This index has been formulated in alphabetical order; page numbers have been excluded to enable future guidelines to be added.

Foreward

Introduction to National Stoma Care Clinical Guidelines

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- Fistula Management
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- Prolapsed Stoma
- Stenosis
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Foreward

I am delighted to be writing this foreword within my role as inaugural and current chairperson of ASCN UK.

A primary aim of the ASCN UK is to support and promote the speciality of stoma care nursing. Within the ASCN strategy, the committee recognises there is currently limited structured, academic specialist courses available. Therefore, the provision of specialist training, education and development opportunities and the need to establish a central resource for stoma care has been prioritised.

It is a recognised fact that many experienced Stoma Care Nurses (SCN’s) are retiring; taking with them a wealth of expertise and specialist knowledge and clinical experience. Unfortunately, not all new SCN’s to post have the benefit of specialist support, some being lone workers. We perceive these evidenced based clinical guidelines will evolve into a comprehensive resource and foundation for practice available to all UK SCN’s.

Patient experience and improved patient outcomes are a high priority for all SCN’s. However, this can only be achieved through safe and effective care which needs to be delivered within a systematic approach enabling equality and consistency in practice. These Stoma Care Clinical Guidelines in conjunction with the ASCN Stoma Care Standards provide the evidence to underpin practice and provide measureable expected outcomes.

I would like to express my sincere thanks to all who have invested a significant amount of time and commitment to this credible resource. Working together enables the speciality to be promoted and ultimately strive towards all our patients receiving consistency of high quality care.

Judy Hanley RGN, ENB 216
Clinical Nurse Specialist Stoma Care
Chair ASCN UK
January 2016
Introduction to National Stoma Care Clinical Guidelines

A key objective for The Association of Stoma Care Nurses UK (ASCN UK) is to promote the art and science of stoma care nursing. One of the primary aims within our strategy is to improve facilities and opportunities for nurses to further their skills in the profession of specialist stoma care nursing. For our patients, there is a need to promote continuity of quality care by specifying expert practice grounded in evidence based knowledge and the need to improve care outcomes.

Following the evaluation of the ASCN UK Standards, requests for National stoma care clinical guidelines led to the development of this document. A meeting with the ASCN UK area representatives and committee members identified thirteen clinical guidelines for this first phase of the resource. Each guideline has been written utilising the same format as the Stoma Care Standards, the National Institute of Clinical Evidence (NICE) structure, process and outcome framework, to describe a level of excellence in care delivery and a measure against which practice may be audited. It also provides a structured training aid for nurses new to the speciality of stoma care.

In 2016 we will be working on evolving this resource further by adding additional clinical guidelines to the document (for example removal of urostomy stents). We are aiming for each stoma care department to have one hard copy of the collated guidelines, but are encouraging each guideline to be viewed as an individual document which can be either copied and shared with other healthcare professionals caring for patients with a stoma, or printed off from our website.

As chair of this project to initiate these clinical guidelines, I am extremely grateful to the authors for their time and expertise in contributing to this excellent practical resource, and to the committee and area representatives across the UK for peer reviewing all of the current guidelines. This resource having been collated and written by specialists, applying relevant and available evidence, has been extensively peer reviewed to ensure it is representative for all specialists in stoma care. Ultimately a consensus has been achieved with endorsement by all the peer reviewers that these clinical guidelines are to stipulate and specify National Clinical Guidelines that will guide and promote consistency and continuity of care.

In addition to all the authors identified within the index, I would like to acknowledge the following Clinical Nurse Specialists in Stoma Care who have peer reviewed these guidelines:

Iris Williams, Katy Timms, Mary Kane, Michaela Parker, Simon Turley, Toni Johnson, Vicky Preece

Additional appreciation goes to the working party of the parastomal hernia working group which evolved following the ASCN parastomal hernia master class workshop held in July 2015:

Wendy Osborne - Project Lead ASCN Educational committee member, Clinical Lead, Coloplast Ltd
Gerry Reid Senior Physiotherapist, Oxford University Hospitals NHS Foundation Trust
Jacqui North Clinical Nurse Specialist Stoma Care, Hollister Ltd
Julie Burton Lead Nurse Colorectal and Stoma Care, Yeovil District Hospital NHS Foundation Trust
Liz Harris Clinical Nurse Specialist Stoma Care, Royal Berkshire Hospital
Mr Neil Smart Consultant Colorectal Surgeon, Royal Devon and Exeter Hospital

And additional specialist peer reviewers for this particular guideline:

Alison Crawshaw, Angie Perrin, Judy Hanley, Maddie White, Pip Chandler

Wendy Osborne (RGN, MSc, ENB 216)
Project lead & Education Officer, ASCN UK
CNS Stoma Care & Clinical Lead, Coloplast Ltd
### Stoma Care Clinical Guidelines - Authors

