

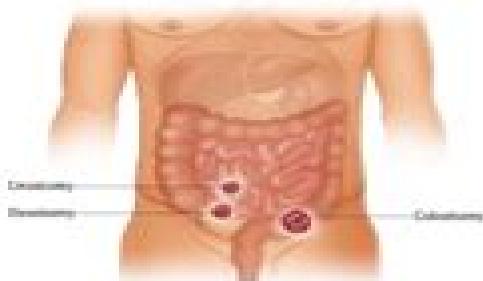
STOMA CARE

A stoma is a surgically formed pathway, connecting internal organs to the external environment, enabling the passage of faeces or urine from the digestive 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

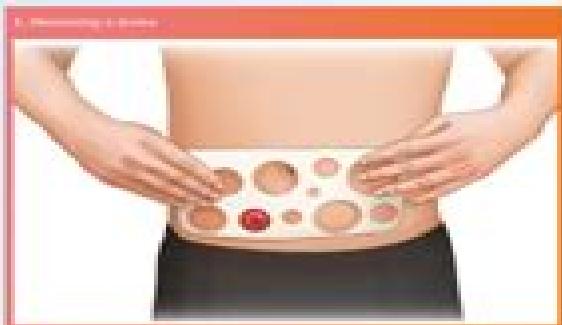
Stomas, which can be either temporary or permanent, are named based on their specific location and purpose. It is normal for the stoma to be red, moist, and can bleed slightly, and should not be painful due to them being no longer nerve supply. The three main types of abdominal stoma are:

- **Colostomy** – involves creating a stoma in the colon, or large intestine, allowing faeces to exit the body when the rectum or rectum and anus is resected. 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, providing an alternative path for waste removal, including faecal and digestive fluids, when the natural route through the colon is dysfunctional or absent.
- **Urostomy** – often referred to as an ileal conduit, this procedure creates a stoma in the urinary system, 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.



PATIENT GUIDE TO STOMA CARE

Patients and their carers take on the responsibility of daily management tasks, including cleaning and self-management, involving their active involvement in stoma management. Additionally, it is important to be educated on proper stoma care practices, such as guidance about the use of cleaning agents, protective creams, solutions, bandages, or staples and the importance of regular pouch changes to prevent leaks.



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EQUIPMENT

- Personal protective equipment
- Clean gloves
- Toilet paper
- Gauze
- Adhesive removers
- Skin barrier cream
- Stoma measuring pads
- Ostomy bag and flange
- Clip
- Scissors
- Stoma measurement card
- Bag for storage of a stoma bag
- Clinical waste disposal bag



ASSESSMENT

Directly examine the stoma site (colour, skin type, and any signs of infection, including redness or weeping), also evaluate for potential allergic reactions to adhesive and flange.

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

PROCEDURE

- Confirm patient identity and stoma correct.
- Wash hands thoroughly, don clean gloves, and ensure patient privacy.
- Use adhesive removers to gently pull the pouch off the skin. Repeating it in the closest waste bag the number of the pads along the contours of the bag down the tailors then it is a block and place it in a block and place it in general waste unless instructed not to do so.
- Clean the stoma (peristomal skin) with liquid soap and water, avoiding soap or water agents to prevent irritation.
- Pat the skin dry and apply barrier cream around the site for skin protection.

STOMA MEASUREMENT

Self-measuring a stoma is vital for ensuring patients are guaranteed a well-fitted pouch for optimal, pain-free bagging, skin protection and elimination. Regular assessments also facilitate monitoring stoma size changes, ensuring prompt adjustments to the pouching system. This measuring guide has been set to be as close to the size-tailored as possible without making any contact with the stoma.

PROCESS

- Use the provided template to set the adhesive part of the pouch to the appropriate size.
- Measure the stoma to ensure the ostomy flange is correctly sized to.
- Cut the appliance according to the measurements obtained.
- Remove the backing paper from the pouch and carefully apply the clean pouch to the stoma.
- Position the lower part of the pouch beneath the stoma and roll it up over the stoma.
- Hold the pouch in place the 30 seconds to ensure it is securely attached, checking for any redness.
- 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 characteristics of the stoma.

Ostomy Care Quickstudy Health

J Dewey

Ostomy Care Quickstudy Health:

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