# Ostomy Care Map

## Physical Activity

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<tbody>
<tr>
<td>Transfer to chair.</td>
<td>Transfer to chair.</td>
<td>Walk at least 3 times a day, with help as needed.</td>
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<td>Walk on your own 3 to 4 times a day.</td>
<td>Walk on your own 4 times a day.</td>
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<tr>
<td>Nurse evaluates needs for PT/OT and initiates consult.</td>
<td>Walk short distances.</td>
<td>PT/OT consult.</td>
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## Diet

- Nothing by mouth.
- No nausea or vomiting.
- Check for bowel tones.

- Check for bowel tones.
- Check for passing gas.
- Start on clear liquids.
- Nurse evaluates need for Dietitian consult and initiates consult.

- Bowel tones present.
- Passing gas.
- Add to diet, as tolerated.
- Ileostomy patients have changes in fluid needs, and may need to drink more. Need to introduce foods slowly to see how body responds.
- Dietitian consult.

## Resources

- **Doctor:** Coordinates care and will follow up in clinic.
- **Ostomy Nurse:** Specialist in ostomy care who may meet with you before, during, and/or after your hospital stay to answer questions and assist in coordinating care.
- **Outpatient/Clinic Nurse:** Cares for and educates you before and after your inpatient hospital stay.
- **Inpatient Nurse:** Cares for you while you are in the hospital post-surgery. Will assist with coordinating consultations, providing initial supplies, and education.
- **Social Worker:** Assists with housing, transportation, arranging for supplies after discharge, and home health services.
- **Dietitian:** Assists in meal planning, and discusses with you how to meet your nutritional needs.
- **Physical Therapy (PT):** Assists with mobility issues, strengthening exercises, and walking.
- **Occupational Therapy (OT):** Assists with activities of daily living such as bathing, dressing, eating, etc.
- **United Ostomy Association:** Local support group that has volunteers available to meet with you at any time around your surgery. Has several resources available.

## Discharge Planning

### Scheduled Surgery:

**Pre-surgery appointment in Oncology, GI, Urology, or Pre-Surgery Clinic**

- Marking stomach for ostomy.
- Discuss: Stoma type and function
- Post-op care
- Pain management
- 5-7 day length of stay
- Videos
- Information packet
- United Ostomy Association

### Patient admitted from:

- ER
- Clinic visit

### Pre- and post-op teaching as time allows before surgery.

### Nurse to Provide:

- Starter kit
- Information packet
- Basic ostomy supplies

### Nurse Reviews:

- Pain management
- Post-op care
- Information packet
- Ostomy type and function
- Pouch emptying

### Patient Able to:

- Begin looking at ostomy and pouch
- Watch nurse emptying pouch

### Other:

- Nurse arranges for Ostomy Nurse consult

### RN Reviews:

- Information packet
- Pouch changing
- Videos available to view
- Ostomy supplies

### Patient Able to:

- Empty pouch with help from nurse
- State what skin and output from ostomy should look like

### Other:

- Nurse offers to arrange for member of United Ostomy Association to visit during hospital stay or after discharge.

### Patient Able to:

- State how often to change pouch
- State how to prevent and treat skin irritation
- State how to prevent odor
- Empty pouch on your own
- State where to change pouch
- State where to get supplies

### Patient Able to:

- Remove pouch, clean and assess stoma and surrounding skin, and change wafer and pouch
- State follow-up appointment

### Nursing notes:

- Patient gives patient a prescription for ostomy supplies signed by doctor

### Other:

- Nurse gives patient a prescription for ostomy supplies signed by doctor

### Discharge:

- Finalize plans for discharge:
  - Where you are going after discharge
  - Transportation
  - Home care needs
  - Supplies
  - Follow-up in clinic 2 to 3 days after discharge

- **Discharge!**