

Pre-op Ostomy Education Curriculum

- Booklet in Ostomy skills kit is the best way to cover everything - DVD/course for pt at home
- Confirm type of stoma, date of surgery, ERAS, prep day
- Remind them the learning continues in hospital with bedside and stoma nurse (Vickie @MB, Bobby/Sarah @ Parn) and bridged from hospital to home with HHRN
- Stoma Marking: History of abdominal surgery? Scars on abdomen? Belt line? Usual/work clothing? Go ahead and mark first if they are comfortable.
- Review what is a stoma, type of stoma details and anatomy
- Review pouch: 1-piece v. 2-piece, drainable Velcro v. clamp, filter, flat barrier v. convex
- Review how to drain pouch, TP to clean edges of pouch, stand next to or over toilet to drain
- Review how to apply and new pouch: prepare supplies, stoma guide, cut-to-fit x6wks, standing in front of mirror, heat x5-10 min to activate adhesive
 - o Utilize stoma practice model to prepare and apply sample pouch
 - o Offer placement of pouch on skin as trial over marked area
- Review how to remove an old pouch push-pull, adhesive remover and inspect opening for leaks
- Old pouch sealed in plastic bag that comes with pouches to dispose in trash
- Clean peristomal skin with warm water; best to avoid soaps/oils/lotions/creams
- Accessories to review: adhesive remover, stoma powder, skin prep, ring/seal, barrier extenders
- Trouble shooting skin issues: tape irritation from friction, moisture rash from leaks, early intervention, clipping not shaving hair
- Supplies from Byram/Edgepark/Shield expectation of covered monthly supplies per Medicare
- Ileostomy dehydration prevention (if applicable)
- Colostomy irrigation option (if applicable)
- Review other applicable accessories, belts, garments
- Offer websites, support groups, peer contacts
- Other questions?