**CARE FOR A PERSON WITH AN OSTOMY**

**OBJECTIVES**

Describe how to care for a person with an ostomy

**Introduction**

Bowel elimination is a basic physical need. Wastes are excreted from the gastro-intestinal (GI) system.

**Common reasons why part of the intestines is sometimes removed surgically:**

* Cancer
* Bowel disease
* Trauma (stab or bullet wounds)

**COLOSTOMY**

Is a surgically created opening (stomy) between the colon and the body’s surface. Part of the colon is brought out onto the body’s surface and a stoma is made. Feces and flatus pass through the stoma instead of the anus.

* Stools irritate the skin.
* Skin care prevents skin break-down around the stoma
* The skin is washed and dried
* Then a skin barrier is applied around the stoma
* It prevents stools from having contact with the skin

**Ostomy pouches**

* A plastic pouch with an adhesive backing is applied to the skin.
* Some pouches are secured to ostomy belts
* Pouches have a drain at the bottom that closes with a clip, clamp, or wire closure.
* The drain is opened to empty the pouch
* The pouch is emptied when stools are present
* It is opened when it balloons or bulges to release flatus.
* The drain is wiped with toilet tissue before closing
* The pouch is changed every 2 to 7 days and when it leaks.

***Frequent pouch changing can damage the skin***

**odor prevention**

* Using odor free pouches
* Performing good hygiene
* Emptying the pouch
* Avoid gas forming foods
* Putting deodorant into the pouch

**COMFORT**

The stoma does not have sensation. Touching the stoma does not cause pain discomfort

**Changing an ostomy pouch video**