Professional Contributions
“Keeping it All in the Bag”

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To increase the nurses’ knowledge, comfort level and expertise when caring for patients with ostomies and various ostomy appliances. This will be achieved through staff education based on current evidence and best practice.
The Wound, Ostomy and Continence Society (WOCN) has recommended guidelines for care of the ostomy patient:

- preoperative and postoperative education
- basic ostomy management
- pouching options
- Early postoperative care influences the immediate postoperative phase but also has an impact on the quality of life a patient with an ostomy will experience.
Method

• Needs assessment
• A pre-survey questionnaire was given to the nurses on a specific unit to measure their knowledge and comfort when caring for a patient with an ostomy.
• A Likert scale was used to rate the answers.
Pre survey using the Likert Scale to measure both nurses’ knowledge and comfort level when caring for an ostomy patient.

1. How confident are you in your ability to differentiate between right and left sided stomas?
2. How comfortable are you with changing the ostomy appliance?
3. How confident are you identifying an abnormal stoma?
4. How comfortable are you in identifying patient–specific ostomy supplies?
5. How confident are you in your ability to recognize what is normal effluent (output) based upon the anatomical location of the stoma?
6. How comfortable are you with post op ostomy teaching?
Pre survey results using the Lickert Scale ("5" = "extremely confident/comfortable," "1" = "Not at all confident/comfortable") to measure the nurses' knowledge and comfort level when caring for an ostomy patient.

n = 30

<table>
<thead>
<tr>
<th>Question</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>1. How confident are you in your ability to differentiate between right and left sided stomas?</td>
<td>2.80</td>
</tr>
<tr>
<td>2. How comfortable are you with changing the ostomy appliance?</td>
<td>2.36</td>
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<tr>
<td>3. How confident are you in identifying an abnormal stoma?</td>
<td>2.56</td>
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<tr>
<td>4. How comfortable are you in identifying patient specific ostomy supplies?</td>
<td>2.45</td>
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<tr>
<td>5. How confident are you in your ability to recognize what is normal effluent based upon the anatomical location of the stoma?</td>
<td>2.10</td>
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<tr>
<td>6. How comfortable are you with post op ostomy teaching?</td>
<td>2.23</td>
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</tbody>
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Teaching plan and evaluation

- Once the results were tabulated a teaching plan was implemented.
- Every month for six months a new objective will be introduced and taught.
- At the end of the six months a post survey will be administered to evaluate how the knowledge level and comfort level increased.
Objectives

1. State the difference between right and left sided ostomies.
2. Identify the different types of ostomies.
3. Describe characteristics of a stoma.
5. Identify proper appliance for ostomy.
6. List or demonstrate ostomy procedure.
• In six months, July (2013), the objectives will have been instructed.

• Post-survey assessment will be distributed to the nurses that have been instructed on the objectives.

• The anticipation of the outcome will be:
Outcomes

1. The staffs’ knowledge level with an ostomy patient increased.
2. The staffs’ comfort level when caring for a patient with an ostomy increased.
3. The staffs’ comfort level while changing the appliance increased.

