

# Quality Of Life Case Study

## Helena Harris, Specialist Nurse Stoma Care, Abergavenny, Wales



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

### Patient Overview

The patient is a 43 year married man in full time employment. The patient was referred to the stoma care team following review by a colorectal surgeon. The patient was attending an appointment at the surgical pre-assessment unit as he was planned to undergo re-siting of ileostomy due to the formation of granulomas and a flush stoma. The patient was in severe pain and required oral morphine to manage the burning sensation around his stoma.

### Patient History

The patient was diagnosed with chronic constipation and encopresis over 20 years ago leading to a sigmoid colectomy and loop ileostomy formation. He was subsequently diagnosed with Hirschsprung's disease.

### Intervention

The patient had been using Dansac Nova 1 Easifold drainable pouching system with multiple flange extenders for many years. During this time, he had very little contact with the stoma care nurses, partly due to work and other commitments.

During the consultation, I discovered that multiple leaks were occurring. The patient had to change his pouch up to 7 times a day due to pain around the stoma and leakage. He also informed me that he was cutting the aperture larger than required to avoid placing it over the granulation. However, incorrect aperture size contributes to moisture-associated skin damage and leakage (Metcalf 2018). To help manage the pain, the patient had been prescribed oral morphine. At this stage, his DET score was 8.

After fully assessing the patient and his lifestyle, I decided to replace his current pouch with Dansac NovaLife TRE soft convex barrier 3081-54 cut to a template with a belt. I believed this barrier would help make the stoma more prominent and facilitate a good seal as the use of convexity results in protrusion of a flush stoma through the application of pressure to peristomal skin (Hanley 2013). The patient was not convinced this would improve his quality of life and I had to encourage him to trial this option.

One month later, the granulation had visually reduced and the patient's mood had greatly improved. He was wearing the pouch for several days with no leakage, and no longer required flange extenders. His DET score was now 7.



Initial assessment showing the formation of granuloma



One month later having used Dansac NovaLife TRE soft convex barrier cut to template with belt

### References

- Burch, J. 2019. Using convex stoma appliances. *Gastrointestinal Nursing*. 17 (7). pp 20-22.
- Hanley, J. 2013. Convex stoma appliances: are we getting it right? *Gastrointestinal Nursing*. 22 (s16). pp. s3.
- Metcalf, C. 2018. Managing moisture-associated skin damage in stoma care. *British Journal of Nursing*. 27 (s22). pp. s6-s14.

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The patient continued to use the NovaLife TRE soft convex barrier cut to template with a belt, and felt confident managing the products. With visible improvement in his skin health, the patient decided against surgery to re-site his stoma. He was in less pain and his oral morphine intake was subsequently reduced. This was an important milestone for the patient to reach.

Two months later, the patient's DET score was 6. He was no longer in pain and the oral morphine was discontinued. He reported feeling more confident and positive, which he attributed to applying the TRE soft convex barrier and belt.



Two months later showing visible improvement to peristomal skin

Burch (2019) suggests patients feel more secure when wearing convexity, and in this case the patient was happy with the non-surgical outcome.

### Conclusion

By selecting appropriate products that met the patient's clinical and quality of life needs, costly surgical intervention and in-patient treatment was prevented. In addition, the patient did not require time off work to recover from surgery. There was also a reduction in appliance and accessory usage and a discontinuation of opioid based analgesia.

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### 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
- Provide reassurance and encouragement to patients when switching products
- Ensure all patients have an annual review

### 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.**

