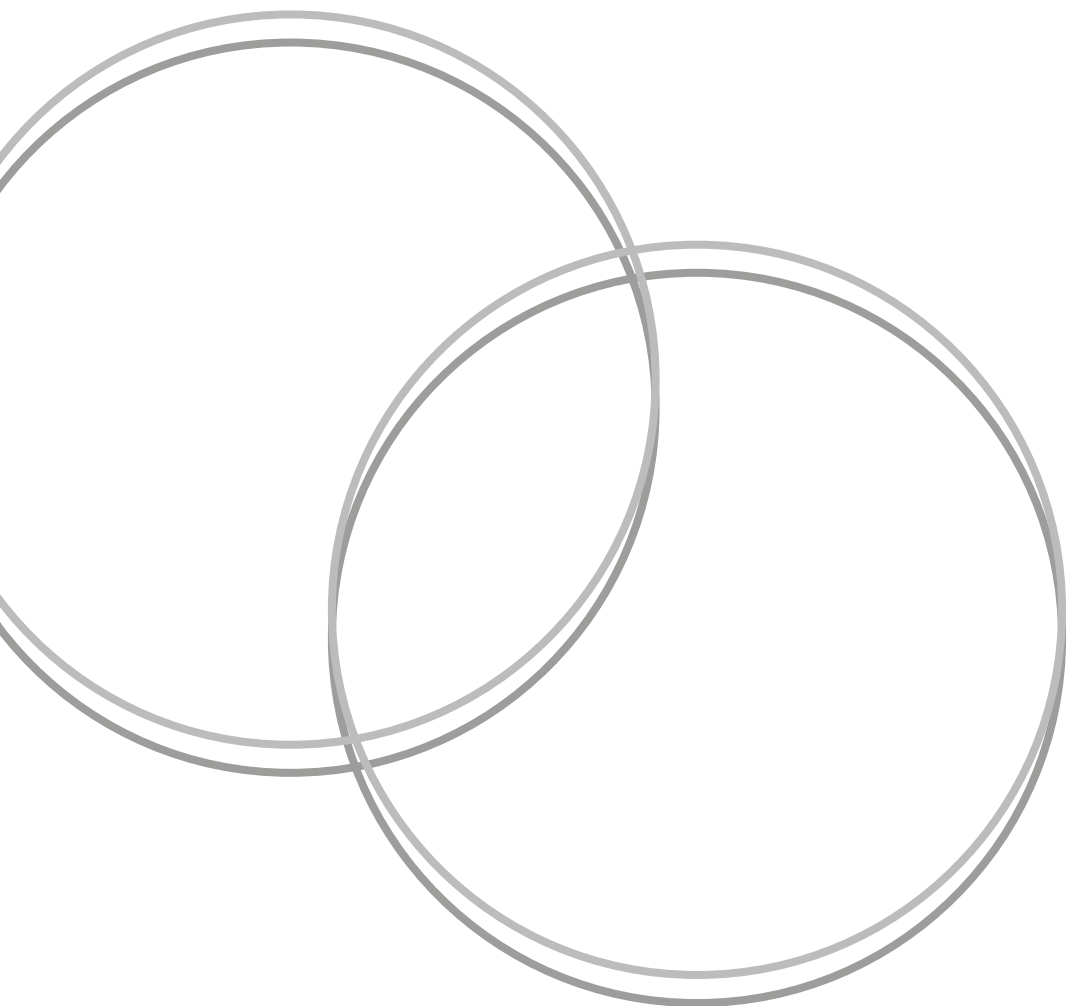




Oxford University Hospitals
NHS Foundation Trust

A Guide to Stoma Care for Teachers in Secondary Schools



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Conditions that may result in stoma formation

Hirschsprung Disease:

A congenital disease where nerve cells along the bowel are missing, resulting in constipation.

Inflammatory Bowel Disease:

- Crohn's Disease is a chronic condition that is lifelong with unknown cause. It can affect the whole of the digestive system. They may have periods of good health and flare ups causing pain, diarrhoea, loss of appetite and weight loss.
- Ulcerative Colitis is a condition that effects the lining of the colon (large bowel) and can also be lifelong. Symptoms may also be pain, blood-stained diarrhoea caused by ulcers in the bowel.

