

Understanding stomas

by

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Thought for today

LIGHT TRAVELS FASTER THAN SOUND.



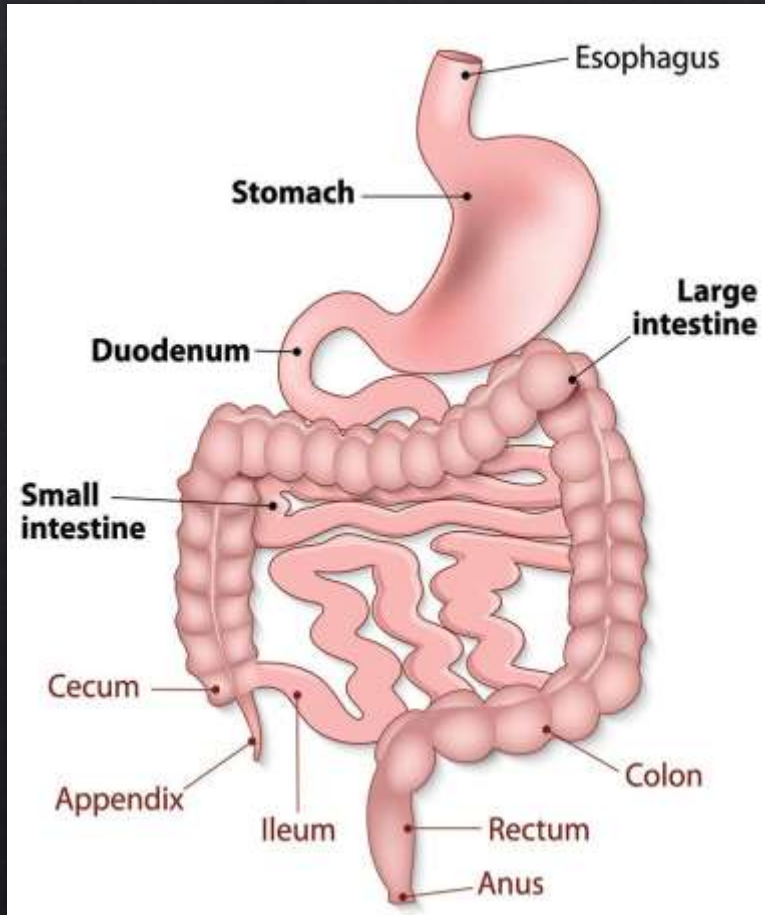
**THIS IS WHY SOME PEOPLE APPEAR
BRIGHT UNTIL YOU HEAR THEM SPEAK.**

Know your neighbour



1. Turn to the person on your left and introduce yourself
2. Share what type of stoma you have
3. Share where you had your surgery done
4. Share the name of your stomal therapist
5. Tell each other what type of pouch you use

Anatomy of the Gastrointestinal tract



- ◇ Oesophagus: food pipe, transport of food (25cms)
- ◇ Stomach: storage, mixing and digestion
- ◇ The duodenum is about 25 cm (10 inches)
- ◇ The jejunum is about 2.5 m (8 feet)
- ◇ The ileum is about 3.6 m (12 feet)

Total about 20ft (6-7 metres)

- ◇ The colon (large intestine) 1.5mts long (4-5ft)

Food digestion times

Foods	Digestion time	Foods	Digestion time
water melon	20 minutes	potatoes	1 hour
oranges, grapes	30 minutes	brown rice, oats, millet	1.5 hours
apple, pears, cherries	40 minutes	soya beans, peas, kidney beans	1.5–2 hours
fresh tomatoes, cucumbers, celery	40 minutes	white cheese	1.5–2 hours
boiled spinach, cauliflower, maize	45 minutes	chicken without skin	1–2 hours
boiled egg	45 minutes	beef	3–4 hours
boiled root vegetables: carrot, beetroots, turnip	50 minutes	cheese	3–4.5 hours
fish: cod, salmon, herring	30–60 minutes	pork	4–5 hours

What is a stoma?

