

Introduction to Ostomy Care Curriculum



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2709 Mondovi Road
Eau Claire, WI 54701 USA
800.830.1416
+1.715.830.2040
www.realityworks.com
(1051311-01)

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About the Author



Kasey Carlson has been a Registered Nurse for 18 years. She holds a master's degree in Nursing Education from the University of Wisconsin–Eau Claire and has been teaching associate degree nursing for over 12 years. She also has a second master's degree in Learning Design and Technology from San Diego State University. Ms. Carlson specializes in healthcare simulation curriculum design.

Ostomy Curriculum

This curriculum and accompanying mannequin will help students learn about caring for a patient with an ostomy.

Curriculum Structure

The Ostomy Curriculum is composed of the following parts. Approximate times are included.

Lesson	Title	Approximate Time
One	FOCUS: Empathy - Developing Awareness of Patient-Focused Care	10 minutes
One	LEARN: Ostomy Slide Presentation	20 minutes
One	REVIEW: Practice and Assessment	30 minutes
	Total	1 hour

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives and a Lesson at a Glance table that lists the lesson activities, materials required, suggested preparation steps and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information or a demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One - Introduction to Ostomy Care

Lesson Overview

In this lesson, students will learn how to properly care for a patient with an ostomy.

Lesson Objectives

After completing this lesson, participants will be able to:

- Utilize proper ostomy terminology
- Identify reasons for ostomy
- Identify distinct types of ostomies
- Demonstrate proper ostomy care techniques

Pre-Lesson Knowledge

- Anatomical terminology

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	Focus on Empathy • <i>Ostomy (Focus on Empathy)</i> worksheet • <i>Ostomy (Focus on Empathy) Instructor Resource</i>	1. Print/photocopy <i>Ostomy (Focus on Empathy)</i> worksheet (one per participant)	10 minutes
LEARN	• <i>Introduction to Ostomy Care</i> slide presentation • Ostomy training tool • Ostomy supplies for demonstration	1. Prepare <i>Introduction to Ostomy Care</i> slide presentation for viewing 2. Arrange supplies for demonstration	20 minutes
REVIEW	• Ostomy training tool • <i>Ostomy Check-Off Instructor Resource</i> • <i>Ostomy Check-Off</i> worksheet • <i>Ostomy Quiz</i> • <i>Ostomy Quiz Answer Key</i> • Supplies: • Clean gloves • Hand sanitizer • Ostomy pouching system (wafer and pouch) • Pouch closure device • Ostomy measuring guide • Washcloth • Towel (2) • Basin with warm tap water • Scissors • Pen • Bag for pouch disposal	1. Print/photocopy <i>Ostomy Check-Off</i> worksheet and <i>Ostomy Quiz</i> (one per participant) 2. Get the supplies ready for the lesson	30 minutes

Instructor Note: For REVIEW activities, the instructor may choose to have students complete one or both of the activities. The FOCUS activity may also be completed prior to class.

Lesson One - Introduction to Ostomy Care

FOCUS: Empathy - Developing Awareness of Patient-Focused Care

10 minutes

Purpose:

To help students develop awareness of patient-focused care.

Materials:

- *Ostomy (Focus on Empathy) worksheet*
- *Ostomy (Focus on Empathy) Instructor Resource*

Facilitation Steps:

1. Distribute the *Ostomy (Focus on Empathy) worksheet* prior to or at the start of the class.
2. Have the *Ostomy (Focus on Empathy) Instructor Resource* available.
3. Have students read through the information and complete the worksheet.
4. Have students pair up upon completion and share answers.

Name: _____ Class: _____

Ostomy (Focus on Empathy)

READ the following:

