

HOW TO ASSESS AN OSTOMY STOMA & SURROUNDING SKIN



Supplies Needed to Assess an Ostomy and Surrounding Skin



Pouching system



Gauze

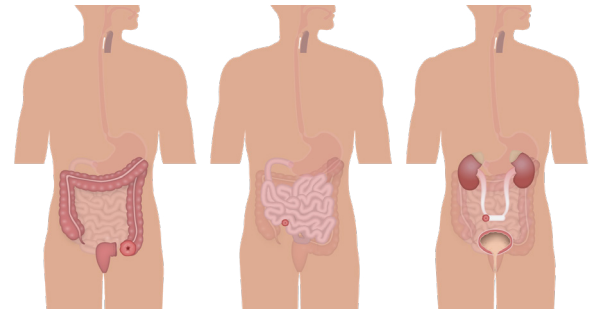


Stoma-measuring guide



Stoma paste

Most Common Types of Ostomies



Colostomy

Ileostomy

Urostomy

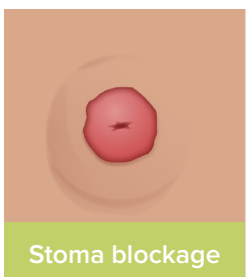
Ostomy Assessment Steps

1. Wash or sanitize hands upon entering room.
2. Provide privacy.
3. Explain the procedure.
4. Raise the bed to an appropriate height.
5. Assist the client to the correct position.
6. Perform hand hygiene, again.
7. Put on gloves.
8. If needed, empty contents of ostomy pouch for clear visualization of the stoma and dispose according to facility policy.
9. Examine stoma and surrounding skin for changes in physical appearance of the stoma and skin irritation and pain caused by leaking of contents from poor bag adherence.
10. Assess ostomy drainage for any changes in odor, color, discharges (such as blood or pus).
11. Remove and replace the ostomy bag, if required.

Skin Care for Ostomies

1. Less is more! Often, only water is sufficient.
2. If required, use mild soap without fragrance or dyes.
3. Do NOT use: lotions, creams, powders, baby wipes, isopropyl alcohol, steroid medications, and ointments.
4. If skin or ostomy abnormalities occur, manage care appropriately and contact the provider.
5. Ensure the client understands ostomy and skin care.

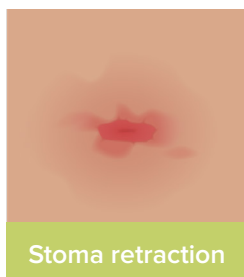
Common Ostomy Abnormalities



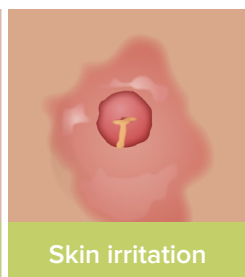
Stoma blockage



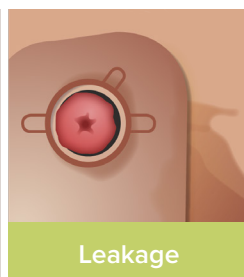
Stoma prolapse



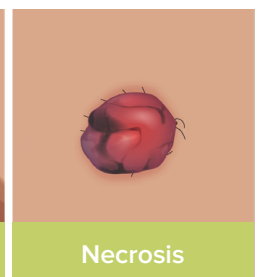
Stoma retraction



Skin irritation



Leakage



Necrosis

NOTES

