

Ostomy Basics

NTXWON 2017

I am a STOMA!

Hi, I'm a stoma! I am great when you think about it. I must admit I have upset many people. Some people even consider me crude, rude and socially unacceptable. Well, EXCUSE ME!!

Just about everyone gets bent out of shape when their doctor says, "It may be necessary to create a stoma." Me!! They make it sound like a dirty word. Listen, it isn't the greatest for me either. I'm usually created from a piece of your intestines. I guess you know all about that. And then, just maybe you don't. So I will tell you.

Becoming a stoma wasn't my original function. No sirreee!!! I used to just lie there in your abdomen, minding my own business. Then boom!! Some surgeon decided--let's make a stoma. He had a nerve! Why?? How could he consider such a thing? Well, I guess it was because you hurt so much, because you were very sick from a disease such as ulcerative colitis or cancer, from a trauma such as an automobile accident or from a birth defect. Your surgeon knew that by putting me to work, you could be free of discomfort and problems. In truth, so you could get on with living.

If that is why I was created, then why do so many people complain about me? Did you know that I am not given to just anyone? You see, there is a lot of planning and reviewing of each human being before I am created. So I know you can say only a "chosen" million or so are lucky enough to have me. You see, my people are special. My people are not like the normal run-of-the-mill people. I must say it takes them a while to recognize that fact. And, sad to say, there are a few who never do.

It isn't easy being a stoma! Some of you just don't understand what a miracle I am! Listen, before creation, I just lay quiet and usually content in your abdomen.

Now I work! It's rather easy when fecal waste comes through because that's what I am used to. But some character decided, why not water waste as well? We then found out that character was very wise because that works also.

You think YOU have problems adjusting! Phooey. Did you realize that I am a delicate mucous membrane? Yet I am durable, but some people think I am asphalt tile. Thank God, I don't have feelings. But my friend skin does. You want complaints? Give a listen to her sometimes. She really gets upset because of ulcers, fungus, irritants, barriers, etc. We are a team! And a darn good one. I'm moist, she is dry. I'm pink red, she is natural. I'm smooth, she is a little bumpy.

One of my biggest problems is my size. I am not always the same size from one human to the next. I am not always round. I don't always protrude nicely. Then why do some of you insist that my pouch opening is always the same? You need to check my size once in awhile and fit me appropriately. Your shoes fit, don't they?

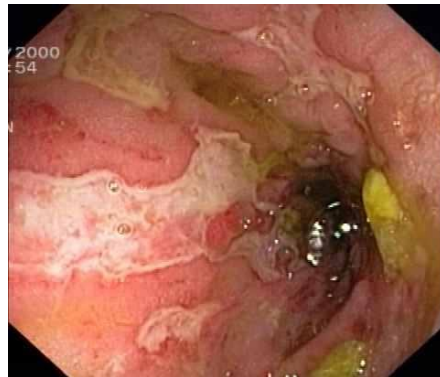
Some of you complain because I am not pretty. Well, your anus wasn't Miss America! I think I am attractive. I am red like a rose. I am always moist if I am healthy. And, I don't smell. My discharge can't help smelling from what you put in your mouth. If you care for me with thought and keep my equipment clean, that just about takes care of that.

In closing, let me say you can have a good life, a productive life. It's up to you. Believe me, I do not deserve a pedestal life. I am just part of you trying to do my job. All I ask is that you be honest about me. The doctors, special nurses, other professionals and your ostomy association are always ready, willing and able to help you.

