“What It Means To Me” a reflective study of patient experiences using flushable products

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The NMC revalidation model

• The NMC Code defines that we: Prioritise people.

• The “what it means to me” study enables us to gain an insight into the daily lives of patients who use flushable stoma products.
The aim of the study

• To explore patient experiences with flushable products; relating to whether this changed how they felt about themselves and their stoma pouch change.

• A postal survey was completed by patients who have been using a flushable product for a period longer than 6 months.
What it meant to them

- normality
- greater freedom
- choice
- positive outlook
Feeling of normality

• 96% of all respondents stated that they felt more normal being able to flush their inner pouch and flushable wipes.

“I can lead a close to normal lifestyle despite my stoma.”
“Flushing contents down the toilet feels far better, more dignified.”
“I feel more normal and feel regret that I had not made the switch earlier.”
More choices for changes

• 86% of all respondents stated that they felt more confident when using their flushable product.

“It is more convenient and less embarrassing to dispose of waste products in a more normal way.”

“I can go out more confidently, knowing that a pouch change can be done quickly, discreetly, conveniently and anywhere.”

“Changing a flushable pouch is quicker than making a "cup of coffee" - off-on-flush!”
Greater freedom

- 84% of all respondents felt they had greater freedom, 16% were unable to compare product types as they have always used a flushable pouch.

“Given me a new lease of life.”

“I no longer have to worry too much about finding disabled facilities.”

“Feel confident that I can change and flush away the used items down the toilet without any worry.”
Positive outlook

“Before using them I would get so depressed thinking that I would have to go through life, cutting pouches to empty in the toilet because I could not put it in the bin without emptying.”

“Wonderful feeling of freedom to live as I used to prior to the stoma.”

“As my husband's carer I did not know what to expect at first, I must say these are wonderful items to use (both pouch and wipes used).”
The NMC Code: Prioritise people

1. Treat people as individuals and uphold their dignity
2. Listen to people and respond to their preferences and concerns
3. Make sure that people’s physical, social and psychological needs are assessed and responded to
In summary

The survey reflections support that patients can:

- regain their confidence
- increase social engagement
- gain a sense of normality

through access to flushable ostomy products.

Thank you for your attention.
Supporting documents