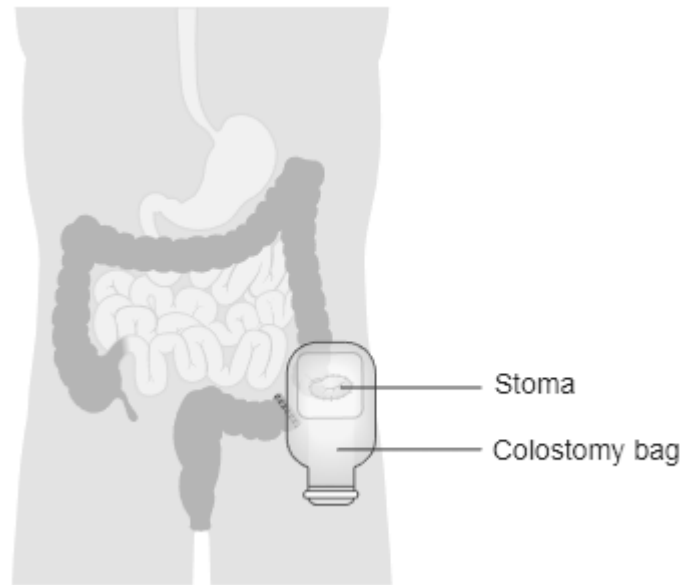
Merriam-Webster Dictionary defines an ostomy as “an artificial passage for bodily elimination.” People with ostomies have an external bag on the abdomen where feces or urine is collected (below). Imagine that you have an ostomy and answer the following questions.

REFLECT on the situation:

How would you feel about having an ostomy for the rest of your life?

How would it affect:

- The way you dress?
- Exercise?
- A day at the swimming pool?
- Dating/Intimacy?
- Friendships?



What would assist you in coping with your new body image?

SHARE your thoughts with a peer.

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Merriam Webster (2018). Ostomy. Retrieved from <https://www.merriam-webster.com/dictionary/ostomy>

Ostomy (Focus on Empathy)

Instructor Resource

READ the following:

Merriam-Webster Dictionary defines an ostomy as “an artificial passage for bodily elimination.” People with ostomies have an external bag on the abdomen where feces or urine is collected (below). Imagine that you have an ostomy and answer the following questions.

REFLECT on the situation:

How would you feel about having an ostomy for the rest of your life?

Possible answers:

denial, shame, acceptance, embarrassment, anger

How would it affect:

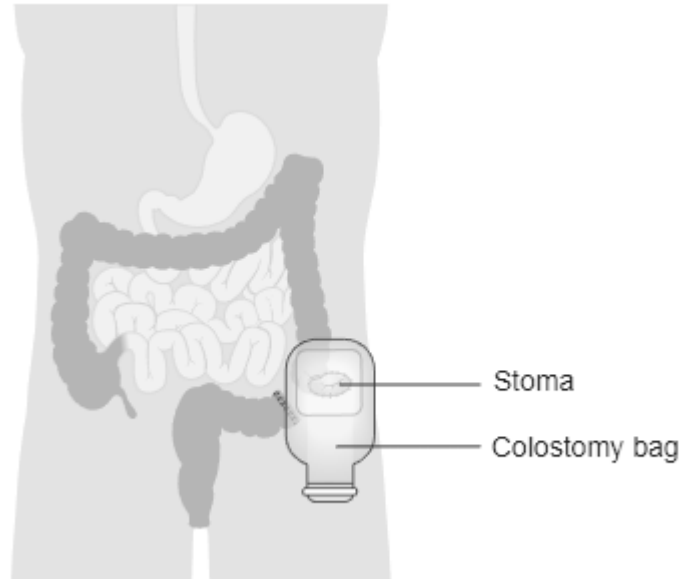
- The way you dress?
- Exercising?
- A day at the swimming pool?
- Dating/Intimacy?
- Friendships?

Possible answers: bulky clothing, decreased exercise, change in activities, lack of intimacy, loss of friends or knowing who accepting friends are

What would assist you in coping with your new body image?

Possible answers: time, supportive friends/family, support groups

SHARE your thoughts with a peer.



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Merriam Webster (2018). Ostomy. Retrieved from <https://www.merriam-webster.com/dictionary/ostomy>

Lesson One - Introduction to Ostomy Care

LEARN: Ostomy Slide Presentation

20 minutes

Purpose:

Participants will learn about the purpose and indications for an ostomy as well as the supplies and the proper procedure surrounding ostomy care.

Materials:

- *Introduction to Ostomy Care* slide presentation
- Ostomy training tool
- Ostomy supplies

Facilitation Steps:

1. Share the following information with students as you show the slide presentation:

Slide 1: Introduction slide

Slide 2: First, let's review some key terms. The opening in the abdominal wall is called an ostomy in which a stoma is constructed from a section of colon or small intestine. During surgery, the intestine is brought up through the abdominal wall, severed and then rolled back to form a stoma. Stoma output is called effluent, which is usually collected in a pouch.

There are approximately 1 million people with ostomies in the United States.