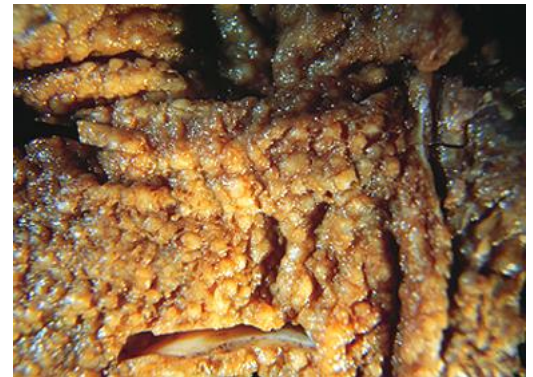
Diseases associated with an Ostomy



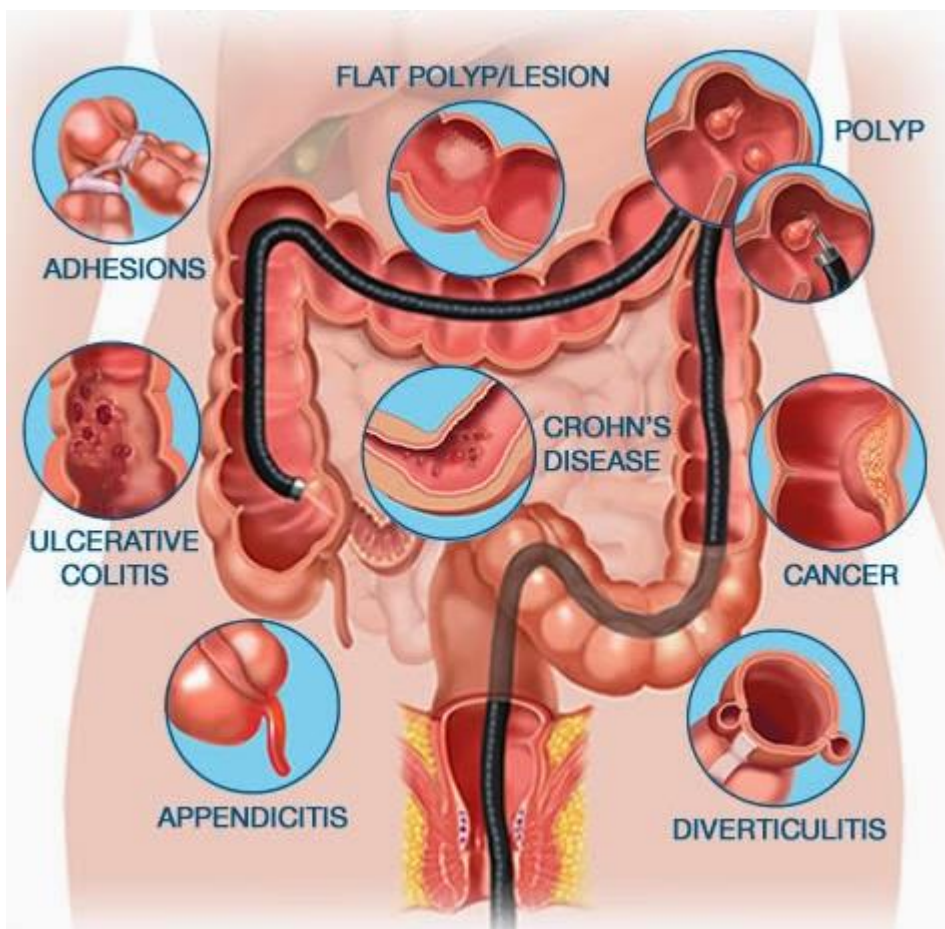
Ulcerative Colitis



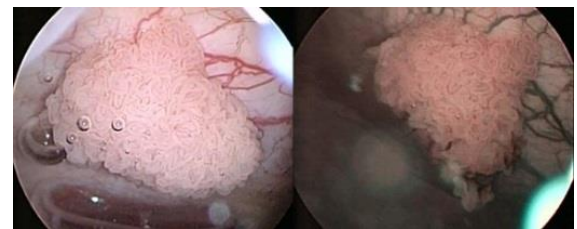
Crohn's Disease



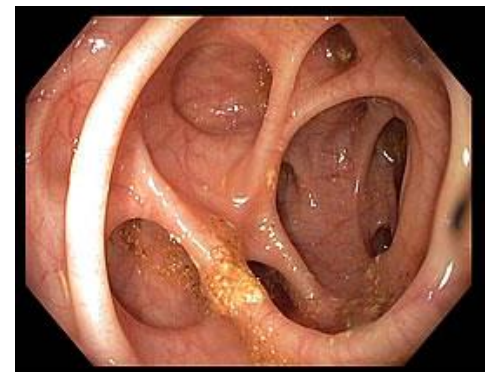
Familial Adenomatous Polyposis (FAP)