- ◆ **Stoma is a Greek word for mouth or opening.**
- ◆ **A stoma is a surgically created opening to allow faeces or urine to exit the body before reaching the rectum or the bladder.**
- ◆ **Stomas may be temporary (to allow another part of the intestine to heal), or permanent.**

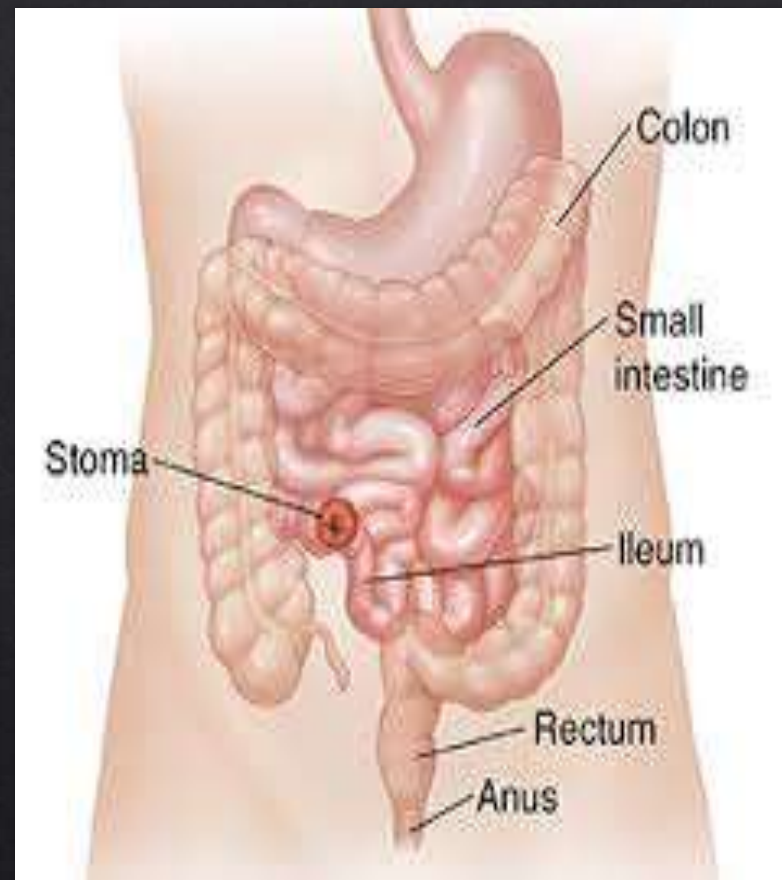
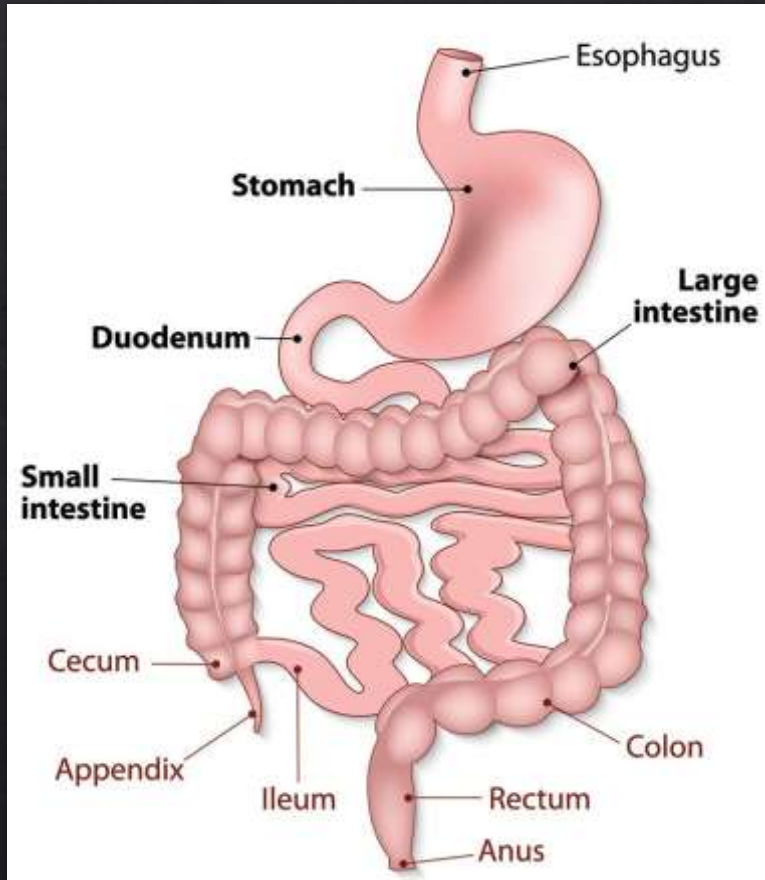
Types of stomas

- ◊ **Ileostomy (small bowel)**
- ◊ **Colostomy (Large bowel)**
- ◊ **Urostomy / Ileal Conduit (stoma for the urine)**
- ◊ **Fistula**

What is an ileostomy

- ◆ **An ileostomy is a surgically created opening into the small intestine through the abdomen.**
- ◆ **The purpose of the ileostomy is to allow stool to by pass the rectum.**
- ◆ **It may be temporary or permanent.**

Ileostomy



What necessitates an ileostomy

The most common indication is for:

- **Protection of a joining of the bowel (an anastomosis.)**

Other indications

Ulcerative colitis & Crohn's disease.