Slide 3: Colostomies are created from the large intestine. There are four types of colostomies based on location: ascending, transverse, descending and sigmoid.

Show students the training tool and ask them what colostomy they are seeing (descending or sigmoid).

Slide 4: Ileostomies are created from the small intestine. They are located in the right lower quadrant of the abdomen.

Show it on training tool and note the difference in size.

Slide 5: Urostomies are created from a portion of the intestine in which the ureters are then connected to. Unlike colostomies and ileostomies, which can be temporary or permanent, urostomies are always permanent.

Slide 6: Ostomies are lifesaving procedures.

An ostomy may be needed if cancer spreads to the bladder or rectum. This is more likely in cancers close to the bladder and rectum, such as cervical and prostate cancer.

The colon is the second most commonly injured organ in penetrating trauma, but blunt trauma injuries are rare in that area. Rectal injuries, on the other hand, are more common in blunt trauma, especially when associated with pelvic injuries.

Inflammatory bowel disease is an umbrella term used to describe disorders that involve chronic inflammation of the digestive tract, such as ulcerative colitis and Crohn's disease.

Diverticulosis happens when pouches form in the wall of the colon. If these pouches get inflamed or infected, it is called diverticulitis.

Another reason for ostomy construction is for when the digestive organs are not completely developed, are abnormally positioned, or if the muscles or nerves of the tract are defective.

Slide 7: An ostomy pouching system, or appliance, is the prosthesis worn to collect effluent. They consist of a skin barrier wafer and a pouch. Some systems are one piece, while others consist of two pieces. They all come with a closure device, such as a clip. There is a wide variety out on market to fit individuals' preferences and lifestyles. All of them are airtight and waterproof, which allows for an

active lifestyle. Pouches should be emptied when they are 1/3 to 1/2 full.

Slide 8: Replacement of pouching systems depend on the manufacturer. Some are replaced every 3 to 7 days, while others are changed daily. Some pouches can be removed, cleaned and reused. Pouches should be changed when output is at its lowest, such as late in the day or 2 hours after a meal. Patients who change systems at home do not need to wear gloves, but if you are removing a patient's pouch, you must wear clean gloves. Prior to removing the pouch, make note of any leakage from it, as this will determine if a change is needed. Also, note the effluent consistency. Ileostomies and ascending colostomies will have liquid stool. Transverse, descending and sigmoid colostomies will have formed stool.

You may ask students why this is so.

The output may also need to be measured. Emptied pouches can be placed in a plastic bag and disposed of in general garbage.

Slide 9: When removing the wafer, peel the wafer gently from the top in a downward motion. Some people use warm water or adhesive remover to loosen the adhesive. It is important not to tear the skin. The skin around the stoma (peristomal) may be reddened from the wafer removal; this should fade after a few minutes.

Slide 10: A healthy stoma should be dark-pink or red in color. It also should be moist. If the stoma is black or dark purple and/or dry, contact the healthcare provider immediately.

There should be no evidence of skin breakdown around the stoma. Check for redness and irritation.

Slide 11: To clean the stoma, use warm water and a washcloth. Blot the stoma gently to remove stool. Do not scrub it. The stoma does not have any nerve endings, so the patient is unable to feel if the rubbing is too hard. There may be a small amount of blood on the washcloth. This is normal, since the stoma contains many small blood vessels. Wash the

skin around the stoma gently as well. Dry the skin well before attaching the new appliance system.

Unless recommended by the healthcare provider or wound ostomy nurse, do not use powders, creams or soaps. These can prevent the wafer from sticking.

Demonstrate this if desired.

Slide 12: Using a stoma measurement guide, measure the stoma. The opening on the guide should be no more than a 1/8 inch away from the stoma. Trace the selected opening onto the wafer and cut it out. Make sure the edges are smooth.

If the peristomal skin is irritated or there is skin breakdown, apply the appropriate powder or paste as recommended by the healthcare provider or wound ostomy nurse. Sometimes, a skin prep is used if there have been problems with the wafer adhesive.

Body hair around the stoma may need to be shaved. Place the wafer over the stoma and make sure there are no wrinkles in the skin, as this can cause leakage. Apply the pouch and closure device.

Demonstrate this if desired.

