

OSTOMY CARE

Marian Barry-Ravagni RN, BSN, CWON

Susan Alberto RN, MEd, WCC

January 2021

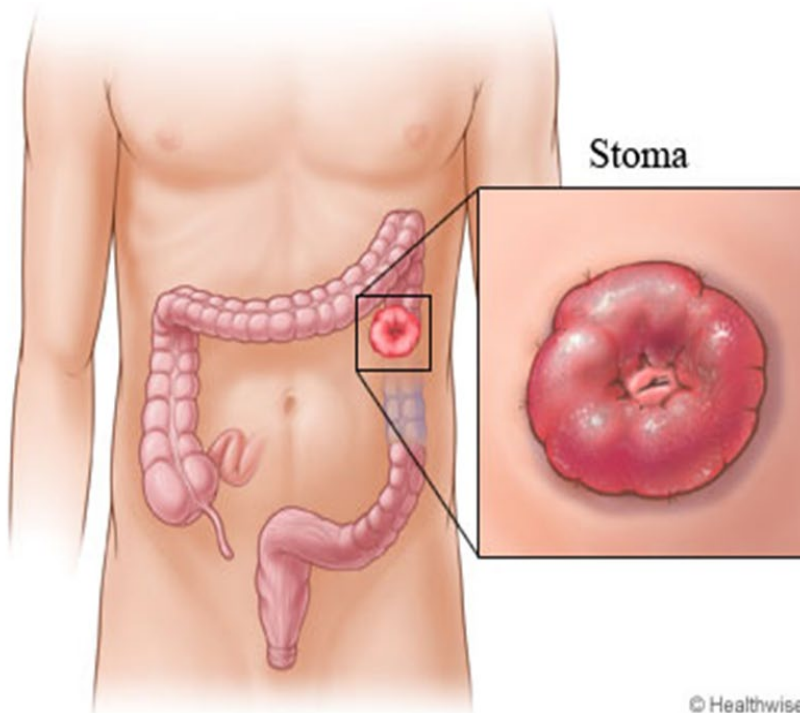


Home Health Foundation

The Leaders in Home Health and Hospice Care

Ostomy care

- ▶ Ostomy:
- ▶ Can be permanent or temporary
- ▶ Includes: Colostomy, ileostomy, urostomy

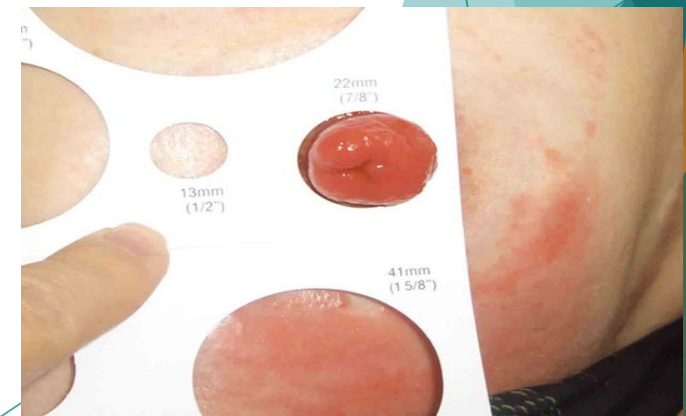


Ostomy Care

- ▶ Diagnoses include, but not limited to:
 - ▶ Colorectal Cancer
 - ▶ Inflammatory Bowel Disease
 - ▶ Bladder Cancer
 - ▶ Diverticulitis
 - ▶ Congenital Anomalies
 - ▶ Other Cancers
 - ▶ Conditions such as trauma, obstruction, perforation

Stoma Assessment

- ▶ Color: Pink/Red
- ▶ Shape: Varies: may be round or oval
- ▶ Size:
 - ▶ Generally swollen after surgery, will usually change in size over first 8 weeks.
 - ▶ A measuring guide (included in box of ostomy wafers) is used to measure stoma in mm.
 - ▶ Measured weekly for first 6-8 weeks.