Fistulae.

Carcinoma.

Familial polyposis coli.

Irradiation damage.

Trauma.

Slow transit constipation.

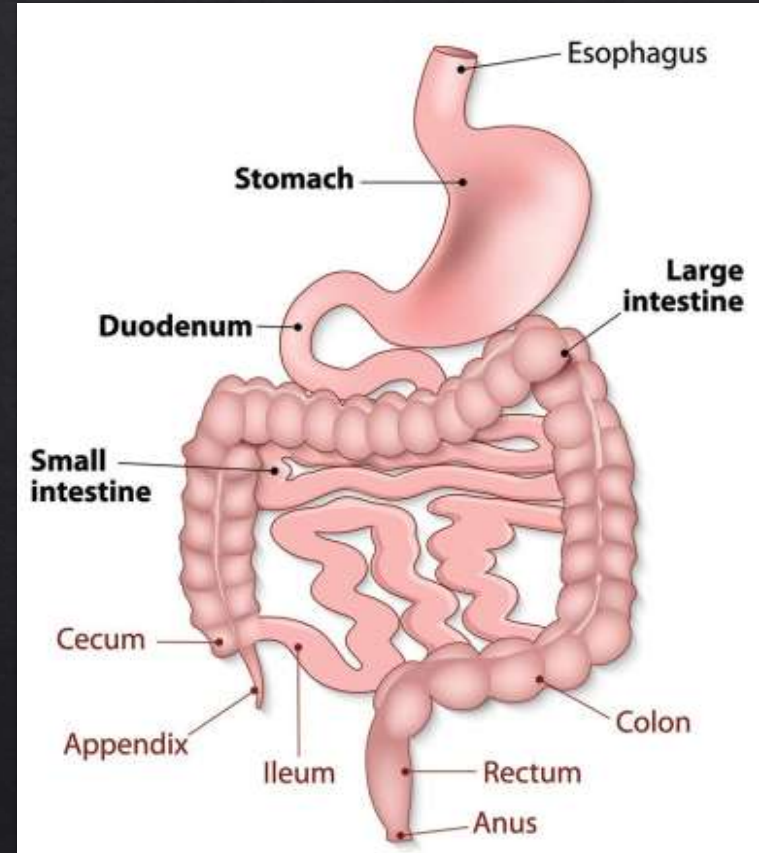
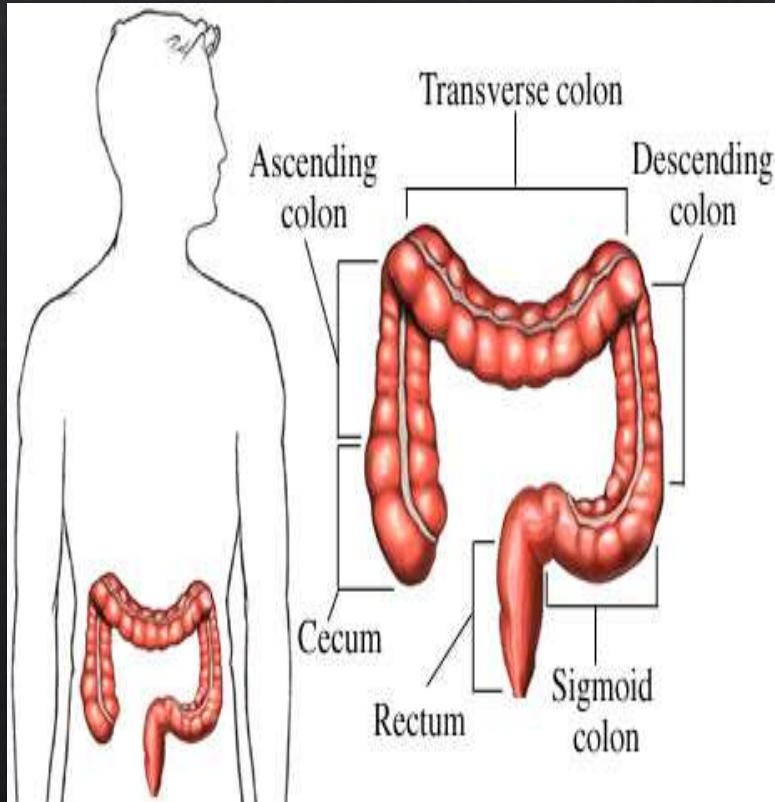
Ileostomy pouches 1 piece and 2 piece



