Size DOES Matter AND Other Ostomy Facts
Presenter Disclosure

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Relationships with commercial interests:
  I am a subcommittee member for HealthPro for discussion related to my clinical experience with and knowledge of ostomy products.
Mitigating Potential Bias

During my presentation today, any reference to items will be generic and not vendor specific.
Learner Objectives

- Know how to contact the ET nurses for assistance with ostomy related concerns.
- Measure a stoma and describe signs of peristomal problems.
- List resources available for the family and the individual who is living with an ostomy.
- Identify two key factors in the dietary management for those living with an ileostomy.
Discussion

- Manitoba Ostomy Program
- The Stoma
- Dietary considerations
- Peristomal skin
- Ostomy care and the cancer patient
- Ostomy Products
- Contacts & resources
Manitoba Ostomy Program (MOP)

Central registry for Manitoba residents who are living with an ostomy, a draining wound  and/or fistula and require the use of ostomy care products.

Services include:

1. Enterostomal therapy (ET) nurse services. An ET nurse is a nurse specializing in the care of the individual living with an ostomy, wound and/or continence concerns.

2. Access to ostomy products. The cost of supplies is covered by MOP for individuals who live in their own home. When residing in a facility, the cost of supplies is covered by that facility.
The Stoma

Definition:

✓ A surgically created opening between the alimentary or urinary tract and body surface. The term “stoma” refers to the actual portion of bowel or urinary tract that comes to the body surface and is derived from the Greek word meaning mouth or opening.

✓ Often called an ostomy.

(Lyon & Smith, 2010)
The Stoma

✓ A healthy stoma is red, shiny and moist.
✓ No sensation to touch or temperature.
✓ A raised or spouted stoma facilitates emptying into the pouch.
✓ A flat or recessed stoma can make stoma emptying more problematic. Allowing seepage and leakages onto the peristomal skin.

(Hampton & Bryant, 1992)
The Stoma

- A few of the reasons for stoma creation: medical indications (IBD, diverticulitis) congenital anomaly, trauma, #1 is presence of a tumor.
- Can be temporary or permanent.
- Different shapes & sizes.
Common Stoma Types

- Colostomy – surgically created opening into the colon.
- Ileostomy – surgically created opening into the ileum, the distal end of the small bowel.
- Urostomy – surgical diversion of the urinary tract, such as an ileal conduit.

Knowing the type of stoma will help guide ostomy management and care.

"I had part of my colon removed"
General Dietary Considerations

Colostomy
- No dietary changes, do encourage fiber and fluid intake.

Urostomy
- No dietary changes needed.
- Increased fluid intake (upwards to 2 liters per day)
- Certain foods and medications can change the odour and color of the urine (fish, beets, vitamins)

Ileostomy
- Dietary changes required.
Dietary Considerations
Ileostomy

- Controlled fiber diet or low residue diet for first 6 to 8 weeks post op.
- Gradual addition of fibrous foods after this time but must chew food well.
- Laxatives or stool softeners are not used with an ileostomy.
- Enteric coated or sustained release medications may pass directly into the pouch without being absorbed.
Dietary Considerations
Ileostomy

✓ There is risk for dehydration & electrolyte imbalance related to the loss of fluids through the stoma.

   Signs & Symptoms
   ✓ Headache
   ✓ Fatigue
   ✓ Weakness/Lightheaded/dizziness
   ✓ ’d urinary output, dark urine
   ✓ Thirst
Dietary Considerations
Ileostomy

Dehydration & Electrolyte Imbalance Treatment
✓ Fluid intake 8 to 10 cups per day.
✓ Avoid drinks with caffeine, high sugar or alcohol.
✓ Add salt to foods.
✓ Potassium rich foods; bananas, yogurt and fish.
✓ Smaller, more frequent meals.
✓ Foods that help thicken the stoma output: white pasta, rice, tapioca, pretzels.
Dietary Considerations
Ileostomy

✓ There is risk of food blockage related to fibrous or poorly chewed food getting caught up and blocking the stoma.

Signs & Symptoms
✓ Bloating
✓ Abdominal pain
✓ Nausea, emesis
✓ No stoma output or high velocity output
✓ Swollen stoma
Dietary Considerations
Ileostomy

Food Blockage
Treatment
✓ Replace pouch and adjust size of opening if the stoma is swollen.
✓ Mild activity such as walking.
✓ Sipping warm fluids.
✓ Warm bath.
✓ Gentle massage around the stoma.
✓ If no relief or worsening condition seek medical attention.
Peristomal Skin

- The area of support for the stoma.
- Provides surface area for adhesion of ostomy pouches.
- Should be healthy & intact.
- Inspected at each pouch change.
- Shave regularly with electric shaver as needed.
Peristomal Skin

Signs of irritation:

- Redness
- Maceration
- Inflammation
- Ulceration or blister
- Pain/burning
- Itchiness
Size Does Matter

Effluent on the peristomal skin with signs of irritation.

