

PROCEDURAL GUIDANCE

OSTOMY CARE

1. Verify student orders are current. Note the brand/type of ostomy supplies and skin preparation.
2. Explain procedure using developmentally appropriate teaching strategies. Consider self-management goals and encourage participation as appropriate.
3. Perform hand hygiene. Place the supplies on a clean surface. Open packages and keep clean.
 - a. Wafer or skin barrier
 - b. Pouch or appliance
 - c. Topicals (e.g., protective powder, stoma paste, adhesive spray)
 - d. Wipes or appropriate cleaning supplies
 - e. Stoma measuring guide
 - f. Scissors
 - g. Gloves
4. Position student comfortably. Semi reclining or supine position, versus sitting, is recommended for fewer skin wrinkles.
5. Remove old wafer and pouch or skin barrier by gently pushing skin away from barrier. Loosen and lift the edge with one hand while pressing down on the skin near the sticky backing with the other hand.
6. Wash skin and pat dry. Assess skin integrity and prepare skin with ordered topicals as necessary.
7. Cut the new wafer or skin barrier to size, using the stoma measuring guide if necessary. Cut opening in pouch to correct size. If using a customizable or moldable shape barrier, use fingers to mold shape to fit over stoma.
8. Center the new appliance over the stoma and press adhesive barrier firmly into place around. It is recommended to hold a hand over the adhesive for 1 to 2 minutes to secure seal. Pouch adhesives are heat and pressure sensitive and will hold more securely at body temperature.
9. Apply new pouch, if necessary. The pouch may need to be clamped or valve closed.

OTHER CONSIDERATIONS FOR CARE

- Report abnormalities in stoma size, color, bleeding, and integrity of skin surrounding stoma. Repeated leakage may indicate need for different type of pouch to provide reliable seal.
- During the day, the stool can be removed and rinsed from the pouch, then the pouch can be clamped.
- Two-piece pouches are also available. This pouch uses a “Tupperware” type lock that clicks into place.
- Soaps that contain oils, lotions, and fragrances can interfere with the adhesive on the skin barrier.
- Skin barrier should always be used to keep the stool, which may be mainly liquid, off the skin.
- To help the pouch stay on securely, an adhesive spray must be used before the pouch is applied.

