or herself before and after a procedure and lets the client know what to expect should something happen. An adequately informed client will be able to manage his or her health more proficiently. Given the nature of the new treatment described in the study and knowing the extra educational content it contains, it is safe to assume that clients within the new treatment group will be better informed, trained and prepared to handle the care needed. The extra educational content makes it easy to assume that clients within the new treatment group would experience a higher quality of living considering the extra provided information.

Deficit/Conclusion

Client education is essential as a caregiver as it ensures that the client knows how to care for himself or herself. Proper education can inform clients, better prepare them, and improve their outcomes. It would make sense that more client education would result in a better informed and prepared client. This study demonstrates the effectiveness of client education. Clients in the new treatment group experienced a 38% stoma-related complication rate than their standard treatment counterpart, which experienced a 51% stoma-related complication rate (Forsmo et al., 2016). The new group also had shorter hospital stays than their standard treatment group (Forsmo et al., 2016). The findings from the study should encourage nursing care to shift more attention to proper client education. Putting a more robust emphasis on good client education may reduce the chances of the clients getting hurt or experiencing adverse effects (Paterick et al., 2017). Instead, it will make clients more informed to make better decisions and be safer and better-prepared individuals, improving the overall quality of care and healthcare. Nurses are the last line of defense for clients, and their role also consists of being teachers that provide clients with

information. Not providing enough proper education will result in clients more likely to hurt themselves further due to a lack of information (Paterick et al., 2017).

Conclusion

Nurses are known for their proactive role in not only just being the last line of defense for their clients but also teachers as well. It is within the nurse's duty and scope of practice to educate clients to be better informed and prepared to make decisions and care for themselves. Not doing so will affect the overall quality of care of the clients. As evident in the study conducted by Liu, the nature of temporary stoma affected clients more than clients with permanent stoma (Liu et al., 2021). These clients could have benefited from individualized client education. The ileostomy is more prone to leak, which can pose a problem to clients who do not know how to care for temporary stomas (Liu et al., 2021). Individualized care and education could be provided to the clients with a temporary stoma to help them take care of these leakages. Individualized care and education are significant in nursing because providing the same care for both stoma types would not handle both types of stoma problems. Providing individualized care would improve nursing practice and overall quality of care. The well-rounded nature provided in individualized care and education could improve healthcare by tending to every client's needs that require specific needs. The study conducted by Szpilewska further exemplifies the importance of individualized education. Clients may not always need education or care for just physical needs and mental and emotional needs. A more well-rounded approach that meets the physical, mental, and emotional needs has a higher chance of improving the client's quality of life and may help improve the client's attitude towards their health (Szpilewska et al., 2018). The study conducted by Forsmo sheds light on the importance of relevant and sufficient client education. If clients are more informed and better prepared to care for themselves before or after

a procedure, they will most likely have a better outcome. The implementation of client teaching could help evidence-based practice as it allows for the passing of education to the client, who then could apply such teachings in their lives. Their feedback to the education can help provide feedback on the effectiveness of the teaching and new advice.

References

- Forsmo, H., Pfeffer, F., Rasdal, A., Sintonen, H., Körner, H., Erichsen, C. (2016). *Pre- and postoperative stoma education and guidance within an enhanced recovery after surgery (ERAS) program reduces length of hospital stay in colorectal surgery. International Journal of Surgery, 36*, 121-126. doi: 10.1016/j.ijso.2016.10.031
- Liu, H., Zhu, X., Yu, J., He, P., Shen, B., Tang, X., Xu, X., Wei, D., Chen, Y. & Li, X. (2021). *The Quality of Life of Patients with Colorectal Cancer and a Stoma in China: A Quantitative Cross-sectional Study. Advances in Skin & Wound Care, 34 (6)*, 302-307. doi: 10.1097/01.ASW.0000744348.32773.b9
- Paterick, T. E., Patel, N., Tajik, A. J., & Chandrasekaran, K. (2017). *Improving health outcomes through patient education and partnerships with patients. Proceedings (Baylor University. Medical Center), 30(1)*, 112–113. <https://doi.org/10.1080/08998280.2017.11929552>
- Szpilewska, Katarzyna., Juzwizyn, Jan., Bolanowska, Zofia., Milan, Magdalena., Chabowski, Mariusz., Janczak, Dariusz., (2018). *Acceptance of disease and the quality of life in patients with enteric stoma. Polish Journal of Surgery, 90 (1)*, 13-17. doi: 10.5604/01.3001.0011.5954