

	手術前	手術後：第 1 天	手術後：第 2 天	手術後：第 3 天	手術後：第 4 天	手術後：第 5 天
身體活動		<ul style="list-style-type: none"> • 轉移到坐椅上。 • 護士評估是否需要進行物理治療/職業治療，並組織會診。 	<ul style="list-style-type: none"> • 轉移到坐椅上。 • 作短距離步行。 • 會診是否需要進行物理治療/職業治療。 	<ul style="list-style-type: none"> • 每天步行至少 3 次，需要時給予協助。 	<ul style="list-style-type: none"> • 每天獨立步行 3 至 4 次。 	<ul style="list-style-type: none"> • 每天獨立步行 4 次。
飲食		<ul style="list-style-type: none"> • 禁止用口進食或飲用任何東西。 • 無嘔心或嘔吐。 • 檢查是否有腸音。 	<ul style="list-style-type: none"> • 檢查是否有腸音。 • 檢查是否有放屁。 • 開始飲用清流質性飲料。 • 護士評估是否需要與營養師商量，並組織與營養師商量。 	<ul style="list-style-type: none"> • 出現腸音。 • 放屁。 • 允許進食高級飲食。 • 接受迴腸造口手術的病人需要間隔性地飲用液體，可能需要飲用更多液體。必須慢慢開始進食食物，以觀察身體的反應。 • 與營養師商量。 	<ul style="list-style-type: none"> • 自手術後開始排便。 • 允許進食高級飲食。 	<ul style="list-style-type: none"> • 自手術後開始排便。 • 允許用餐。
教育	<p>已排期的手術： 在腫瘤科、腸胃科、泌尿科進行手術前約診，或在門診進行手術前約診：</p> <ul style="list-style-type: none"> • 標示出要造口的胃部。 • 討論： <ul style="list-style-type: none"> <input type="checkbox"/> 腹壁造口的類型與功能 <input type="checkbox"/> 手術後護理 <input type="checkbox"/> 疼痛處理 <input type="checkbox"/> 住院時間 5 至 7 日 <input type="checkbox"/> 電視 <input type="checkbox"/> 資訊包 <input type="checkbox"/> 造口聯合協會 (United Ostomy Association) <p>未排期的手術： 病人入院途徑：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 急診室 <input type="checkbox"/> 門診 • 手術前如果有時間，接受手術前和手術後的教育。 	<p>護士將提供：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 新病人用品包 (Starter kit) <input type="checkbox"/> 資訊包 <input type="checkbox"/> 基本的造口用品 <p>護士檢查：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 疼痛處理 <input type="checkbox"/> 手術後護理 <input type="checkbox"/> 資訊包 <input type="checkbox"/> 造口的類型與功能 <input type="checkbox"/> 便袋清空 <p>病人能夠：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 開始檢查造口和便袋 <input type="checkbox"/> 看護士清空便袋 <p>其他：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 護士安排“造口護士”會診 	<p>護士檢查：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 資訊包 <input type="checkbox"/> 便袋更換 <input type="checkbox"/> 是否有可看的電視 <input type="checkbox"/> 造口用品 <p>病人能夠：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 在護士幫助下清空便袋 <input type="checkbox"/> 說出皮膚和從造口排出物的正常外表 <p>其他：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 護士安排“造口聯合協會”的會員在病人住院期間或出院後探訪病人。 	<p>註冊護士檢查：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 便袋更換 <input type="checkbox"/> 臭味處理 <input type="checkbox"/> 需要留意的症狀 <p>病人能夠：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 獨立清空便袋 <input type="checkbox"/> 觀察護士取出便袋、清潔和評估腹壁造口和四周的皮膚，以及更換墊片和便袋 <input type="checkbox"/> 更換便袋，需要時護士給予幫助 <p>其他：</p> <ul style="list-style-type: none"> <input type="checkbox"/> “造口護士”會診 	<p>病人能夠：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 說出需要多經常更換便袋 <input type="checkbox"/> 說出如何預防和治療皮膚過敏 <input type="checkbox"/> 說出如何防止臭味 <input type="checkbox"/> 獨立清空便袋 <input type="checkbox"/> 說出如何更換便袋 <input type="checkbox"/> 說出到哪里獲取造口用品 <p>其他：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 護士給病人有醫生簽名的購買造口用品的處方 	<p>病人能夠：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 取出便袋、清潔和評估腹壁造口和四周的皮膚，以及更換墊片和便袋 <input type="checkbox"/> 說出後續約診的日期和時間 <p>其他：</p> <ul style="list-style-type: none"> <input type="checkbox"/> 護士給病人有醫生簽名的購買造口用品的處方
出院計劃	<p>已排期的手術：</p> <ul style="list-style-type: none"> <input type="checkbox"/> “如何訂購造口用品”資料 <input type="checkbox"/> 病人作出手術後如何坐車回家的安排 	<ul style="list-style-type: none"> • 與社工一起評估： <ul style="list-style-type: none"> <input type="checkbox"/> 照護者需要 <input type="checkbox"/> 家庭保健需要 <input type="checkbox"/> 交通運輸需要 		<ul style="list-style-type: none"> • 確定出院計劃： <ul style="list-style-type: none"> <input type="checkbox"/> 目的地 <input type="checkbox"/> 交通運輸 <input type="checkbox"/> 居家護理需要 <input type="checkbox"/> 造口用品 <input type="checkbox"/> 出院後 2 至 3 天回門診作後續檢查 		<p>出院！</p>
資源	<ul style="list-style-type: none"> • 醫生： 協調護理，並將在門診對病人進行後續診療。 • 造口護士： 造口護理專家，可能在你住院前、住院期間和/或出院後與你見面，回答你的問題，並幫助協調護理。 • 門診部護士： 在你住院前和出院後負責護理你和教育你。 • 住院部護士： 在你手術後住院期間負責護理你。幫助協調會診、提供初次造口用品，以及教育你。 • 社工： 協助住房、交通運輸、安排出院後的造口用品和家庭保健服務。 • 營養師傅： 協助膳食設計，並與你商量如何滿足你的營養需要。 • 物理治療 (PT)： 協助解決行動問題，加強鍛煉，以及步行。 • 職業治療 (OT)： 協助日常生活的活動，例如洗澡、穿衣服、進食等等。 • 造口聯合協會 (United Ostomy Association)： 地方支援團體，擁有一批義工，可在你手術前後的任何時間與你見面。擁有數個可用資源。 					