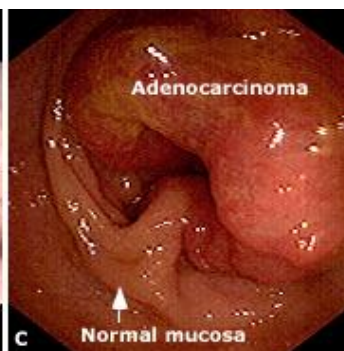
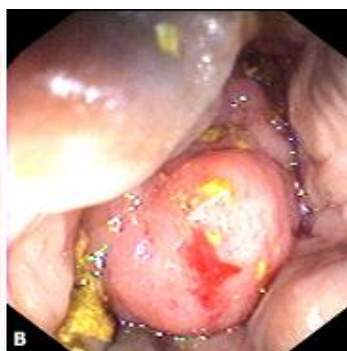
Colorectal Cancer



Bladder Tumor



Diverticulosis



Adenocarcinoma

Normal mucosa

Types of Ostomies

Type	Output
Colostomy is a surgically created opening of the colon (large intestine). It may further be defined by the portion of the colon involved.	Mushy to formed stool plus gas. Stool is firmer when the ostomy is in the distal part of the colon.
Gastrostomy is an opening into the stomach from the abdominal wall, made surgically or endoscopically for the administration of liquid nutrition.	While gastrostomies are primarily used for enteral nutrition, they are sometimes used for decompression. Any fluids leaking or draining will be liquid and acidic from stomach acids.
Ileostomy is a surgically created opening in the small intestine, usually at the end of the ileum.	Dark green liquid to mushy drainage with gas. The output is greater than a colostomy and the fluids are more caustic. There is a higher risk for dehydration.
Jejunostomy is the surgical creation of an opening into the jejunum (small intestine) from the abdominal wall for the administration of liquid nutrition.	A jejunostomy can also be a stoma like an ileostomy, without a tube. The drainage from a jejunostomy is very caustic. There is a very high risk for dehydration.
Tracheostomy is an opening surgically created through the neck into the trachea to allow direct access to the breathing tube.	Mucus secretions need to be suctioned out through the Tracheostomy tube. They can be thin to thick consistency. Thick secretions can lead to mucus plugs which can cause an airway obstruction.
Urostomy is a surgery to divert urine away from a diseased or defective bladder. The surgeon takes a short segment of the small intestine and places it at an opening he has made on the surface of the abdomen to create the stoma (ileal conduit).	Drains urine which often has mucus present.

Types of Ostomies

What's an Ostomy?

An ostomy is a surgically creating opening. ("Os" means mouth or opening + "tomy" means surgical cutting). The ostomy surgery connects a hollow organ on the inside (like the intestine) to the outside of the body through the skin.

Purpose of ostomies: (4 D's):

