

STOMAL THERAPY

- **Stoma** is a Greek word meaning 'mouth' or 'opening'.
- **Stoma** surgery results in a small opening on the surface of the abdomen being surgically created in order to divert the flow of contents.



- The **stomal therapist** is responsible for helping patients adjust to living with either a permanent or temporary **stoma** be it a colostomy, ileostomy or urostomy.



TYPES

- Colostomy - opening from the large intestine to the abdominal wall so faeces bypass the anal canal.
- Ileostomy - opening from the small intestine to the abdominal wall so faeces bypass the large intestine and the anal canal.



- Urostomy - connection between the urinary tract and abdominal wall leading to a 'urinary conduit' so urine passes straight into a stoma bag and thus bypasses the urethra.
- Gastrostomy and jejunostomy - openings between the stomach and jejunum respectively and the abdominal wall



Reasons for stomas

- Gastrointestinal stomas are used in various disorders - eg, inflammatory bowel disease, neoplasia and diverticular disease.
- Urostomies are more rare and are usually used following invasive neoplasia of the bladder or prostate.



Features of a healthy stoma

- Stoma should be above the skin level.
- Red and moist stoma (pallor may suggest anaemia; dark hue may represent ischaemia).
- No separation between the mucocutaneous edge and the skin.
- No evidence of erythema, rash, ulceration or inflammation in the surrounding skin.



Stoma Care

- Using a bag or pouch with the correct size opening, so waste does not leak
- Taking good care of the skin around your stoma
- Wash your skin with warm water and dry it well before you attach the pouch.
- Avoid skin care products that contain alcohol. These can make your skin too dry.



- DO NOT use products that contain oil on the skin around your stoma. Doing so can make it hard to attach the pouch to your skin.
- Use fewer, special skin care products to make skin problems less likely.

