

## AIM

To provide effective care for those with colostomies

## DURATION

Half Day Course (3 Hours)

## LEARNING OUTCOMES

By the end of this course you will be able to:

- Know what colostomy surgery is
- Be aware of the indications for the procedure
- Recognise the different types of colostomy
- Know how to care for people immediately post-surgery
- Know how to replace a colostomy bag
- Understand how to irrigate a stoma
- Recognise the nutritional needs of those with stomas
- Be aware of the medication needs of those with stomas
- Know how to care for the stoma site
- Understand how colostomy surgery can affect mental health
- Be aware of common complications of colostomy surgery

---

## LESSONS AND TOPICS

### Colostomy

- What is a Colostomy?
- Indications for Colostomy
- Types of Colostomy
- Anatomy of the Lower Digestive Tract

### Post-Surgical Care

- Recovering from a Colostomy
- Recovering from a Colostomy Reversal

### Caring for Colostomies and Stomas

- Replacing Colostomy Bags
- Irrigating Stomas

### Supporting People with Colostomies

- Nutrition and Hydration
- Medication
- Skin Care
- Mental Health
- Colostomies and Dementia

### Complications

- Rectal Discharge
- Parastomal Hernia
- Stoma Blockage
- Prolapse and Retraction
- Stomal Ischemia and Necrosis