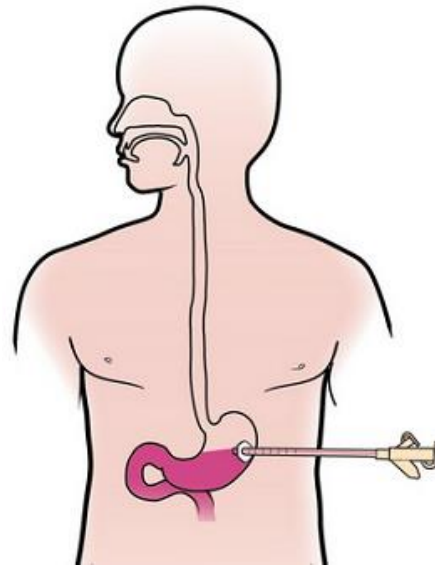
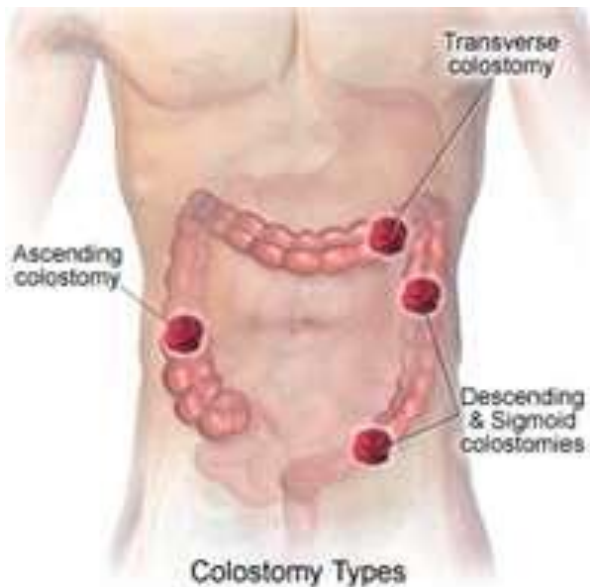
- **Divert:** reroute from damaged/diseased area in order to allow that part to rest and heal.
- **Decompress:** to relieve pressure from an obstruction or excess air.
- **Drain:** outlet for fluids to move out of the body.
- **Deliver:** access for the administration of formula, fluids and medications.

Basically ostomies provide a way to get something IN or get something **OUT**.

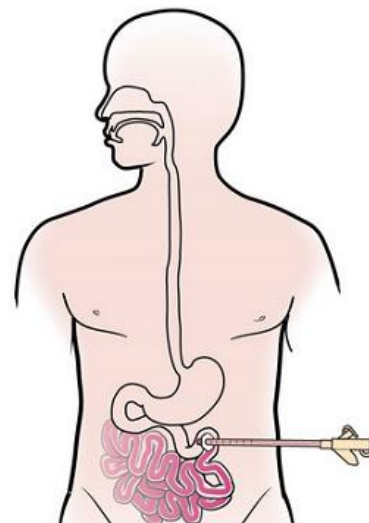
Other facts about Ostomies:

- Ostomies help patients live and improve their QOL.
- Can be temporary or permanent depending on patient's condition.
- Location is based on where the problem is and the name reflects this location.
- Some ostomies require a tube. Those that don't usually require a pouch to contain fluids which can be very irritating to the skin.
- You can't assume what a stoma is just by looking at it.

Types of Ostomies



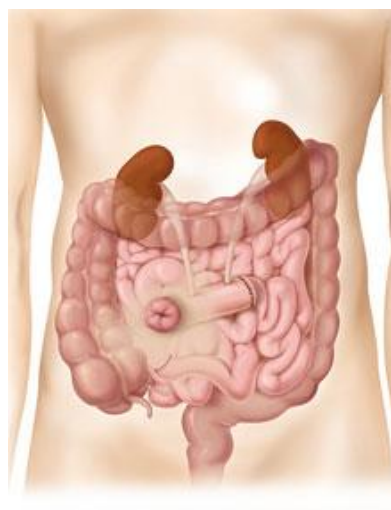
Gastrostomy



Jejunostomy



Tracheostomy



Urostomy

The Pouching System

The Pouch is the bag used to collect body fluids such as stool from an ostomy.