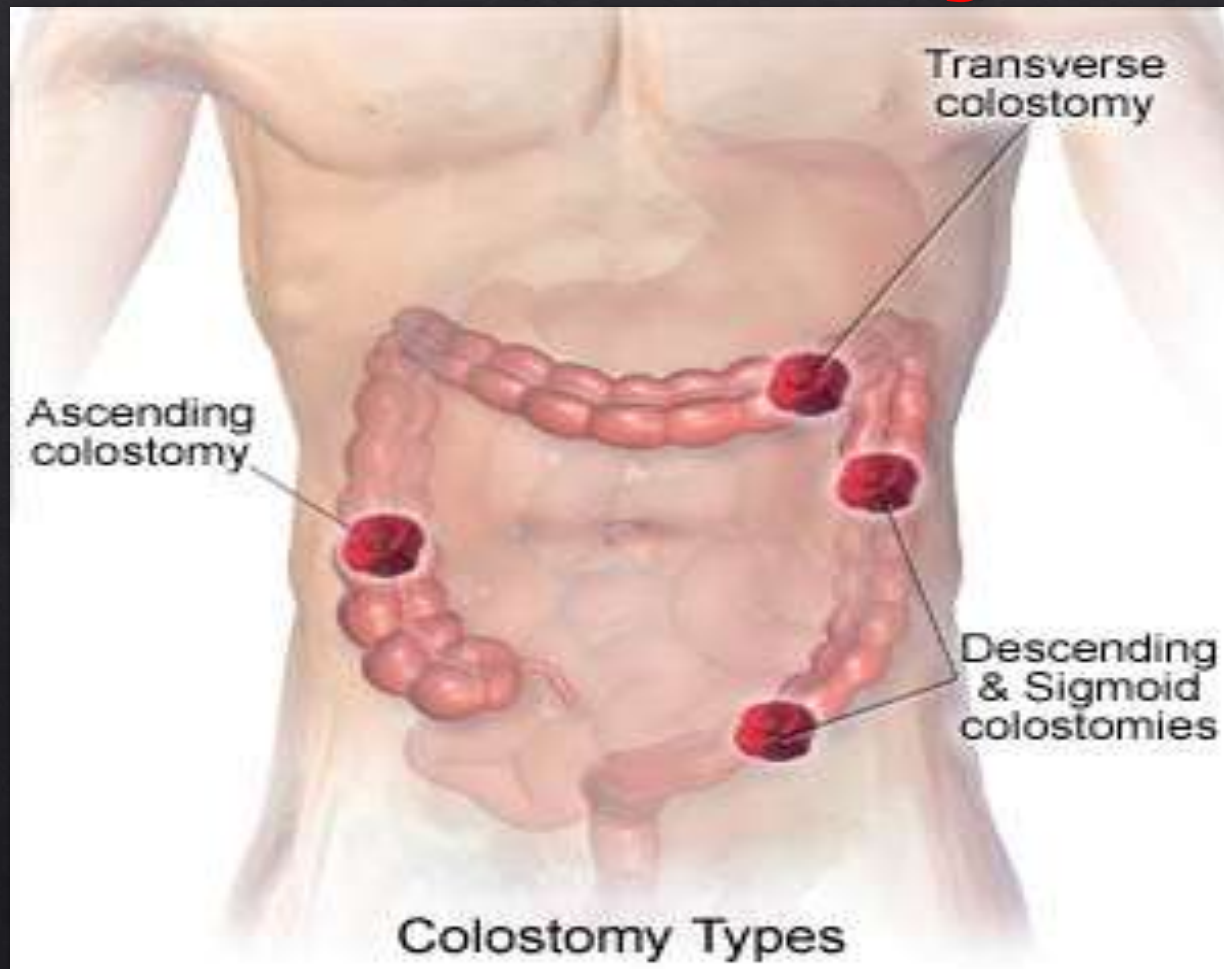
What is a colostomy

- ◆ **A colostomy is a surgically created opening into the colon through the abdomen.**
- ◆ **It allows faeces to bypass diseased or damaged part of the colon.**
- ◆ **It may be made at any point along the length of the colon.**

Anatomy of the large bowel (colon)



Common locations for a colostomy



What necessitates a colostomy

The most common indication is for: cancer (carcinoma).

