

What is it?

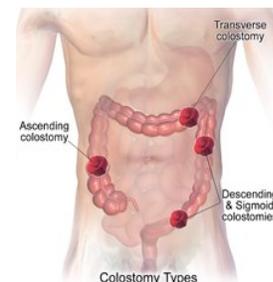
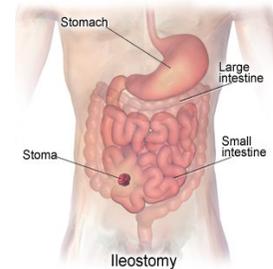
An ostomy is a surgical opening constructed from the bowel or bladder to the exterior of the body; it is named for the organ involved.

Ileostomy– small intestine connected to abdominal wall, usually on the right side of the navel

Colostomy– large intestine connected to abdominal wall, usually on the left side of the navel

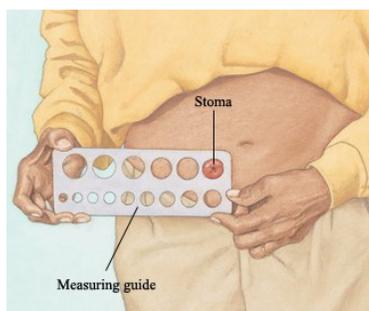
Urostomy– an opening into the urinary system (see reverse side)

The higher on the digestive tract the ostomy is located, the less time the body has to absorb water. The less water absorbed by the body, the more liquid the stool. An ostomy lower on the digestive tract, and closer to the rectum, will have more time for the body to absorb water and nutrients. The stool will then be a paste-like consistency. Variations in diet and medication will also change the output consistency eliminated from the body.



Stoma & skin care

A healthy stoma will be moist and beefy red in color; similar to the appearance of mucous membranes inside the mouth. A small amount of bleeding is normal but should be painless due to the large number of blood vessels that lack nerve endings. The appearance and position of the stoma can change slightly throughout the day, similar to normal peristalsis.



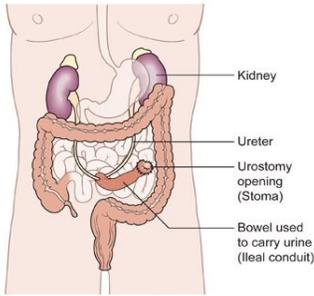
1. Using the stoma measuring guide, cut the skin barrier to fit the correct stoma shape and size. The size should be as close to the shape of the stoma as possible, without restricting or touching the stoma edges. This will help protect the healthy skin surrounding the stoma from being exposed to stool output.
2. The skin should be clean and dry, washing only with soap and water to prevent residue. Soaps that contain oils, lotions and fragrances can interfere with the adhesive on the skin barrier. Apply special barrier wipes, paste or seals if ordered. Apply the skin barrier. A warm compress may help to mold and shape for best fit.
3. The skin around the stoma should be free of rashes or irritation. Again, be sure the product is cut to shape; minimizing leakage to protect the surrounding skin.

Pouches

There are several types of brands and styles of pouches. Whether one-piece or two-piece appliances, all should prevent leakage of air, gas and odor. A one-piece pouch is applied directly onto the skin around the stoma. For a two-piece pouch, a wafer is initially applied to the skin before the pouch is snapped onto the wafer. Several types of end openings also exist for drainage of output.



What is a urostomy?



A urostomy is created most commonly through the standard surgical method called an ileal conduit. Part of the small intestine is used to create a tube through which urine will flow out of the body. The intestine is reconnected and function unaffected. The ureters from the urinary tract are connected to this newly formed tunnel, only open at one end through the abdominal wall. Urine will free flow, uncontrolled, into a wearable pouch. In a Mitrofanoff procedure, a conduit is created to link the bladder to a stoma using the appendix. Urine is then emptied by clean intermittent catheterization. See *SHNIC's factsheet on bladder surgery for more information.*

What should I monitor?

Monitor for changes in stoma appearance, stool or urine output, fever and pain. Assess the site and skin for, but not limited to, the following negative complications and contact the parent and/or healthcare provider as necessary:

- Stoma: black or dull in color, dry, bulging intestines through opening
- Skin (around stoma): painful, red, bleeding, swollen, draining, abnormal bumps and lumps

SHNIC school nurses information:

Specific health issues for individual health care plans

- Diagnosis including reason/underlying condition requiring an ostomy
- Baseline assessment of stoma and skin
- Output habits of the student's ostomy including color, consistency, frequency
- Orders for materials including brand and type of bag, stoma size
- Steps for emptying the bag, changing the bag and/or wafer
- Orders for skin care and/or topicals
- Irrigation orders, if applicable including frequency and amount of fluid
- Student's ability to self-care
- Emergency plan for complications
- Access to spare clothes, if necessary

Materials



Resources & Manuals

Hollister
Hollister.com/us/

Hollister– Online Ostomy Course
http://hollister.com/us/ostomy/hcp/nursing/online_ce.asp

Convatec
Convatec.com