

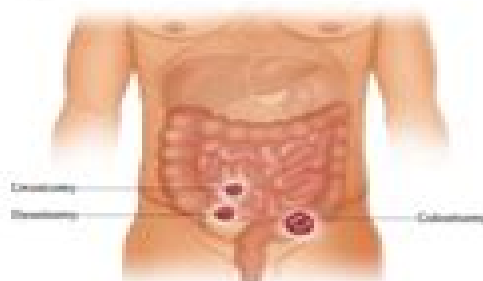
STOMA CARE

A stoma is a surgically formed pathway, connecting internal organs to the external environment, enabling the passage of faeces or urine from the intestine or urinary tract. Around the opening is a flange that is used to attach the bag to the abdominal wall, whereby an ostomy pouch is required for collecting the expelled waste.

STOMAS

Stomas, which can be either temporary or permanent, are named based on their specific location and purpose. It is normal for the stoma to be red, moist, and protruded slightly, and should not be painful due to their being no active nerve supply. The three main types of abdominal stoma are:

- Colostomy** – involves creating a stoma in the colon, or large intestine, allowing faeces to exit the body after the natural route through the rectum and anus is impaired. The location of the stoma will depend on which area of the colon has been diverted.
- Ileostomy** – where a stoma is formed at the end of the small intestine (ileum), providing an alternative path for waste material, including faeces and digestive fluids, when the natural route through the colon is dysfunctional or absent.
- Urostomy** – also referred to as an 'ileal conduit', this procedure creates a stoma in the urinary tract, enabling urine to bypass the bladder and exit the body through a surgically made opening in the abdominal wall, often necessary when the bladder is removed.



EQUIPMENT

- Personal protective equipment
- Clean gloves
- Stoma paper
- Wipes
- Adhesive remover
- Skin barrier cream
- Stoma measuring guide
- Ostomy bag and flange
- Clip
- Scissors
- Skin barrier measurement card
- Bag for drainage of a stoma bag
- Clinical waste disposal bag



ASSESSMENT

Clearly examine the stoma after colon, drainage, and any signs of infection, including redness or swelling. Also evaluate for potential allergic reactions to adhesive and latex.

Thoroughly assess the peri-stomal skin and document your findings to monitor changes and facilitate timely interventions as necessary.

PROCEDURE

- Confirm patient identity and obtain consent.
- Wash hands thoroughly, don clean gloves, and ensure patient privacy.
- Use adhesive remover to gently peel the pouch off the skin, disposing of it in the clinical waste bag (the members of the public empty the contents of the bag down the toilet then tie it in a knot and place it in general waste unless instructed not to do so).
- Clean the stoma/peristomal skin with tepid water and gauze, avoiding soap or baby wipes to prevent residue.
- Pat the skin dry and apply barrier cream around the site for skin protection.

STOMA MEASUREMENT

Self-measuring a stoma is vital for ostomy patients as it guarantees a well-fitted pouching system, preventing leakage, skin irritation, and discomfort. Regular measurement also facilitates monitoring stoma size changes, ensuring prompt adjustments to the pouching system. The measuring guide helps users to be as close to the size needed as possible without making any contact with the stoma.

PROCESS

- Use the provided template to cut the adhesive part of the pouch to the appropriate size.
- Measure the stoma to ensure the ostomy flange fits correctly (SEE 1).
- Cut the appliance according to the measurements obtained.
- Remove the backing paper from the pouch and carefully apply the clear pouch to the stoma.
- Position the inner part of the pouch towards the stoma and roll it up over the stoma.
- Hold the pouch in place for 30 seconds to ensure it is securely attached, checking for any bubbles.
- Dispose of all used appliances in accordance with the clinical waste disposal policy, and wash your hands thoroughly.
- Record the time and date when the new bag was applied, and initial it for reference.
- Position the bag to the front for mobile patients and on the side for those on bed rest.
- Document the procedure, including the date and time, as well as the measurement, size and characterisation of the stoma.

PATIENT GUIDE TO STOMA CARE

Patients and their carers take on the responsibility of daily maintenance tasks, including cleaning and self-measurement, ensuring their active involvement in stoma care management. Additionally, it's important to be educated on proper hygiene practices, such as guidance about the use of cleaning agents, protective creams, lotions, deodorants, or sealants and the importance of regular pouch changes to prevent leaks.



Stoma Care And Rehabilitation

ML Morrison



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