Large, oval opening

Stoma

Umbilicus

Fistula
Size Does Matter

- Goals: Containment of the effluent and protection of the peristomal skin.
How to Measure a Stoma

- Measure the stoma using a measuring guide. Allow 1/8 to 1/16\textsuperscript{th} inch of clearance from the stoma.

- In the case of an oval or irregularly shaped stoma, 2 measurements are required.
A Good Fit

The peristomal skin is covered and protected. Only the stoma is visible through the pouch.
Cancer treatment & Ostomy Care

Chemotherapy & radiation side effects:

- Skin irritation
- Stomatitis
- Diarrhea
- Constipation
Chemotherapy & Radiation

Skin irritation

Management:

✓ Gentle pouch removal & cleansing.
✓ Temporary increase frequency of pouch changes.
✓ Monitor stoma size, shape & abdominal contour.
✓ Modify wafer or pouch adhesives, cut off tape edges.
✓ Address pouch leakages promptly.
✓ Avoid pouch rinsing.
Chemotherapy & Radiation
Skin irritation cont’d

Management:
✓ Ostomy powder to open or denuded skin.
✓ Film barriers can be used over ostomy powder to form a protective “crust”.
✓ Apply an antifungal powder to treat a fungal rash, if needed.
✓ Cautious use of adhesive removers.
Chemotherapy & Radiation

Stomatitis

The stoma may appear “puffy” or edematous. The mucosa (outer layer covering stoma) is friable & bleeds easily.

Management:

✓ Gentle pouch removal.
✓ Gentle cleansing around the stoma with lukewarm tap water.
✓ Avoid “washing” or touching the stoma directly.
✓ Avoid any heat in the area.
✓ Temporarily stop irrigation if used as management for a colostomy.
✓ Cautious use of convexity and ostomy belts due to ↑’d pressure.
✓ Reduce intake of spicy or acidic foods.
Chemotherapy & Radiation Diarrhea

Management:

- Encourage fluids to replenish losses.
- Intravenous fluid & electrolyte loss replacement if severe.
- Anti-diarrheal medication.
- Smaller, more frequent meals.
- Applesauce, bananas, pasta, rice & toast may help.
- Avoid spicy foods, high fiber foods, high fat, alcohol, high sugar, dairy.
Chemotherapy & Radiation Constipation

Management:
✓ Fiber rich diet.
✓ Adequate fluid intake.
✓ Stool softener/stimulant combinations.
✓ Consult with a dietician.
✓ Regular physical activity as tolerated.
Ostomy Care Products

✓ Water resistant & odour resistant.
✓ Latex free & considered hypoallergenic.
✓ Not “heat” activated, no need for magic bag or warm blankets.
Ostomy Pouches

✓ Drainable – Wide bottom opening allows drainage of loose or thicker effluent, used for colostomies and ileostomies.

✓ Urinary – Narrow, tap-like closure, allows easy drainage of very liquid or watery output. Always used for urostomies. Can be used for fistulae.
Specialty Pouching Option
Convexity

The outward curve begins at the opening of the barrier and extends to the edge of the barrier.

✓ This will put pressure around the stoma, helping it to protrude into the pouch.
✓ The effluent will then empty more directly into the pouch allowing containment & reducing leakages.

Convex: rounded out or outward curve shape.
Ostomy Care Products
Accessory items

Create an even area of support around the stoma, protect the peristomal skin & can help manage gas:

✓ Fillers, paste strips or seal rings
✓ Ostomy belts
✓ Pouch filters
✓ Film barriers
Ostomy Client Resources

- Registration with the MOP for ostomy supplies and ET Nurses services:
  - Pre-operative teaching and site marking.
  - Post-operative teaching and ongoing follow up care.
  - Telehealth visits for ostomy assessment by ET nurse.
  - Rural ostomy clinic sites.
- Winnipeg Ostomy Association (self-help organization, offers visitor program and group meetings, gather clean unopened supplies no longer needed).
Enterostomal Therapy Nurses
Contact Numbers

- Manitoba Ostomy Program
  - Winnipeg office: 204-938-5757 or 938-5758
  - Brandon Regional Health Centre: 204-578-4205

- Health Sciences Centre: 204-787-3537
- St. Boniface General Hospital: 204-237-2566

We can't direct the wind, but we can help adjust the sails.
Butt Wait,

there's more!
Remember...

- Stoma size and shape do matter.
- Cover up & protect the peristomal skin.
- When in doubt, call an ET nurse.
References