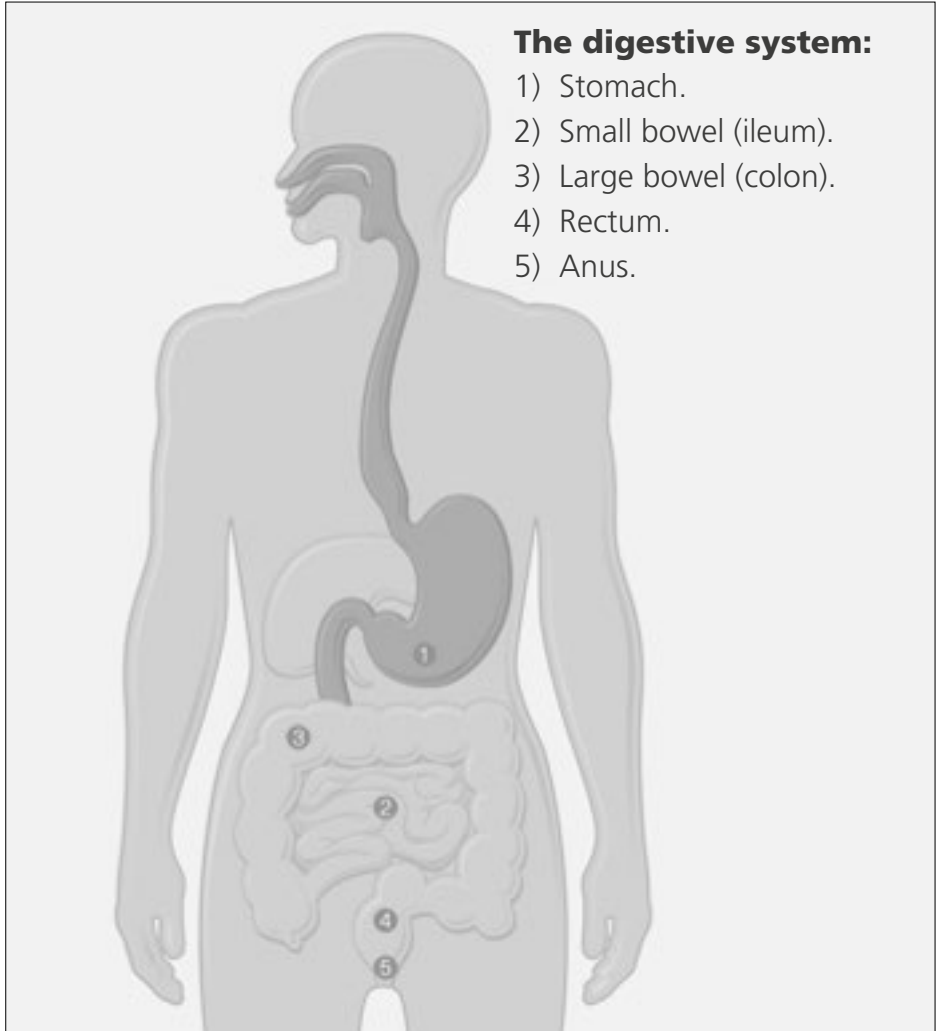
Trauma:

May be caused by a motor vehicle accident or fall where there may be bowel damage or rupture leading to stoma formation to divert stool away from the damaged bowel allowing it to heal.

Cancer:

Although very rare, there are 1,900 new cases of childhood cancer in the UK every year. Cancer may cause blockage or perforation of the bowel which may result in stoma formation.

What is a Stoma?



The digestive system:

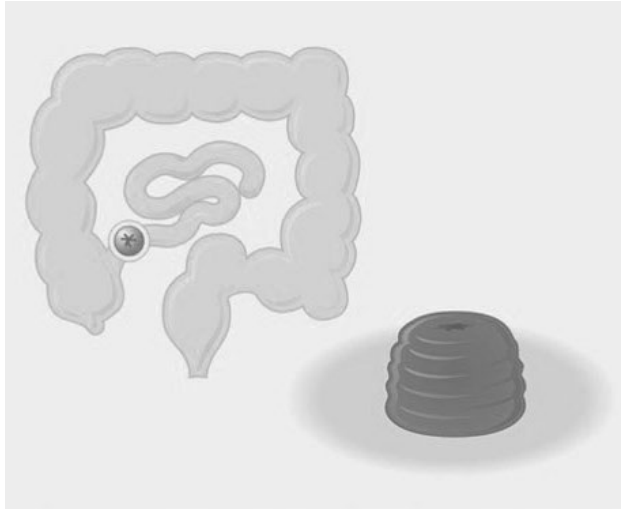
- 1) Stomach.
- 2) Small bowel (ileum).
- 3) Large bowel (colon).
- 4) Rectum.
- 5) Anus.

