

# Quality Of Life Case Study

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

### Patient Overview

The patient is a 56 year old male. Following a diagnosis of rectal cancer he underwent total colectomy and formation of a permanent end ileostomy.

### Patient History

The patient has suffered from psoriasis for many years. The severity of his plaque psoriasis requires fortnightly injections of Certolizumab and daily oral Azothiaprין to help control the symptoms.

Psoriasis affects around 2% of people in the UK. It can start at any age, but most often develops in adults under 35 years old and affects men and women equally.<sup>1,2</sup>

The patient manages his psoriasis well, but finds that the itching can sometimes be extremely distressing.

Medical staff advised that the patient stopped his psoriatic medication prior to surgery and up to 6 weeks post operatively. Initially his psoriasis remained stable however, much to his frustration, he experienced an acute flare-up following 6 weeks recovery at home. As a result, it was necessary for him to recommence his medication.



The patient's psoriasis (arm and peristomal skin) approx. 6 weeks post surgery with no medication.



The greatest concern for the patient was that the psoriasis had returned to his abdomen and close to his laparotomy wound. This made keeping a dressing in place extremely difficult as his skin was very dry, flaky and itched constantly. Even more worryingly the psoriasis had also begun to spread to the peristomal area. The patient experienced intense itching around his stoma and the skin texture meant that he had great difficulty achieving the barrier adherence necessary to prevent leakage. This had a severe impact on his confidence and quality of life.

The need to scratch around the laparotomy wound and stoma was intense. However, it was critically important that the patient did all that he could to resist this urge to scratch, so as to avoid further disruption to his stoma barrier.

The patient was extremely anxious that his laparotomy healed quickly. He understood the importance of preventing stoma seepage into the wound, and worried constantly whether his pouch was adhering securely to his skin. This constant worry made him feel anxious and depressed. He was also concerned that his psoriasis may worsen with ongoing occlusion.

### Intervention

Due to the impact of the psoriasis on his stoma care management and quality of life, the patient agreed to trial Dansac NovaLife TRE 1-Piece flat barrier. This stoma barrier is designed with three levels of protection – adhesion, absorption and pH balance - to help protect the skin.



The Dansac NovaLife 1-Piece TRE flat barrier following removal. Demonstrating effective adherence and absorption. (Pouch had been insitu for 2.5 days)

The patient tried 10 Dansac TRE barriers over a 2 week period as part of his standard stoma care management. He felt that they fitted much better than his previous product, and the immediate tack and adherence to skin gave him the confidence he needed. He explained that with his previous product he had to continuously run his index finger around the outer edge of the barrier to prevent it from lifting around the edges. The TRE barrier adhesion lessened the ongoing worry of leakage.

**“ The patient is pleased with the comfort and adhesion of the Dansac NovaLife TRE flat barrier and will continue to apply this product as part of his overall care plan. ”**

In addition, the Dansac TRE barrier meant the patient could comfortably wear one pouch for 2 to 3 days with no visible leakage. This was a significant improvement on his previous experience. He also reported that his peristomal skin improved visually and felt less itchy. The TRE barrier is designed with a pH balance formulation, maintaining the acid mantle of the skin which is essential to help protect its antimicrobial properties and maintain skin integrity. This may have contributed to the patient's self-reported improvement in both visual skin appearance and peristomal itch.

## Conclusion

Although the patient's psoriasis remains active around his peristomal skin, he reported it no longer feels itchy. He is pleased with the comfort and adhesion of the Dansac NovaLife TRE flat barrier and will continue to apply this product as part of his overall care plan. He is now feeling much happier and more confident about returning to work. The laparotomy wound healed within 3 months of the patient being discharged home.

## 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
- Consider any underlying medical conditions that may interfere with the adhesion of the pouch

## References

1. <https://www.nhs.uk/conditions/psoriasis> Last accessed January 8 2020
2. <https://www.britishskinfoundation.org.uk/psoriasis>

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## 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.**