Ostomy Care Map

	Pre-Surgery	Post-Surgery: Day 1	Post-Surgery: Day 2	Post-Surgery: Day 3	Post-Surgery: Day 4	Post-Surgery: Day 5
Physical Activity		<ul style="list-style-type: none"> • Transfer to chair. • Nurse evaluates needs for PT/OT and initiates consult. 	<ul style="list-style-type: none"> • Transfer to chair. • Walk short distances. • PT/OT consult. 	<ul style="list-style-type: none"> • Walk at least 3 times a day with help as needed. 	<ul style="list-style-type: none"> • Walk independently 3 to 4 times a day. 	<ul style="list-style-type: none"> • Walk independently 4 times a day.
Diet		<ul style="list-style-type: none"> • Nothing by mouth. • No nausea or vomiting. • Check for bowel tones. 	<ul style="list-style-type: none"> • Check for bowel tones. • Check for passing gas. • Start on clear liquids. • Nurse evaluates need for Dietitian consult and initiates consult. 	<ul style="list-style-type: none"> • Bowel tones present. • Passing gas. • Advance diet as tolerated. • Ileostomy patients have alterations in fluid needs, and may need to drink more. Need to introduce foods slowly to see how body responds. • Dietitian consult. 	<ul style="list-style-type: none"> • Bowel movement since surgery. • Advance diet as tolerated. 	<ul style="list-style-type: none"> • Bowel movement since surgery. • Tolerating meals.
Education	<p>Scheduled Surgery: Pre-surgery appointment in Oncology, GI, Urology, or Pre-Surgery Clinic:</p> <ul style="list-style-type: none"> • Marking stomach for ostomy. • Discuss: <ul style="list-style-type: none"> <input type="checkbox"/> Stoma type and function <input type="checkbox"/> Post-op care <input type="checkbox"/> Pain management <input type="checkbox"/> 5- to 7-day length of stay <input type="checkbox"/> Videos <input type="checkbox"/> Information packet <input type="checkbox"/> United Ostomy Association <p>Unscheduled Surgery: Patient admitted from:</p> <ul style="list-style-type: none"> <input type="checkbox"/> ER <input type="checkbox"/> Clinic visit <ul style="list-style-type: none"> • Pre- and post-op teaching as time allows before surgery. 	<p>Nurse to Provide:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Starter kit <input type="checkbox"/> Information packet <input type="checkbox"/> Basic ostomy supplies <p>Nurse Reviews:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pain management <input type="checkbox"/> Post-op care <input type="checkbox"/> Information packet <input type="checkbox"/> Ostomy type and function <input type="checkbox"/> Pouch emptying <p>Patient Able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Begin looking at ostomy and pouch <input type="checkbox"/> Watch nurse emptying pouch <p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurse arranges for Ostomy Nurse consult 	<p>Nurse Reviews:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Information packet <input type="checkbox"/> Pouch changing <input type="checkbox"/> Videos available to view <input type="checkbox"/> Ostomy supplies <p>Patient Able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Empty pouch with help from nurse <input type="checkbox"/> State normal appearance of skin and output from ostomy <p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurse offers to arrange for member of United Ostomy Association to visit during hospital stay or after discharge. 	<p>RN Reviews:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pouch changing <input type="checkbox"/> Odor control <input type="checkbox"/> Symptoms to call about <p>Patient Able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Empty pouch independently <input type="checkbox"/> Observe nurse removing pouch, cleaning and assessing stoma and surrounding skin, and changing wafer and pouch <input type="checkbox"/> Change pouch with help as needed <p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ostomy Nurse consult 	<p>Patient Able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> State how often to change pouch <input type="checkbox"/> State how to prevent and treat skin irritation <input type="checkbox"/> State how to prevent odor <input type="checkbox"/> Empty pouch independently <input type="checkbox"/> State how to change pouch <input type="checkbox"/> State where to get supplies <p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurse gives patient a prescription for ostomy supplies signed by doctor 	<p>Patient Able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remove pouch, clean and assess stoma and surrounding skin, and change wafer and pouch <input type="checkbox"/> State follow-up appointment <p>Other:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Nurse gives patient a prescription for ostomy supplies signed by doctor
Discharge Planning	<p>Scheduled Surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> "How to Order Your Supplies" handout <input type="checkbox"/> Patient makes plans for transportation home post-surgery 	<ul style="list-style-type: none"> • Evaluate with social worker: <ul style="list-style-type: none"> <input type="checkbox"/> Care provider needs <input type="checkbox"/> Home health needs <input type="checkbox"/> Transportation needs 		<ul style="list-style-type: none"> • Finalize plans for discharge: <ul style="list-style-type: none"> <input type="checkbox"/> Destination <input type="checkbox"/> Transportation <input type="checkbox"/> Home care needs <input type="checkbox"/> Supplies <input type="checkbox"/> Follow-up in clinic 2 to 3 days after discharge 		Discharge!
Resources	<ul style="list-style-type: none"> • 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 consults, 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 point around your surgery. Has several resources available. 					