

OSTOMY CARE

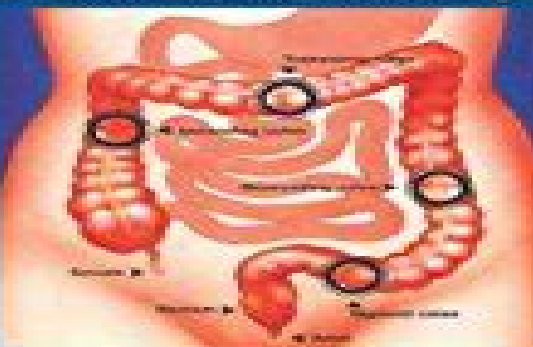
INTRODUCTION

This chart is designed to help you understand the definition of an **ostomy**, aid with the day-to-day care, and offer helpful hints in **ostomy management**. After a recovery time of a month or two, most people resume their normal lifestyles. Your doctor, enterostomal therapist (ET) or medical professional should always be consulted if problems arise, or if you have any concerns regarding the stoma, the skin surrounding the stoma, or your pouching system.

WHAT IS AN OSTOMY?

An **ostomy** is necessary when normal function of the bowel or bladder is lost.

- It is a surgical opening in the abdomen where the intestine is brought up through the abdominal wall, and a stoma is created.
- Its purpose is to divert waste to the outside of the body, where it can be expelled into a pouch. Normal recovery time for this procedure is 6-8 weeks.



- Colostomy
- Ileostomy
- Continent Diversion
- Urostomy

COLOSTOMY

Colostomy: A portion of the large intestine is removed or by-passed. The remaining portion of the functioning large intestine (colon) is brought through the abdominal wall, creating a stoma.

- When the colostomy is temporary, the surgery bypasses a portion of the colon that is damaged in order to expedite healing.
- When the colostomy is permanent, it assumes the function of that portion of the colon that was removed.
- The most common reasons for a permanent colostomy are **colon cancer, rectal cancer or trauma**.
- The output from a colostomy (stool) will vary in consistency from watery and pasty to firm, depending on the location in the colon where the surgery was performed.

ILEOSTOMY

The Ileostomy: The entire colon, rectum, and anus are removed or by-passed. The small intestine (ileum) is brought through the abdominal wall, creating an external stoma.

- The most common conditions necessitating an ileostomy are **Crohn's disease, ulcerative colitis, cancer or trauma**.
- The output from the ileostomy (stool) can range from watery to pasty and requires that a collection pouch be worn at all times.
- Diarrhea may be a frequent problem and can lead to dehydration. It is important to drink plenty of fluids to remain well hydrated.

CONTINENT DIVERSIONS (FECAL)

- An **internal reservoir** with a nipple valve is constructed from a section of small intestine and the valve is brought through the abdominal wall to create a stoma for intubation to empty the reservoir/pouch.
- A **perine pouch/reservoir** is constructed from the small intestine, which is brought down and attached to the anus. Evacuation is through the anus.

UROSTOMY

Urostomy: The bladder is removed or by-passed. A conduit is constructed from a segment of small intestine, into which ureters are implanted and brought through the abdominal wall and an external stoma is created. The output will be urine.

- Situations necessitating a urostomy are birth defects, cancer, trauma or spinal cord injuries.
- The intestine normally produces mucus, which will be present in the urine, giving it a cloudy appearance. This does not necessarily indicate a urinary tract infection.
- Adequate fluid intake is important (8-10 glasses of water a day, or 2000cc). It's also important to avoid alcohol, caffeine, and other substances that irritate the urinary tract.

CONTINENT URINARY RESERVOIR

• **Continent Urinary Reservoir:** The bladder is removed or by-passed. An **internal reservoir** is constructed from a segment of the small or large intestine, into which the ureters are implanted and a stoma is created for intubation to empty the reservoir/pouch.

PEDIATRIC OSTOMIES

- Ostomy surgery in infants and children is generally due to birth defects or trauma.
- In a newborn, crying may cause a **hernia or prolapsed stoma**.
- There are pediatric pouches available for ostomy management with infants and children.
- Some adults also use these pouching systems because of their small size.

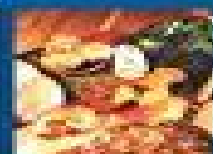
YOUR EMOTIONS

There may be some emotional distress associated with having an ostomy.

- Most communities have ECHA chapters that offer support through a patient-visiting program, newsletters, and regular meetings. Also, some hospitals have support groups that meet on a regular basis.
- There are also **web sites** where you can "chat" live online with other ostomates, as well as access the different ostomy associations.
- Never hesitate to call your doctor or ET nurse for advice. They are a valuable resource that is often overlooked.

DIET

After healing is complete and the ostomy is functioning normally, most people with ostomies can return to a normal diet. The following are some dietary suggestions for controlling your output.



Diet: It is not necessary to make a life-changing change when it comes to diet, but the following are some dietary suggestions for controlling your output.

- Avoid gas-producing foods, such as **broccoli, cabbage or beans**. Too much gas will inflate the pouch with air, which could force it to "pop" off.
- Foods, such as **corn and whole kernel corn**, foods high in fiber and mushrooms, can cause potential blockage or constipation.
- Asparagus, eggs, fish, garlic, onions and beans are among the foods that may cause odors.
- Some bulk-creating foods are **Chinese food, popcorn, whole grains and vegetables**.
- Fresh fruit, raw vegetables, spinach and highly seasoned foods may cause diarrhea.

FYI: There are no nerve endings in the stoma, so there is little or no sensation or feeling. About 6-8 weeks after surgery, your stoma will shrink to its permanent size. When cutting the pattern hole in the wafer, you may need to adjust the size over time. If you wear a pre-cut opening, you may need to change the pouching system altogether.

Ostomy Care Quickstudy Health

Jiyuan Zhang



Ostomy Care Quickstudy Health:

Unveiling the Magic of Words: A Overview of "**Ostomy Care Quickstudy Health**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Ostomy Care Quickstudy Health**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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reasonable assignment and scheduling of patients scheduling of work hours the timing of vacations and leave requests which must be submitted within at least thirty 30 days notice and with approval by the employer the times which the practitioner may be on call for patients under the practitioner s care and the establishment of professional policies and procedures of which

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jul 19 2023 the dentist employment agreement is a contract between a licensed practitioner and a professional entity for the employment of services for salary percent of the business or on a partnership level the dentist will be required to work a minimum amount of hours commonly 30 40 hours per week and have their payment be based on the type of