

# Quality Of Life Case Study

## Sue Delanty, Stomal Therapy Nurse, Launceston, Tasmania

*This case study represents my experience in using Dansac NovaLife TRE soft convex barrier with this specific patient and may not necessarily be replicated.*

### Patient Overview

The patient is an 88-year-old female who lives with her daughter and her family. She is very independent and uses a rollator to remain mobile. She has non-insulin-dependent diabetes mellitus (NIDDM) and high blood pressure, which is managed with medication. The patient also experienced a transient ischaemic attack (TI some years ago).

### Patient History

Last year, the patient had an abdominal perineal resection as a result of cancer of the rectum. At the time, she received instruction on how to change her pouch and was coping well, both with her stoma management and the physical and psychological impact of her surgery. She was determined to get on with her life and did not want her daughter to be involved in her care.

Two months post-surgery, the patient experienced some issues with pancaking causing her distress. To help with the situation, she was switched from a flat one-piece appliance to the Dansac NovaLife soft convex wafer and pouch. It was felt that this would be easier for the patient to clean and would assist the faeces to drop into the bag. We also discussed increasing fluids and ensuring air was in the appliance at time of application. The patient was also advised to use a filter sticker cover over the filter to help prevent the vacuum causing pancaking.

However, 5 months later, the patient presented with red sore and irritated skin around the stoma (SACS classification T111 - L2: Photo 1).<sup>6</sup> On examination, I discovered that her peristomal skin was eroded and she had four small granulomas. These were constantly bleeding and causing her pain and discomfort. I reviewed her medical history and found no changes in her health or lifestyle (i.e. diet), that may have contributed to this condition.

However, on further questioning, I discovered that when the patient changed her pouch, she would poke cotton buds under the barrier in an attempt to clean her skin, rather than changing the barrier itself. She mistakenly believed this was an effective way to keep her stoma clean. It also appeared that the convex edge of the baseplate may be rubbing against the mucocutaneous junction, causing further damage and granuloma formation. It was noted that the pancaking issue had been resolved.

### Intervention

Granulomas are a small mass of tissue that are normally red and raised,<sup>1</sup> found on or around the stoma.<sup>1</sup>



Photo 1: Red, sore skin on initial assessment  
References



Photo 2: Visible improvement in skin health after 4 days of using the Dansac NovaLife TRE 1-piece soft convex pouch

1. Calum C Lyon and Amanda Smith, *Abdominal Stomas and their Skin Disorders, An Atlas of Diagnosis and Management*, Second Edition, London, Informa Healthcare, 2010
2. Clinical Guidelines: Stomal Therapy Nursing practice, Australian Association of Stomal Therapy Nursing, March 2013 Treatment of the granuloma with silver nitrate
3. ASCN Stoma Care Guidelines, 2016, 'Granuloma Management', p. 22-23.
4. Oakley, A, 'Skin problems for stomas', *DermNet NZ*, 2006, <https://dermnetnz.org/topics/skin-problems-from-stomas/>, Accessed May 2020.
5. WOCN Society, 2016, 'Peristomal skin complications: Clinical resource guide', Mt. Laurel, NJ: Author
6. Mittello, et al., 2016, 'A revised version of the original SACS scale for peristomal skin disorders classification', *JWCET*, vol.36, no.3, pp.21-29.

CE Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

They develop as a result of over-healing of damaged skin on the stoma surface, usually at the edge of the stoma where it meets the skin.<sup>4,5</sup> This over-healing may be caused by friction from the appliance. Some granulomas can cause bleeding and discomfort. If they are large, they may also prevent the appliance from adhering to the skin correctly. This can result in leakage and further damage to the skin.<sup>1, 2, 3</sup>

To treat the granulomas, I applied silver nitrate three times a week for 1½ weeks until resolved.<sup>2</sup> I also decided, with the patient's agreement, to trial the Dansac NovaLife TRE 1-piece soft convex pouch with a belt, as I felt this would be easier for her to manage and would prevent her from using cotton buds to damage the skin. In addition, the TRE barrier is designed with a pH balance formulation to maintain skin integrity and the soft convex barrier provides gentle peristomal pressure for a comfortable and secure fit as it conforms to naturally uneven body contours.

I also provided the patient with information on stoma care management, and explained the importance of maintaining good skin health.

“ The patient feels very confident using this product and is maintaining an independent lifestyle. ”

### Conclusion

After 4 days of using the Dansac NovaLife TRE 1-piece soft convex pouch, the patient's peristomal skin had visibly improved (Photo 2), and the granulomas healed after 5 treatments with silver nitrate as part of an overall care plan. The patient was delighted with how quickly her skin healed and that she is no longer in pain or discomfort. She feels very confident using this product and is maintaining an independent lifestyle.

### Key Learnings

- Be aware of the patient's quality of life and how stoma care nurses can make a direct and positive impact
- Keep up to date with new product technology and innovation. Selecting the right product at the right time can improve both physical and emotional outcomes
- Spend time talking to the patient about their stoma care management to ensure that they are following best practice
- After implementing a new plan, make a follow up appointment for the patient to ensure the current management plan is working rather than relying on them to ring if further issues occur
- Diagnosing and treating granuloma early can accelerate skin healing

### About Dansac NovaLife TRE

Living with a stoma does not have to mean accepting peristomal skin complications. Helping the skin around the stoma stay healthy goes a long way in enhancing the quality of people's lives.

The Dansac NovaLife TRE ostomy barrier is designed to help keep skin naturally healthy with 3 levels of protection: **Adhesion, Absorption and pH Balance.**

**The best skin is healthy skin.**

For more information,  
contact your local representative.

