Aim

The aim of this workbook, through self study, is to give student nurses an insight into basic stoma care. This includes what stomas are, why patients require stomas and how to look after them.

Objectives

• Revision of anatomy

• Describe the difference between different types of stoma

• Identify reasons for having a stoma

• Identify the different pouches for each stoma.

• Confidently change a stoma pouch

Please complete booklet and bring with you to morning with stoma care nurse specialist.
Activity one

The term ‘STOMA’ comes from the Greek language and means ‘mouth’. In medicine ‘STOMA’ has come to mean ‘artificial opening’. When part of the large or small bowel or bladder is removed, faeces or urine must still be able to exit the body. A stoma is fashioned for this purpose.

There are three main types of stoma and they are:

1. ..............................................................................................................

2. ..............................................................................................................

3. ..............................................................................................................
Activity two

Before exploring the various operations performed that result in stoma formation, can you identify the different areas on the diagram?

Appendix, anus, rectum, sigmoid colon, small bowel, caecum, transverse colon, descending colon, ascending colon.
Activity Three

A colostomy is a surgical opening in the colon. It may be sited anywhere on the abdominal wall but is usually positioned on the left side (left iliac fossa).

1. Can you name five conditions that predispose the formation of a colostomy?

2. What type of effluent would you expect from a colostomy?

3. What type of pouch would you use?
Activity Four

The diagrams below are examples of two commonly performed operations. Can you name them?

1. Colostomy

Permanent or temporary colostomy

Rectum and Anus intact

Colostomy

Colon
2. Anus and rectum excised

Permanent colostomy
Activity Five

An ileostomy is formed in the ileum (end of small bowel), generally within the last 20cm before the ileo-caecal junction. Ileostomies are usually brought out on the right side of the abdominal wall (right iliac fossa)

1. Can you name three conditions that predispose the formation of an ileostomy?

2. What type of effluent would you expect from an ileostomy?

3. What type of pouch would you use?
Activity Six
There are two commonly found ileostomies
1. An end ileostomy
2. A loop ileostomy
Can you explain why a loop ileostomy may be used?


Activity Seven
A urostomy is created using a section of ileum (end of small bowel) to divert urine. It is usually permanent and positioned on the right side of the abdominal wall.

1. Can you name two conditions that predispose the formation of a urostomy?
2. What type of pouch would you use?


Activity Eight

Having a stoma is life changing for many patients and can come as a huge shock. Can you explain how a stoma may affect patients and how the Stoma Care Nurse can help?
Activity Nine

Spend a morning with the Stoma Care Nurse Specialist to view/participate in practical stoma care and check the answers to your workbook!

Further Reading

Birch, J. (Ed) 2008 - Stoma Care, Blackwell Publishing

McGrath, A & Porrett T. 2005 – Stoma Care, Blackwell Publishing

Smith, G & Watson, R. 2005 – Gastrointestinal Nursing, Blackwell Publishing
All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajle (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

우리는 모든 홍보물은 다른언어판, 대형 인쇄물, 브레이즈(영어만), 오디오 테이프 또는 기타 원하시는 어떤식의 형식으로 제공합니다.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेजी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉर्मेट (आस्प) में भी उपलब्ध हैं।

Tell us what you think...

If you would like to comment on any issues raised by this document, please complete this form and return it to: Communications Department, 28 Lister Street, University Hospital Crosshouse, Crosshouse KA2 0BB. You can also email us at: comms@aaaht.scot.nhs.uk. If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.

Name
Address
Email
Comment

0800 169 1441

Last reviewed: May 2017
Leaflet reference: MIS17-122-CC/PIL17-0307