Slide 13: Ostomy surgery can have a significant impact on a person's body image and self-esteem. It is important that the patient is given the opportunity to express their feelings regarding changes. One way to better understand these changes is to teach and promote self-care. This may help the patient build confidence and regain control. Relationships can be another emotional issue that patients face. The patients may be concerned about whom to tell, what to tell and when to tell. They need to know how to explain the procedure and that not everyone needs to know. Intimacy concerns should be discussed between the patient and the partner. Assistance may be sought through support groups.

Slide 14: Since ostomy pouches are sealed compartments, fecal odors should not escape. If odors do escape it can be embarrassing for some patients or make them feel nauseous. There are deodorant drops or sprays that can be placed into

the pouch to reduce odor. Also, nutrition can play a role. Even though there is no specific diet for those with ostomies, gas and odor producing foods can be limited.

Slide 15: Irrigation is the instillation of warm water through the stoma. There are special irrigation kits for descending and sigmoid colostomies. Since the stool is more formed in these ostomies, irrigation is an optional way to stimulate peristalsis and contraction of the colon leading to the emptying of stool. Although it can reduce pouch usage and provide more control of output, there is a considerable time and scheduling commitment.

Slide 16: Patient teaching is crucial for those with new ostomies. Be sure to include family and/or caregiver(s) in teaching to facilitate patient's readiness to learn. Some patients accept the stoma with minimal emotional difficulty, while others may never completely adjust to it. Individualize care according to the patient's situation and circumstances.

Give the patient teaching materials that clearly state each step for a pouch change, as well as a list of equipment and the name, address and phone number of a supplier.

Slide 17: Make sure to document the type of pouch and skin barrier applied, the amount and appearance of effluent in the pouch, the size and appearance of stoma and the condition of the skin.

Document the patient and family's level of participation, the teaching that was done and their response to said teaching.

Report any abnormal findings to the healthcare provider or wound ostomy nurse.

Slide 18: Closing slide

Lesson One - Introduction to Ostomy Care

REVIEW: Practice and Assessment

30 minutes

Purpose:

Participants will practice ostomy care on training tools and then complete a quiz to assess mastery.

Materials:

- Ostomy Training Tool
- *Ostomy Check-Off (Instructor Resource)*
- *Ostomy Check-Off* worksheet
- *Ostomy Quiz*
- *Ostomy Quiz* Answer Key

Supplies:

- Clean gloves
- Hand sanitizer
- Ostomy pouching system (wafer and pouch)
- Pouch closure device
- Ostomy measuring guide
- Washcloth
- Towel (2)
- Basin with warm tap water
- Scissors
- Pen
- Bag for pouch disposal

Facilitation Steps:

1. Give students the *Ostomy Check-off* worksheet.
2. Access the *Ostomy Check-Off (Instructor Resource)* document. Demonstrate ostomy care on the training tool by following the steps on the check-off page.
3. Have students practice ostomy care on the training tool while following the steps on their *Ostomy Check-Off* worksheet.
4. Hand out the *Ostomy Quiz* to students. Give them a couple of minutes to complete it.
5. Have students self-check or peer check their answers as you share them from the *Ostomy Quiz* Answer Key.

Ostomy Check-Off

Instructor Resource

PREPARATION:

Supplies:

- Training Tool
- Clean gloves
- Hand sanitizer
- Ostomy pouching system (wafer and pouch)
- Pouch closure device
- Ostomy measuring guide
- Washcloth
- Towel (2)
- Basin with warm tap water
- Scissors
- Pen
- Bag for pouch disposal

After the demonstration, have students practice ostomy care on the training tool using the following steps:

Optional: Evaluate the student's ability to complete ostomy using the following steps. May score via points or satisfactory/unsatisfactory.

1.	Gather all necessary supplies	
2.	Knock, enter the room and provide for privacy	
3.	Identify yourself by name and title (nurse aide, etc.)	
4.	Wash your hands with sanitizer or soap/water	
5.	Identify the client by asking their name and date of birth; verify this information	
6.	Explain the procedure to the client and ask if they would like to watch or assist	
7.	Verify when the last pouch change was and ask if there were any problems, such as leakage	
8.	Position client semi-reclining or supine and provide a mirror to the client if they wish to observe	
9.	Place a towel over the client's abdomen and keep supplies within reach; fill a basin with warm water if it wasn't done previously	
10.	Wash your hands with sanitizer or soap/water, then wear clean gloves	
11.	Assess pouch, effluent and effluent amount by removing the used pouch; empty the pouch and measure it if needed	
12.	Gently remove the wafer by pushing skin away from the barrier; use adhesive remover or warm water if needed	
13.	Dispose of pouch and skin barrier appropriately	