Other indications

- **Diverticular disease.**
- **Crohn's disease.**
- **Irradiation damage.**
- **Bowel ischaemia.**
- **Faecal incontinence.**
- **Volvulus.**
- **Trauma.**
- **Congenital abnormalities.**
- **Hirschsprung's disease.**

Colostomy pouches 1 piece and 2 piece

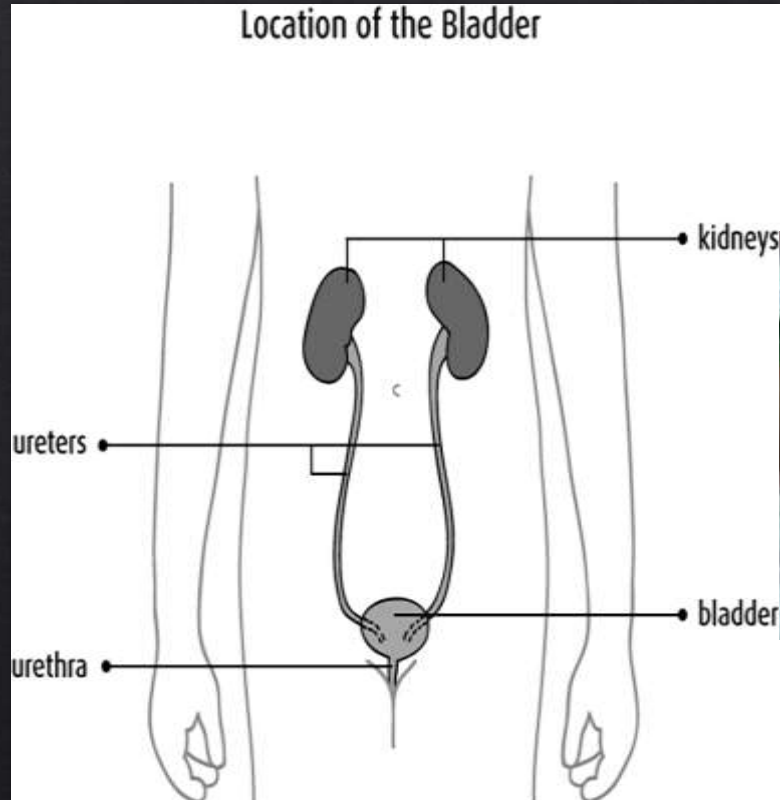


What is a urostomy/Ileal conduit

- ◆ **A surgically created opening of the ureters to the abdominal wall using a segment of ileum (approximately 15cms) as a conduit.**
- ◆ **A Urostomy means the urine will drain from your abdomen into a pouch.**

Urostomy/Ileal conduit

Location of the Bladder



What necessitates a urostomy

- ◇ The most common is bladder cancer.

Other indications:

- ◇ spinal cord injuries
- ◇ malfunction such as chronic infection of the bladder
- ◇ birth defects such as spina bifida
- ◇ severe kidney disease
- ◇ accidental damage or injury to the urinary tract
- ◇ surgical complications because of non-related pelvic or abdominal surgery
- ◇ urinary incontinence
- ◇ Radiation damage

Urostomy pouches 1 piece and 2 piece



What is a fistula

- ◇ This is an abnormal passage that forms between the bowel and nearby organs.
- ◇ Types of fistula:
- ◇ 1 Anorectal Fistula occurs between the anal canal and the skin around the anal opening.
- ◇ 2 Rectovaginal or Anovaginal Fistula occurs when a hole develops between the rectum or anus and the vagina.
- ◇ 3 Colovaginal Fistula occurs between the colon and the vagina.

Fistula continued

4. Enterocutaneous: This type of fistula is from the intestine to the skin. An enterocutaneous fistula may be a complication of surgery. It can be described as a passageway that progresses from the intestine to the surgery site and then to the skin.
5. Enteroenteric or enterocolic: This is a fistula that involves the large or small intestine.

Fistula pouches



Obstetric fistula

A serious childbirth injury causing a hole in the birth canal that results in abnormal connection between the rectum and vagina.

Urgent medical attention is usually recommended by healthcare providers

May be dangerous or life threatening

Common (More than 10,000 cases per year in Australia)

Treatable by a medical professional

Requires lab test or imaging

Can last several months or years

Common for ages 18-35

**WHO SAYS
NURSING IS STRESSFUL?**



I'M 39 AND I FEEL GREAT!!