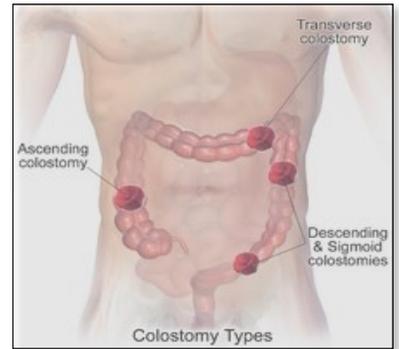


OSTOMY

What is it?

An ostomy is a surgical opening constructed from the bowel or bladder to the exterior of the body. It is named for the organ involved.

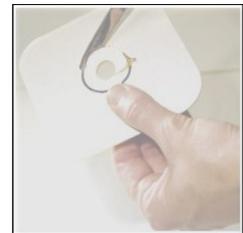
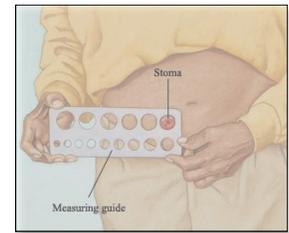
Ileostomy	Small intestine connected to abdominal wall, usually located on the right side of the navel
Colostomy	Large intestine connected to abdominal wall, usually located on the left side of the navel
Urostomy	An opening into the urinary system for urinary diversion (see SHNIC's factsheet "Bladder Surgery")



Stoma and skin care

A skin assessment is important and should document both the appearance of the stoma as well as surrounding skin. A healthy stoma will be moist and beefy red in color; similar to the appearance of mucous membranes inside the mouth. A small amount of painless bleeding is normal due to the large number of blood vessels that lack nerve endings. The appearance and position of the stoma can change slightly throughout the day, similar to normal peristalsis. The skin around the stoma should be free of rashes or irritation.

1. Using the stoma measuring guide, cut the ostomy skin barrier to fit the correct stoma shape and size. The size should be as close to the shape of the stoma as possible, without restricting or touching the stoma edges. This will help protect the healthy skin surrounding the stoma from being exposed to stool output while safely allowing for a slight change in stoma appearance and position throughout the day.
2. The skin should be clean and dry before applying any skin barrier supplies. Wash only with soap and water to prevent leftover residue. Soaps that contain oils, lotions and fragrances can interfere with the adhesive on the skin barrier. Apply special barrier wipes, paste or seals if ordered by healthcare provider.
3. Apply the skin barrier. A warm compress may help to shape and mold the barrier against the student's skin for best fit. Again, be sure the product is cut to shape; minimizing leakage to protect the surrounding skin.



Pouch

There are several types of brands and styles of pouches. Whether a one-piece or two-piece appliance, all work to prevent leakage of air, gas and odor. A one-piece pouch is applied directly onto the skin around the stoma. For a two-piece pouch, an adhesive wafer is initially applied to the skin before snapping on the pouch. Several types of end openings also exist depending on the output drainage from the bag.



Kennedy Krieger Institute

The Specialized Health Needs Interagency Collaboration (SHNIC) program is a collaborative partnership between the Kennedy Krieger Institute and the Maryland State Department of Education.

What should I monitor?

Monitor for changes in stoma appearance and stool output, fever, and pain. Assess the site and skin for, but not limited to, the following negative complications and contact the parent and/or healthcare provider as necessary:

- Stoma: black or dull in color, dry, bulging intestines through opening
- Skin (around stoma): painful, red, bleeding, swollen, draining, abnormal bumps and lumps

Specific health issues for Individualized Healthcare Plan

- Diagnosis including reason/underlying condition requiring an ostomy
- Baseline assessment of stoma and skin
- Output habits of the student's ostomy including color, consistency, frequency
- Orders for materials including brand and type of bag, stoma size
- Steps for emptying the bag, changing the bag and/or wafer
- Orders for skin care and/or topical product
- Irrigation orders, if applicable including frequency and amount of fluid
- Student's ability to self-care
- Access to spare clothes, if necessary
- Communicate with school staff, parents, and provider any changes or concerns about the student's disease or procedure
- Consideration of team discussion for a possible 504/IEP and Emergency Evacuation Plan

Resources & Manuals

Kennedy Krieger Institute— Programs and Services at the Philip A. Keely Center for Spina Bifida and Related Conditions

<https://www.kennedykrieger.org/patient-care/centers-and-programs/center-for-spina-bifida-and-related-conditions/programs-and-services>

Hollister

https://www.hollister.com/en?sc_lang=en

ConvaTec

<https://www.convatec.com/>