



# Nightmare

on

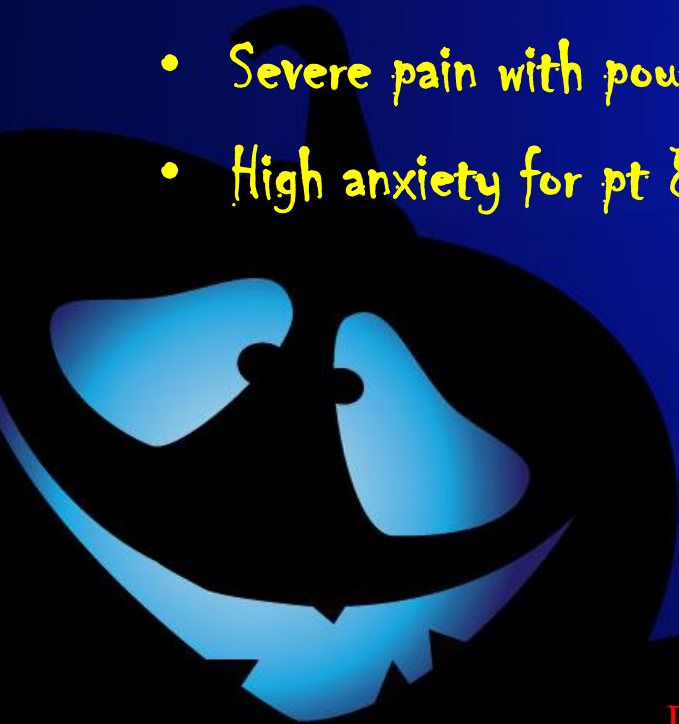
# Ostomy Blvd.



A 2018 NW Regional Conference Tale:  
Presented by – Mary Nametka CWON, FNP  
A “You Can’t Un-See It Production”

# Problem Description: How the Nightmare Started

- Emergency Surgery prior to admission to LTC facility
- Abd wound, mucous fistula, colostomy w fecal fistula, PCM
- Short wear time w frequent 'blow-outs,' painful peristomal rash
- Severe pain with pouch changes, unable to tolerate most pain meds
- High anxiety for pt & nurses - Coping strategy



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Disclosures: none to report, not even a zucchini!  
This message is patient approved for educational purposes

# The Clinical Challenge



Nightmare- Pt's Abd looked like a "product display table": Abd drsg, Karaya pouch, base plate, + fistula pouch

# Trial & Error Phase



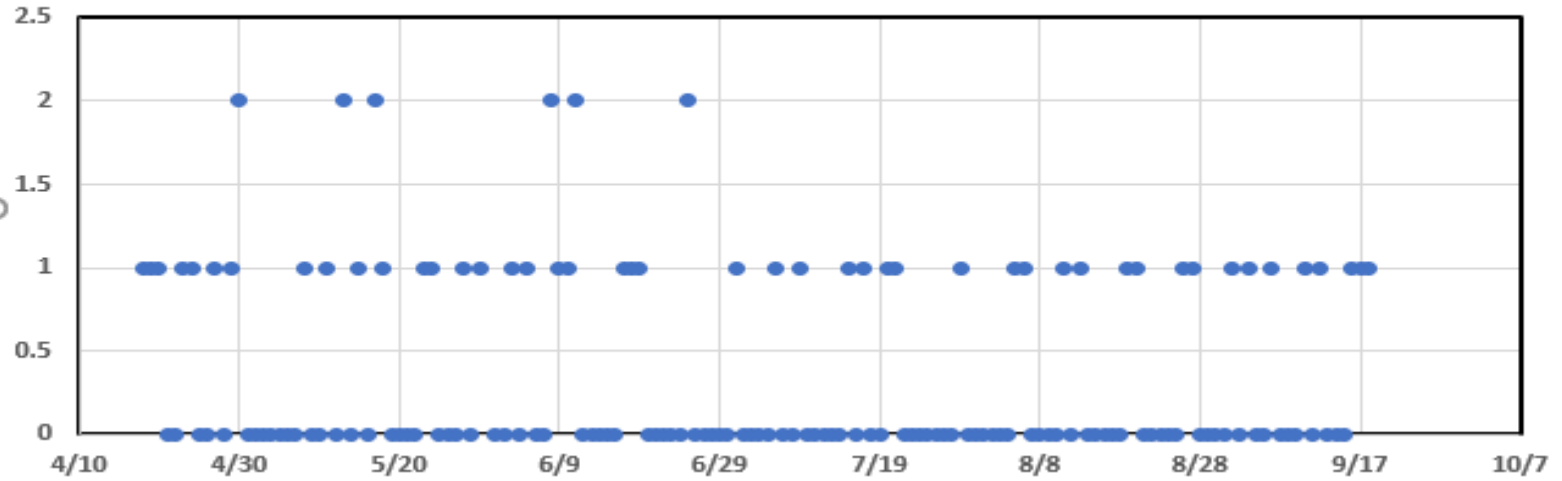
- Frequent 'blow-outs' – dry stool, pancaking
- Current pouching system w flat wafer
- Chronic painful peristomal rash
- High anxiety r/t severe pain w changes
- Stoma & fistulae located in creases
- Multiple allergies, sensitivities
- Convexity, belt & rings introduced
  - Pedi-pouch for muco-fistula
  - Technical challenges for staff
  - Various types convexity tried
  - Blow-outs continued until –
    - soft convexity w ring & belt
    - Learned pt was withholding fluids
    - Introduced PEG, pouch lubricant



