

Best Practice to Evaluate Fecal Stomas and Peristomal Skin for Continuity of Care

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Abstract

Background:

It is documented in the literature that patients with fecal stomas require ongoing care by various care givers and other health care providers. A detailed and correct description of the patient's stoma, body and peristomal skin is needed to facilitate the care givers ability to monitor the stoma and peristomal skin health.

Purpose:

The purpose of this educational poster is to provide the attendee with visual examples of stomas and peristomal skin conditions to use as a reference when assessing patient's fecal stomas and peristomal skin conditions.

Implications:

Attendees will enjoy an interactive learning opportunity to learn how to describe fecal stomas and peristomal skin findings to promote optimal care of patients with fecal stomas. This educational poster will assist the attendees to recognize peristomal skin conditions and how to manage them.



Figure 1. How would you treat this patient?

Pick all items that apply for each question.

1. How would you describe the stoma?
 - a. The stoma is nicely budded above the skin.
 - b. The stoma is retracted.
 - c. The stoma is perfect.
 - d. The stoma is partially budded above the skin.
2. Which clinical findings best describes the peristomal skin?
 - a. Candida dermatitis
 - b. Irritant contact dermatitis from effluent.
 - c. Epidermal stripping from adhesives.
 - d. Folliculitis.
 - e. Allergic contact dermatitis
3. Would you ...
 - a. Change to Your favorite pouch, that always works for you?
 - b. Look at current pouching system and evaluate application, wear time, and body?.
 - c. Look at a clinical reference for recommendations?
 - d. Try the newest product on the market that you have wanted to try ?.
4. How would you treat the skin:.
 - a. Leave pouch off a few days and see if the skin clears up.
 - b. Apply absorptive ostomy powder on erosions seal in with cyanoacrylate.
 - c. Spray skin with topical steroid prior to pouch application.
 - d. Apply topical antifungal powder and seal in with cyanoacrylate.

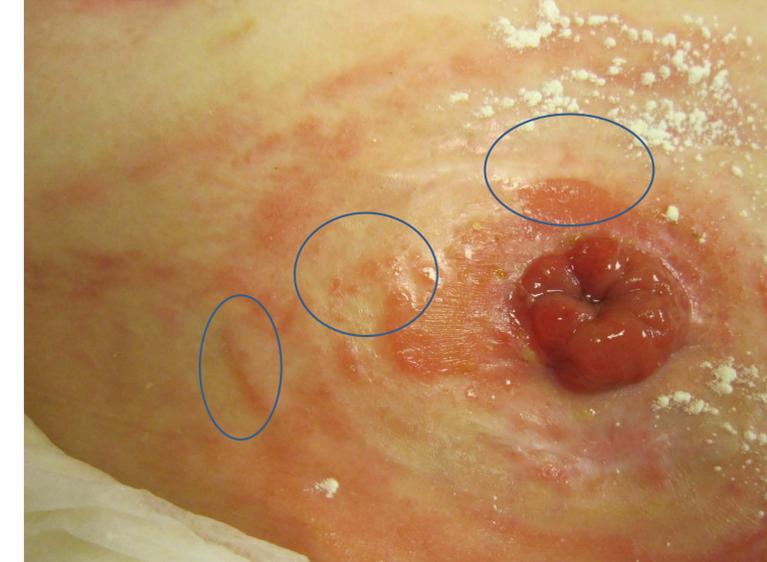


Figure 2. How would you treat this patient?

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Image 1 ANSWERS: 1. b, 2. b, c, d, 3. b, c, 4. b.
Image 2 ANSWERS: 1. d, 2. a, b, c, 3. b, c, 4. b, d.

Discussion

Ostomy care nurses partner with dermatology clinicians at times to collaboratively manage patients with dermatological conditions in the peristomal area. The ability to identify the characteristics of the patient's body, peristomal skin and stoma can assist the clinician to document their findings for optimal communication between each unique nursing practice.

Literature and evidence based resources are available to assist nurses to gain expertise in this unique area of skin care.

If you found yourself wanting to know more about a tools to evaluate peristomal skin look no further. The WOCN web site has an app for that.

<https://www.wocn.org/page/ClinicalTools>.

Introduction

Stelton, S., Zulkowski, K., & Ayello, E. A. (2015) report that patient's with ostomies can develop a plethora of skin conditions in the peristomal area. Acute and chronic as well as allergic contact dermatitis can develop in the peristomal area. Mechanical injuries, folliculitis, fungal dermatitis and pseudoverruccus lesions are a few more conditions that can develop in the peristomal area. Peristomal hyperplasia as well as pyoderma gangrenosum are two more conditions noted at times in the peristomal area.

Peristomal skin conditions can be related to the body contours, tone and placement of the stoma. Pouch type, application, wear time and removal can affect peristomal skin health as well. These factors need to be considered when evaluating a patient with a stoma and sequelae Stelton, S., Zulkowski, K., & Ayello, E. A.(2015).

Test your skill and see which conditions you can identify. Test your skill on how you would treat and evaluate the patients.

Conclusions

Dermatology nurses and nurse practitioners are experts in: educating patient's on their dermatological conditions as well as evaluating and treating patient's skin conditions. Peristomal skin is a unique area of patient's skin that needs ongoing evaluation and treatments by patients, care givers, nurses and providers (Colwell, J. C., Bain, K. A., Hansen, A. S., Werner, D., Grethe V., James-Reid, S. 2019).

Dermatology nurses and nurse practitioners with their unique set of skills can be an asset to their patients with fecal stomas and peristomal skin conditions. Simple and complex dermatoses can occur under the pouch.

Assessment of the patient's skin, abdomen firmness, position of the stoma, skin creases and position of the stoma in supine, sitting and standing position is needed to make a complete assessment of the patient's ostomy care needs. (Colwell, et. al 2019) .

Contact

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