14.	Assess peristomal skin for any breakdown	
15.	Moisten a washcloth with warm tap water, then wring out and gently clean the stoma and peristomal skin	
16.	Dry the area with a towel	
17.	Measure the stoma; allow for a 1/8-inch gap between the stoma and the guide	
18.	Use a pen to trace stoma measurement onto the skin barrier (do not use the pen on the trainer)	
19.	Follow your marking to cut an opening in the wafer	
20.	Remove the backing, apply wafer and attach the pouch	
21.	Close the end of the pouch with a closure device	
22.	Remove the towel and dispose of supplies	
23.	Remove the gloves and wash your hands	
24.	Provide client comfort and safety	
25.	Wash hands and document the session prior to leaving the room	

Ostomy Check-Off

Practice ostomy care on the training tool using the following steps:

Gather all necessary supplies
Knock, enter the room and provide for privacy
Identify yourself by name and title (nurse aide, etc.)
Wash your hands with sanitizer or soap/water
Identify the client by asking their name and date of birth; verify this information
Explain the procedure to the client and ask if they would like to watch or assist
Verify when the last pouch change was and ask if there were any problems, such as leakage
Position client semi-reclining or supine and provide a mirror to the client if they wish to observe
Place a towel over the client's abdomen and keep supplies within reach; fill a basin with warm water if it wasn't done previously
Wash your hands with sanitizer or soap/water, then wear clean gloves
Assess pouch, effluent and effluent amount by removing the used pouch; empty the pouch and measure it if needed
Gently remove the wafer by pushing skin away from the barrier; use adhesive remover or warm water if needed
Dispose of pouch and skin barrier appropriately
Assess peristomal skin for any breakdown
Moisten a washcloth with warm tap water, then wring out and gently clean the stoma and peristomal skin
Dry the area with a towel
Measure the stoma; allow for a 1/8-inch gap between the stoma and the guide
Use a pen to trace stoma measurement onto the skin barrier (do not use the pen on the trainer)
Follow your marking to cut an opening in the wafer
Remove the backing, apply wafer and attach the pouch
Close the end of the pouch with a closure device
Remove the towel and dispose of supplies
Remove the gloves and wash your hands
Provide client comfort and safety
Wash hands and document the session prior to leaving the room

Name: _____ Class: _____

Ostomy Quiz

Fill in the blanks with the correct answer.

1. There are approximately _____ people in the United States who have an ostomy.
2. Stomas should be dark-pink or red and _____.
3. When the small intestine is used to create a stoma, it is called an _____.
4. Ostomies can be temporary or _____.
5. Diverticulitis and bowel obstructions are common reasons for a _____.
6. Wear _____ during ostomy care to reduce exposure to bodily fluids.
7. Empty the ostomy pouch if it is _____ to _____ full.
8. The stoma has no _____ endings, so a gentle touch is crucial when cleaning.
9. Ostomy surgery can have a significant impact on a person's body image and self-esteem. One way to better understand these changes is to teach and promote _____.
10. Report any abnormal findings to the healthcare provider or wound ostomy _____.

Ostomy Quiz Answer Key

Fill in the blanks with the correct answer.

1. There are approximately 1 million people in the United States who have an ostomy.
2. Stomas should be dark pink or red and moist.
3. When the small intestine is used to create a stoma, it is called an ileostomy.
4. Ostomies can be temporary or permanent.
5. Diverticulitis and bowel obstructions are common reasons for a colostomy.
6. Wear gloves during ostomy care to reduce exposure to bodily fluids.
7. Empty the ostomy pouch if it is 1/3 to 1/2 full.
8. The stoma has no nerve endings, so a gentle touch is crucial when cleaning.
9. Ostomy surgery can have a significant impact on a person's body image and self-esteem. One way to better understand these changes is to teach and promote self-care.
10. Report any abnormal findings to the healthcare provider or wound ostomy nurse.

Sources

- Cancer Research UK (Original email from CRUK) [CC BY-SA 4.0 (https://creativecommons.org/licenses/by-sa/4.0)], via Wikimedia Commons. Retrieved from https://upload.wikimedia.org/wikipedia/commons/9/96/Diagram_showing_a_colostomy_with_a_bag_CRUK_061.svg
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