# Interventions that Worked

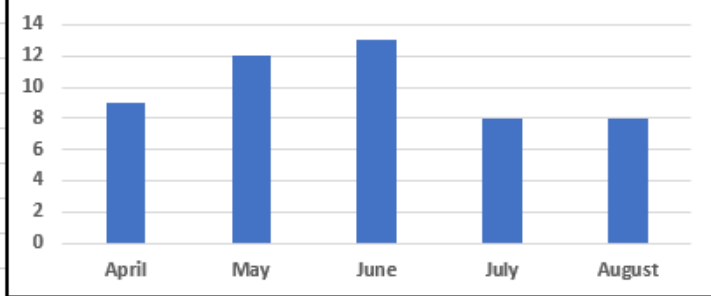
- Pain & Anxiety control w behavioral & technical strategies
  - Encouraged Hope, that things could be made better
  - Pt put in control,
  - adhesive remover
  - Atraumatic, more effective products
- Pouching system changes – soft convexity, rings, elastic ‘safety’ strips
- Rash treated w aqueous steroid q pouch change, oral Diflucan
- LTC staff education, 1:1 demonstration
- PEG added to reduce “pancaking,” pouch lubricant, Inc. po fluids
- Emphasized the path to ‘normal’
  - ABD drsg d/c’d,
  - fistula pouch chg’d to drsg then d/c’d
  - Support & acknowledgement for pt use of, meditation, breathing techniques

### Number Pouch Changes by Date



Date	Product	Quantity	Price	Total
June 1/12	...	...	...	...
June 5/14	...	...	...	...
June 5/18	...	...	...	...
June 5/23	...	...	...	...
June 5/24	...	...	...	...
June 5/18	...	...	...	...
June 5/18	...	...	...	...

### Total Pouch Changes by Month



# Patient Outcomes

## Summary:

4-5 day wear time

Now talks through changes

(No “napkins” for screams)

Staff now comfortable w changes

Protocol developed for staff/ agency

Rash resolved

Along the way...

Abdominal dressing d/c'd

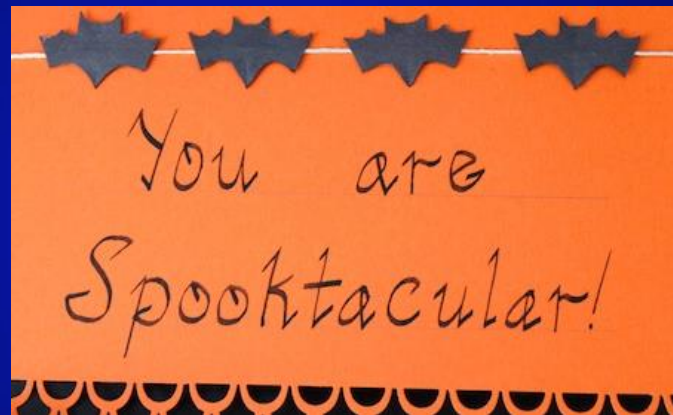
Muco-Fistula pouch, then drsg d/c'd

Fecal fistula resolved

Quality of life – “Heck yeah! ... I feel much better!”



# Thank you!!



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## References

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