

AIM

To be able to care for those who have undergone surgery resulting in a stoma

DURATION

Half Day (3 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- 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

Caring For Colostomies And Stomas

- Replacing Colostomy Bags
- Disposing Of Colostomy Bags
- Poor Bag Placement

Supporting People With Colostomies

- Privacy And Dignity
- Nutrition, Hydration, And Diet
- Medication
- Skin Care And Barrier Creams
- Mental Health
- Colostomies And Dementia

Infection Control

- The Risk Of Infection
- Personal Protective Equipment (PPE)
- Clinical Waste
- Hand Hygiene

Complications

- Skin Irritation
- Other Skin Problems
- Rectal Discharge
- Stoma Blockage

Roles And Responsibilities

- Competencies
- Carers
- Nurses

Serious Complications

- Parastomal Hernia
- Prolapse And Retraction
- Stomal Ischaemia And Necrosis

Post-Surgical Care

- Recovering From The Colostomy
- Recovering From A Colostomy Reversal
- Irrigating Stomas