The digestive system is responsible for breaking down food, absorbing nutrients and ridding the body of waste products.

A stoma is a surgically created opening in the bowel. 'Stoma' is the Greek word for 'mouth or opening'.

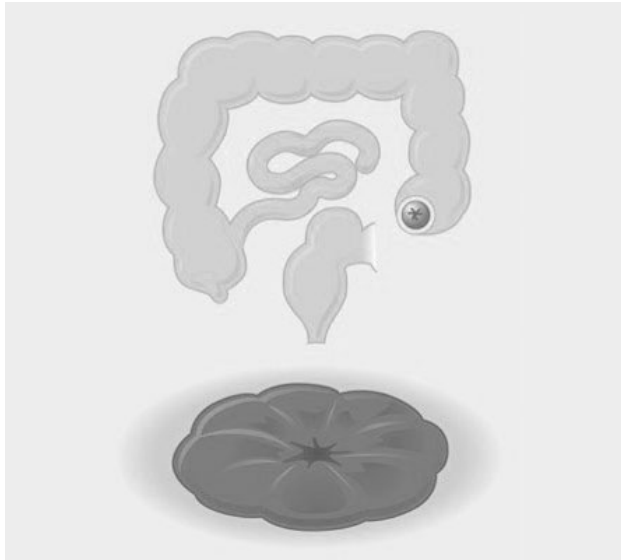
End ileostomy

An ileostomy is an opening from the ileum or small bowel.



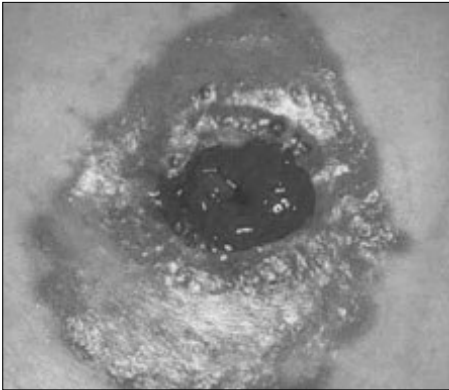
End colostomy

A colostomy is an opening from the colon or large bowel.



Problems that may occur

Sore Skin this is the most common problem that can occur



Possible reason:

- **Ill-fitting stoma bag** – make sure hole in bag is cut to fit snugly around stoma.
- **Leaking bag** – empty bag regularly change bag if leaking
- Try applying barrier wipe or stoma powder to protect skin before applying bag. This will be in with their supplies.

Prolapsed Stoma is rare but can happen: Don't Panic!



- Assess colour of bowel.
- Is it producing stool?
- Cut bag to fit over – might require an adult bag.
- Might need further surgery to correct.
- Icing sugar can reduce the stoma.

Please call the stoma team if you are concerned.

Other common problems:

- **Diarrhoea** – may be diet related, medication or infection - ensure the child is drinking plenty.
- **Slight bleeding** – from the stoma on the tissue – this is normal. It may have been rubbed with the bag during changing or knocked. Check in 1 hour.

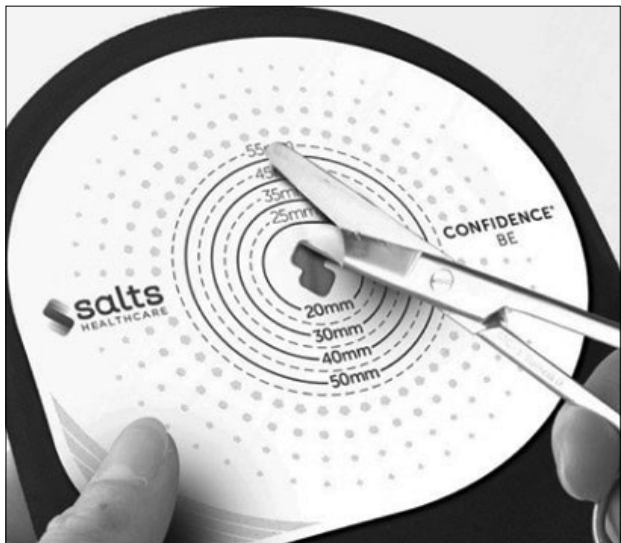
Guide to changing a stoma bag

Gather all your equipment:

- Gloves and Apron.
- New stoma bag cut to size.
- Disposal sack.
- Dry wipes and warm water.
- Adhesive remover.
- Any accessories needed.



