

Quality Of Life Case Study

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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 79 year lady who lives on her own. She presented at Accident & Emergency with sigmoid volvulus and a perforated colon resulting in emergency surgery with removal of part of her bowel and formation of a colostomy.

Patient History

Following surgery, the patient was in hospital for five weeks and she was referred to me two days post-surgery. At this stage, I observed that her peristomal skin was very thin and sensitive and had become sore and irritated. This was diagnosed as Peristomal Moisture Associated Skin Damage (PMASD) secondary to repeated pouch leakage. Burch (2010) notes this is an issue regularly encountered by stoma care nurses. This was painful and distressing for the patient who was still recovering from major surgery.

The position of the stoma was also challenging. As it had been an emergency procedure there had been no opportunity to site the stoma. As a result, the stoma was located just below her right ribcage. This meant that the patient could not see her stoma, making it too difficult for her to manage on her own.

Prior to this procedure, the patient lived an independent lifestyle but had poor dexterity, which Bird et al (2019) recognise as a barrier when trying to educate a patient in stoma care. She had difficulty accepting her stoma and the impact this would have on her quality of life. Perrin (2019) noted some patients struggle to come to terms with having a stoma. The patient was angry and upset with having an ostomy and would not look at her stoma in the mirror. She was also reluctant to let me help change her bag.

The patient's daughter visited her in hospital and was distressed to see her mother in this condition. With young children of her own, she was anxious and concerned how her mother would cope when discharged, as she would always need assistance with her stoma.

After gently developing a relationship with the patient, I was able to support her whilst I tried a variety of products with little success. Supporting patients is a fundamental part of the role of a stoma nurse according to Davenport (2014). The bags needed frequent changing due to leakage which was very distressing for the patient as her skin remained sore and painful.

Intervention

I decided to trial a convex product in accordance with ASCN guidelines (2016). I chose the Dansac NovaLife TRE soft convex barrier along with the Dansac TRE seal to try and help visually improve the peristomal skin condition. Immediately the leakage stopped and within two days there was a visual improvement to the patient's skin, leaving her feeling much more positive and confident about the future.

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Five weeks post-surgery the patient was discharged home under the care of the community stoma nurses who continued to use the recommended Dansac products.

Three weeks post-discharge, the patient was readmitted to hospital by ambulance feeling unwell with abdominal pain and vomiting. She was referred to me three days later. I observed that her stoma had retracted, she was suffering with liquid output, and her peristomal skin was very sore and itchy. I discovered that different bags had been used during her stay in hospital. The patient was very tearful and upset and asked me to change her bags back to the Dansac products (Dansac NovaLife TRE soft convex barrier and Dansac TRE seal) which she had developed great confidence in. Once these products were used, the visual appearance of the patient's skin greatly improved and her mental well-being was enhanced.

Unfortunately, nine months later, the patient was readmitted to hospital with a hip fracture following a fall. In the orthopaedic unit, different bags were once again used which resulted in leakage and broken skin. This was rectified once the patient was referred to me and switched back to the Dansac products.



Broken peristomal skin on third admission



Peristomal skin 5 days after returning to Dansac NovaLife TRE pouch

Conclusion

As part of an overall care plan, NovaLife TRE soft convex barrier and TRE seal was the right product selection for improving this patient's clinical outcome and quality of life. The soft convex barrier shape along with the adhesive, absorption and pH balance formulation maintained normal skin pH, helping protect it from damaging stoma output.

Stoma and product education for health care professionals is very important in the hospital setting, particularly with elderly and vulnerable patients who may present multiple times with different disease issues, to the wider multi-disciplinary team.

Key Learnings

- Ensure that multi-disciplinary colleagues are educated on stoma care and appropriate product selection
- Remember to treat the patient holistically and not just to focus on the clinical challenges
- Be aware of the patient's quality of life and how this can be improved
- Remind your patients to take their stoma products with them when admitted to hospital
- Be mindful of the wider family unit and the role they play in caring for the patient and how this impacts their own well-being

References

1. Bird et al. 2019. Educating patients in stoma care. *Gastrointestinal Nursing*. 17(3), pp. 18-22.
2. Burch, J. 2010. Preventing and managing peristomal skin infections and sore skin. *Gastrointestinal Nursing*. 8(9), pp. 22-28
3. Davenport, R. 2014. A proven pathway for stoma care: the value of stoma care services. *British Journal of Nursing*. 23(22), pp. 1174-1180
4. Perrin, A. 2019. Exploring individuals' perceptions of living with a stoma. *British Journal of Nursing*. 28(16), pp. s18-s22.
5. White, M. (2016) Leakage Management. In: ASCN (eds) ASCN Stoma Care Guidelines. London: Association of stoma care nurses UK

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.