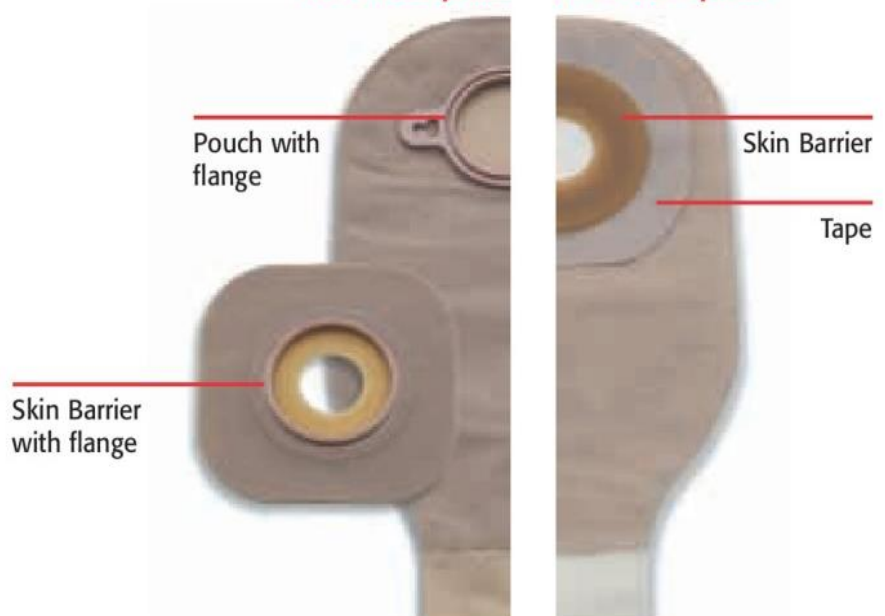
The Skin Barrier is the adhesive portion of the pouching system that helps protect the skin. This is also called a wafer.

- **One-piece**- the skin barrier is attached to the pouch. It's changed as one entire unit.
- **Two-piece**- the skin barrier is separate from the pouch — so they are in “two-pieces”. There is a flange, a plastic ring, that connects and secures the pouch to the wafer/barrier, similar to that used in Tupperware™

- Pouching systems come with either a **pre-cut** opening, **cut to fit** opening or **moldable**.
- The two-piece and one-piece pouches can be either **drainable** or **closed**.
- Skin barriers come in **flat** or **convex**.

Two-Piece System

One-Piece System



Skin Barriers:



Convex



Flat



Moldable

- The **tail closures** can be a separate **Clip** or **Velcro** closure.



- Urostomy pouches have a special valve or **spout** which adapts to either a leg bag or a night drain tube



Ostomy Accessories

Accessories are additional, optional products used to help minimize or resolve problems and challenges related to the stoma and peristomal skin.

Barrier powder - absorbs moisture and helps to form a protective barrier for excoriated skin.



Barrier rings/seals- can be molded to a variety of shapes to help prevent leakage around the stoma by acting as filler for uneven skin surfaces. They can also stretch to fit the stoma to help build convexity.



Belt- aids in supporting the pouch and ensuring a better seal when there is a hernia, allergy to adhesives or a need for convexity.



Paste- can be used to fill in folds, crevices or other shape or surface irregularities. Paste is used as a "caulking" material; it is **not** an adhesive.



Skin prep-forms a thin, invisible protective layer on the skin. It comes in wipes, sprays and swabs.



Disclaimer: There are many products available; Brand names are used for example only.

Ostomy Problems You May See



Allergic Contact Dermatitis

- Skin irritation caused by an allergic reaction to the skin barrier or skin products used around the stoma.

Irritant Contact Dermatitis

- Skin irritation caused by contact with stool or urine.



Fungal Infection

- Skin rash caused by trapped warmth and moisture. It may be spotty and cause itching. Satellite lesions may be present.

Folliculitis

- A bacterial infection caused by the removal of hair from its follicles by aggressive adhesives or shaving.



Prolapsed Stoma

- An abnormally long portion of the intestine extends through the abdominal opening.
- It can be caused by weakened abdominal muscles.

Ostomy Problems You May See



Retracted Stoma

- Occurs when the intestine is drawn back into the abdomen and shortens the end of the bowel, which forms the stoma.
- It is caused by, significant weight gain and formation of scar tissue.

Flush Stoma:

- Can be a retracted stoma but just not as concave. It can be caused by weight gain or surgical method.



Parastomal Hernia

- A protrusion of the intestine through the abdominal muscles to the area beneath the peristomal skin.
- It is primarily caused by weakened abdominal muscles or