1. Prepare the bag cutting a hole to fit snugly around stoma.



2. Apply new bag making sure there are no creases.



3. Secure bottom of bag and dispose of rubbish in household waste.



My Training Schedule:

Notes:

Date of Training:	
Stoma care Nurse/Trainer:	
Observe complete stoma bag change:	
Assess template and ensure correct size:	
Safely remove old stoma bag using adhesive remover dispose of in black sack:	
Clean and dry around stoma and skin:	

My Training Schedule:

Notes:

Assess skin and stoma for any skin soreness or abnormalities:	
Assess whether barrier wipe or powder is needed:	
Remove backing of new bag:	
Apply new stoma bag and secure:	
Empty drainable pouch:	

Commonly asked questions

Where do the supplies/bags come from?

The child should be registered by their parents with a delivery company and receive regular delivery of supplies to their home. It is a good idea to agree a safe place to keep new bags at school that can be accessed easily and discretely. Make sure supplies are kept stocked up.

Can the student swim and take part in sports?

Yes, the bags are waterproof, but it is a good idea to empty or change the bag prior to swimming. Sports are encouraged for health and wellbeing, however, take care if participating in contact sports as the stoma can be bruised, extra protection may be needed.

Should I tell the student's classmates that they have a stoma?

This should be discussed with the student and their family. Ultimately it is their decision who knows that they have a stoma. However, sometimes it is a good idea to encourage them to tell close friends as they can be a great support.

Does the student need a special diet?

Not unless previously specified. Generally, the student should eat a healthy well-balanced diet, but must make sure they don't get dehydrated, so access to a water bottle throughout the day is essential.

Will the student smell?

In short, no, the only time there will be a smell is if the bag is being emptied or changed and this will be done in a bathroom where those kinds of smells happen anyway. It is also a good idea to agree a code word or signal with their class teacher and student if the bag needs attention so they can discretely deal with it, as necessary. It is a good idea if the student can use an assisted bathroom as this should have more space and easy access to a sink.

Can the student go on school trips?

It is essential that the student experiences everything that their peers do. But it is crucial that you are prepared and take all necessary equipment. It may be worth looking ahead to check access to available toilet facilities.

How often will the student have to empty or change their bag?

The bag should be emptied or changed prior to the start of the school day. Then checked and emptied or changed before break times and lunchtime. It is a good idea not to let the bag get too full throughout the day as this could cause the bag to leak and becomes heavy to carry round for the student. It can also be useful for the student to have a set of spare clothing for emergencies.

Student Passport

Name:

Class:

My stoma is:	<input type="checkbox"/> Colostomy <input type="checkbox"/> Ileostomy
I change my bag...	
When changing/emptying my bag I can...	
I need help with...	

Student Passport

Name:

Class:

<p>My code word or signal if I need to empty my bag is...</p>	
<p>Other things that really help me are...</p>	
<p>Extra accessories that I need when changing my bag are:</p>	

Contact Details of Local Stoma nurses

Stoma/Colorectal Team

Level 6
John Radcliffe Hospital
Headington
Oxford OX3 9DU

Telephone: **01865 221 839**
Monday to Friday
9.00am to 5.00pm

Stoma/Colorectal Team

c/o Renal Ward
Level 2
Cancer Centre
Churchill Hospital
Headington
Oxford OX3 7LE

Telephone: **01865 235 367**
Monday to Friday
9.00am to 5.00pm

Email: colorectal.nursing@nhs.net

Psychological Support of an Adolescent with a stoma

Having a stoma at any age can be a challenge both physically and emotionally, however, this may be particularly challenging to an adolescent who is also adapting to changes in body image through puberty.

Children will look at your facial expression, you are in the ideal position to provide emotional support and build confidence and self esteem.

Adolescents need to discover their own personal identity whilst striving for independence.

Having knowledge of their day-to-day experiences with a stoma can help you to support them and guide them to achieve this. Try to be aware of any adjustments they may need.

Encourage their independence with their stoma care to help them cope and adjust. Encourage them to talk with friends.

If you feel they may need extra support, please contact the local stoma nurse team, or try:

Ileostomy Association:

www.iasupport.org

Colostomy UK:

www.colostomyuk.org

Mind:

www.mind.org.uk

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Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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