

OUR LADYS CHILDREN'S HOSPITAL  
NURSING CARE PLAN 26  
OSTOMY CARE  
(Use in conjunction with care plan 1)



Care plan 26	Ostomy Goals	Issue date: January 2017 Review date: January 2020	
_____ has a	_____’s stoma will heal and function without complication. _____ and parents will be educated on caring for his/her stoma.		
<ul style="list-style-type: none"> <li>• colostomy</li> <li>• ileostomy</li> <li>• urostomy</li> <li>• other: _____</li> </ul>			
Commenced , date, time and signature, grade.	No.	Nursing Intervention	Discontinued , date, time and signature, grade.
	1.	Nursing Intervention: Pre-operatively	
		<p>Ensure _____ and parents meet with the Colorectal Nurse Specialist pre operatively to discuss the following...</p> <ul style="list-style-type: none"> <li>• care of the stoma</li> <li>• Education re. complications</li> <li>• products</li> <li>• altered body image</li> <li>• life with a stoma</li> <li>• Support.</li> </ul> <p>The site will be marked following discussion with the patient, Colorectal Nurse and the Surgical Team</p> <p><b>STOMA SITE MARKED: YES __ NO __</b></p> <p>Administer bowel prep as ordered by the Surgical Team.....</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Consider the need for Intravenous fluids when fasting</p>	
	2.	Nursing Intervention (use in conjunction with post-op Careplan) Post-operatively	
		<p>Observe and document stoma for</p> <ul style="list-style-type: none"> <li>• Colour (pink, dusky?)</li> <li>• Size (is it prolapsed, retracted?)</li> <li>• Output (is the stoma acting?)</li> <li>• Please contact Surgical Team immediately if any abnormalities noted.</li> </ul> <p>Ensure a post-operative stoma bag is in-situ. This is a clear bag to allow the stoma to be observed. Cover filter with sticker provided so to observe for flatus.</p> <p>Allow _____ to eat and drink as instructed in the post-operative notes. Liaise with dietician re: particular diet education.</p>	

Created by A. Costigan.

Reviewed Jan 2017

Patient Name:.....

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Ward.....

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<b>3.</b>	<b>Nursing Intervention: Care of the stoma</b>	
	<p><b>Removal of appliance:</b></p> <ul style="list-style-type: none"> <li>• If using drainable bag, empty contents of the bag, measure output as required.</li> <li>• Remove old appliance by peeling gently away from skin using an adhesive remover spray/wipes.</li> <li>• Examine the skin for signs of irritation from leakage.</li> <li>• Dispose of used material in appropriate waste bin.</li> </ul> <p><b>Cleaning the stoma and skin:</b></p> <ul style="list-style-type: none"> <li>• Cleanse stoma and surrounding skin with unsterile gauze and warm tap water.</li> <li>• Dry the skin carefully and gently (otherwise adhesive will not stick). Additional care:</li> </ul> <p><b>Preparing and attaching new appliance:</b></p> <ul style="list-style-type: none"> <li>• <b>Chosen appliance:</b> _____</li> </ul> <ul style="list-style-type: none"> <li>• Use a measuring guide to check diameter of stoma and make a template from cutting guide.</li> <li>• Ensure the <u>hole of the adhesive is cut no more than 2mm larger than the stoma. Too large a hole will lead to leakage of effluent and so cause skin irritation. Too small a hole will cause mechanical stress to the stoma and oedema will develop.</u></li> <li>• Use Cohesive (Doughnut) Seal, this must be placed directly beside the stoma, covering all the way around the stoma. Do not use seal on a flat stoma.</li> <li>• Ensure adhesive has full contact with skin, begin closest to the stoma by pressing the adhesive to the skin and work your way out to the edges of the appliance.</li> </ul> <p>Apply bag on to base plate if using a two piece system.</p> <p><b>Appliance/ Product Guide:</b></p> <ul style="list-style-type: none"> <li>• One piece product, wear for up to 2 days.</li> <li>• Two piece product, wear for more than 2 days.</li> <li>• Use of one or two piece depends on patient's preference and output.</li> <li>• Open bag used for ileostomy (effluent more fluid like).</li> <li>• Closed bag used for colostomy (effluent more formed).</li> </ul> <p><b>Document nursing care, skin condition and appliances used.</b></p>	
<b>4.</b>	<b>Nursing Intervention: Discharge</b>	
	<p>Liaise with the Colorectal Nurse Specialist re. discharge advice, appliances and follow up. <b>Use Stoma Teaching Tool and discharge plan.</b></p>	

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