Stoma Assessment

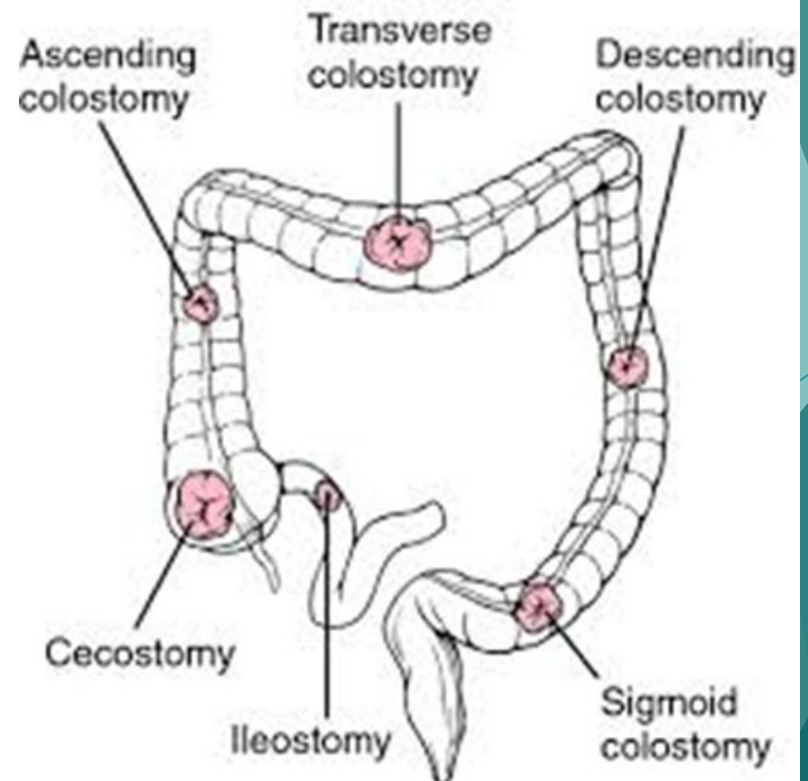
Measuring Stomas:

- ▶ Using the ostomy measuring guide to find the hole they think is their stoma size. Instruct them to slide the guide over the stoma. The measuring guide hole should be as close as it can get to but not touch the stoma.
- ▶ This can then be traced onto your appliance and cut to fit if needed



Stoma Assessment

- ▶ Stoma appearance: How does the stoma present itself?
 - ▶ Protruding, flush, retracted, rod present, prolapsed
- ▶ Location: RUQ, RLQ, LLQ, LUQ



Stoma Assessment

- ▶ Peristomal tissue:
 - ▶ Intact, excoriated, folds, signs/symptoms of infection
 - ▶ Peristomal tissue should look just like the other tissue on the abdomen. To prevent skin breakdown it is important to have a properly fitting appliance.



Stoma Assessment

- ▶ Areas of concern:
 - ▶ Redness, rash or swelling
- ▶ To prevent skin irritation do not pull wafer off abdomen. Gently remove, loosening one side at a time and working down.
- ▶ Wash stoma and peristomal tissue with warm water, avoid baby wipes, lotions, creams, powders (unless prescribed by MD)



Ostomy Wafers/Pouches

- ▶ Many products available including (but not limited to):
 - ▶ Two piece, one piece, close ended, open ended, pre-cut, cut to fit, moldable (do not cut), stoma powder, transparent, opaque, filter, Invisible closure, clip closure, convex and various other pouch systems



Ostomy Ancillary Supplies

- ▶ Skin barrier wipes
- ▶ Ostomy paste
- ▶ Stoma powder
- ▶ Ostomy belts
- ▶ Lubricating deodorant
- ▶ Eakin seals
- ▶ Moldable strips



Ostomy Products



Hollister



Coloplast



Routine Ostomy Care

- ▶ Empty pouch when 1/3 full.
- ▶ Replace wafer twice/week (there are exceptions).
- ▶ Apply new wafer to thoroughly cleansed and dried skin.
- ▶ After applying appliance have patient hold hand directly over it as the warmth and pressure will help activate adhesive.
- ▶ Change the appliance prior to eating. The stoma will not be as active.

Skilled Need?

- ▶ Routine ostomy care is not a Skilled Need.
 - ▶ Home health Aides are trained in changing and emptying the pouch.
 - ▶ Can be added to the HHA POC.
- ▶ Skilled Need includes assessment of the skin and stoma and patient education.



Ostomy Care

- ▶ Notify the Ostomy Nurse With any Concerns and for All New Ostomies
- ▶ Hallmark: Tim Collins 339-222-3659
- ▶ Circle: Priscilla Bates 978-995-0368
- ▶ Lawrence: Priscilla Bates 978-995-0368