

# Paediatric Ostomy Out Reach Help



# Body Image Education Activities Reassurance



## OSTOMY

is a general term to describe a procedure where an opening is created in the body.

The opening, called a **STOMA**, allows a stool (bowel movement) or urine to drain out of the body.

## THE ROLE OF THE PAEDIATRIC STOMA CARE NURSE

The role of the paediatric stoma care nurse is to work as part of a multidisciplinary team to ensure that children with a stoma and their families receive a high standard of holistic care.

The role can be divided into 3 roles:  
Counsellor  
Educator advisor  
Liaison person



## HOW TO CARE FOR YOUR SKIN WHILST CHANGING YOUR POUCH

Check you have everything to hand:

- ✓ Water
- ✓ Soft dry wipes
- ✓ Disposal bag (for soiled pouch and wipes)
- ✓ Clean pouch ready to apply

If you have a UROSTOMY or ILEOSTOMY, before changing your pouch ensure that it is empty.

Remove pouch with both hands – one to take off the pouch and the other to hold the skin to reduce 'pulling' on the area.

Always start from the top of the pouch so that any output will fall into the pouch.

Using soft wipes and water clean the stoma and the surrounding area. If you notice a little blood on the wipe do not be alarmed. The bowel has a very healthy blood supply and will bleed slightly when touched.

Once you have cleaned the area make sure that it is dried thoroughly.

Apply the clean pouch, making sure there are no creases in the adhesive.

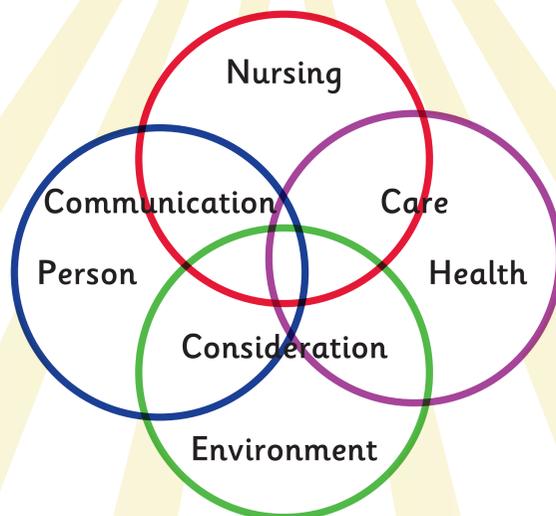
\*Never use any kind of baby wipes or wet wipes around the stoma. These may contain moisturisers or perfumes that may irritate the skin or stop the pouch adhering.

Problems with stoma care?  
Not sure where to turn?  
Don't hesitate...

Call your local Community  
Stoma Care Nurse on:



07557 436346  
Dawn Lawrence



## ST MARKS MODEL OF NURSING

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