


10 Ostomy Resources for Nurses and Patients

1. **United Ostomy Association** www.ostomy.org. The UOAA has numerous printable information guides, videos and one page reference sheets. Many of the educational materials are also in [Spanish](#). Nurses can order free Ostomy educational materials at the link [here](#). See the [UOAA flyer](#) for a summary of what they offer.
 2. **Ostomy 101** www.ostomy101.com/ information & resources for living confidently with an Ostomy.
 - Online ostomy classes
 - Ostomy 101 mobile app -Apple and Google
 - Free, available on iOS & Android devices internationally
 - Educational Videos (adult & pediatric)
 - Resources & Programs
 - Connect with an Ostomy Nurse
 - Connect with a Patient Coach
 - Stoma & Skin Assessment Guide (WOCN Society)
 - Ostomy Product Guide
 - Samples & Exclusive Coupons
 - Ostomy Lifestyle Blog
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3. **American College of Surgeons** has free online courses for patients and families and an ostomy home skills kit. See www.facs.org/education/patient-education/skills-programs/ostomy-program.
 4. **Ostomy 2-1-1** www.ostomy211.org/ has many great programs for people live with an ostomy:
 - **OstoMyFamily** www.facebook.com/ostomyfamily is the PRIVATE Facebook support group where people with an ostomy can safely ask the questions that need answering.
 - **Ostomy 211.com** is an ostomy-related resource directory (similar to a yellow pages directory).
 - **OstoMyChild** is where parents who have special needs and questions, specific to their children with ostomies can talk with and support one another.
 - **OstoMyNurse** www.facebook.com/groups/OstoMyNurse/ is a private Facebook group through Ostomy 2-1-1 where Ostomates can post questions and volunteer nurses can provide suggestions.
 - **OstoMySupplies** is an emergency ostomy supply pantry.
 5. **Free Patient Support Programs from the Ostomy Product Manufacturers**
 - Coloplast® Care is a personal support program that offers support and education. The goal is to extend the help and education patients get from their health care provider. Care is available when needed - whether it's through the online educational articles or by phone with Coloplast® Care's dedicated team of advisors and specialists. Call 877-858-2656 or go to www.coloplast.us/care/
 - Convatec me+ <https://meplus.convatec.com/> offers ostomy products and support, tips and advice for stoma care and a community to grow with. Have questions about living with an ostomy? The me+ product specialist and ostomy nurses are waiting to help. To learn more about me+ Virtual Support or to see if a telehealth consultation is right for you call 1-800-422-8811 or e-mail cic@convatec.com.
 - Hollister Secure Start services provide a lifetime of customized support for ostomy product users. Once enrolled, customers will be matched with a Consumer Service Advisor who will call to explain their services, answer any questions and provide ongoing support. To learn more call 1-888-808-7456 or go to www.hollister.com/en/consumerservices.
 6. **Ostomy Product Websites** - these sites have education, videos, tools and product info
 - Coloplast www.coloplast.us/ostomy/people-with-an-ostomy/
 - [BodyCheck™](#) steps to help find the best pouching system

- Convatec www.convatec.com/ostomy/patient-support-information/
- [Convatec product selector](#) and me+ Ostomy Care app
- Hollister www.hollister.com/en/ostomycare/ostomylearningcenter

7. Use clinical tools online and through apps to help you manage ostomy related problems.

- BodyCheck™ by Coloplast: steps to help you find the best pouching system for you and your body type www.coloplast.us/global/ostomy/ostomy-self-assessment-tools/
- Convatec ostomy product selector www.convatec.com/ostomy/meplus-services-and-care/ostomy-product-selector/
- OstoBuddy app <http://ostobuddy.com/> helps you keep track of output, supplies, and when you change your ostomy pouch; it alerts you when your supplies are low
- Peristomal Skin Assessment Guide at <https://psag.wocn.org/> is an online tool that helps you troubleshoot problems with the skin around your stoma

8. Websites from Ostomates - these sites have tips from people living with an ostomy

- Newbie Ostomy <https://newbieostomy.com/>
- OstomyLife www.shieldhealthcare.com/community/ostomylife/
- Vegan Ostomy www.veganostomy.ca/

9. Online support groups

- Inspire Health Communities www.inspire.com/groups/ostomy/ access online and phone app, ostomy support and disease related to ostomies such as cancer and IBD
- Meet an OstoMate www.meetanostomate.org/
- Ostomyland on Facebook www.facebook.com/groups/ostomyland/
- POGS: PEDIATRIC OSTOMY GROUP SUPPORT www.ostomy.org/pediatric-ostomy-group-support/

10. Clinical Tools for Nurses

- ConvaTec's Ostomy Nurse Solutions App www.convatec.com/ostomy/patient-support-information/resources/
- Hollister Fit Indicator Tool www.hollister.com/en/ostomycare/ostomycareprofessionalresources/fit
- Peristomal Skin Assessment Guide at <https://psag.wocn.org/index.html#use-guideline> is an online tool that helps you troubleshoot problems with the skin around your stoma
- The SACSTM Instrument <https://www.convatec.com/ostomy/patient-support-information/resources/the-sacs-instrument/> for assessing/classifying peristomal skin lesions

Bonus Resources:

- Check the websites of ostomy supply/DME companies and product manufacturers
- Ask questions on the Wound, Ostomy and Continence Nursing Society Facebook group
- **Ostomy Resources** on the [North Texas Wound and Ostomy Nurses](#) website has comprehensive online resources for nurses and patients.
- See more resources at www.ostomy.org/related-links/