<table>
<thead>
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<th>Author</th>
<th>Job title</th>
<th>Organisation</th>
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<tr>
<td>Colostomy Irrigation</td>
<td>Wendy Osborne</td>
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<tr>
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<td>Carole Swash</td>
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<td>Fistula Management</td>
<td>Emma Maltby</td>
<td>Stoma Nurse Specialist</td>
<td>Basingstoke</td>
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<td>Claire Lowther</td>
<td>Nurse Manager</td>
<td>Coloplast</td>
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<tr>
<td>Fistula Management</td>
<td>Gillian Tomsett</td>
<td>Lead CNS Stoma Care</td>
<td>Royal Berkshire Hospital, Reading</td>
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<td>Granuloma Treatment on the Muco-cutaneous Junction</td>
<td>Jo Pragnell</td>
<td>Advanced Nurse Practitioner</td>
<td>Oxford University Hospitals NHS Foundation Trust</td>
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<td>High Output Stoma Management - Hospital</td>
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<td>Advanced Nurse Practitioner</td>
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<td>High Output Stoma Management - Community</td>
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<td>University of Birmingham NHS Foundation Trust</td>
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<td>Pancaking</td>
<td>Gill Skipper</td>
<td>Advanced Nurse Practitioner Stoma Care</td>
<td>The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust</td>
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<td>Parastomal Herniation - Prevention</td>
<td>Jacqui North</td>
<td>Clinical Nurse Specialist-Stoma Care</td>
<td>Hollister</td>
</tr>
<tr>
<td>Parastomal Herniation - Management</td>
<td>Jacqui North</td>
<td>Clinical Nurse Specialist-Stoma Care</td>
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<tr>
<td>Peristomal Skin Soreness</td>
<td>Tracy Holland</td>
<td>Coloplast Care Nurse</td>
<td>Exeter</td>
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<td>Prolapse</td>
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<td>Advanced Nurse Practitioner Stoma Care</td>
<td>The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust</td>
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<td>Stenosis</td>
<td>Wendy Osborne</td>
<td>Clinical Lead</td>
<td>Coloplast</td>
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<tr>
<td>Stoma Siting</td>
<td>Carol Katté</td>
<td>Senior Specialist Nurse Stoma Care</td>
<td>Ashford &amp; St Peter's NHS Foundation Trust</td>
</tr>
</tbody>
</table>

ASCN STOMA CARE CLINICAL GUIDELINES 2016
Colostomy Irrigation

Statement:

Appropriate patients with a descending/sigmoid colostomy are offered the management choice of colostomy irrigation (CI).

Structure:

The patients are assessed and taught by a specialist Stoma Care Nurse (SCN) experienced in CI.

Process:

- Prior to commencement of any CI – documented consent from a surgical consultant must be obtained to eliminate any physiological contra-indications
- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Utilising advanced specialist assessment - undertake a clinical history to assess your patient’s psycho/physiological status excluding any contra-indications (Appendix 1a)
- Initiate provision of training DVD, written literature (e.g. Colostomy Association), equipment and allow patient time to review this information. Offer patient opportunity to speak with another irrigator
- Talk through the procedure with the patient – involve significant others with patient’s consent
- Advise of potential complications and risks of CI
- Reassure CI is not successful for everybody and this is not a failure
- Evaluate patient’s understanding and ability to undertake the procedure independently
- Promote a routine to the CI procedure as identified in CA leaflet
- Obtain verbal/written consent from patient as per local policy
- Agree a training and follow up plan with patient and CI expert
- Key recommendations ascertained from current literature and expert practice (Appendix 1b)
  - For the first practical undertaking of CI it is advised CI is undertaken within the acute setting where additional medical support is available to call upon if required due to risk of vagus nerve stimulation, however this will need to be assessed on an individual basis
  - Initiate CI every 24hrs, (for some patients every 48hrs) ascertain a time suitable for the individual, and advise to keep to this time of day
  - Start with 300-500mls of tepid water, and increase/titratre amount of water until no breakthrough – not exceeding 1.5L (consider administering half this amount, allow bowel to evacuate then repeat. Some patients need a second administration of water to achieve effective evacuation and prevent breakthrough)
  - If no breakthrough for 24hrs, discuss option of trialling decreasing CI to every 48hrs and monitor effectiveness
  - Time and relaxation maximises effectiveness - water to be run in slowly (min. 10-20mins), Allow evacuation of bowel for approx 15-30mins
  - Allow 6-8 weeks for bowel to regulate and get used to CI
  - The individual is to be made aware of the choice of gravity and mechanical pump available – this will be subject to cost implications depending on your local area. NB: The recommendations above will therefore need to be amended if a mechanical pump is used
  - Maintain telephone support and offer a follow up review at home or hospital in accordance to the patients’ needs to discuss any problems and offer encouragement
  - Review in clinic as per local colostomy patient follow up protocol.

Outcome:

Patient states the nurse offered advice and expertise on the management of their stoma and CI.
Patient able to undertake CI effectively.
Patient expresses satisfaction in procedure.
Appendix 1a: Colostomy Irrigation Checklist

Date: 
CNS Name: 
Patient Name: 
Patient NHS No. or DOB

<table>
<thead>
<tr>
<th>Please tick the appropriate box(s)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Procedure to teach colostomy irrigation</td>
<td>Please refer to ASCN supportive information colostomy irrigation appendix</td>
</tr>
<tr>
<td>Contra-indications excluded</td>
<td>Active IBD, active Diverticular disease, presence of fistulae, radiation damage, presence of existing colonic primary/metastatic disease symptomatic parastomal hernia</td>
</tr>
<tr>
<td>Stoma assessment</td>
<td>Stomal complications e.g. prolapse, stenosis or large hernia</td>
</tr>
<tr>
<td>Consultant consent gained</td>
<td>Written/verbal consent gained as per local policy and documented in notes</td>
</tr>
<tr>
<td>Patient consent gained</td>
<td>Written/verbal consent gained as per local policy and documented in notes</td>
</tr>
<tr>
<td>Current bowel function assessed</td>
<td>Irrigation is usually recommended at 3 months (However, there are no known contra-indications for commencing earlier)</td>
</tr>
<tr>
<td>Time since surgery</td>
<td>Assess regularity, stool preferably semi-formed or formed</td>
</tr>
<tr>
<td>Past medical history</td>
<td>e.g. irritable bowel syndrome, diverticular disease stability of cardiac/renal function</td>
</tr>
<tr>
<td>Medication</td>
<td>Chemotherapy, antibiotic therapy</td>
</tr>
<tr>
<td>Physical ability</td>
<td>Eyesight/good manual dexterity to manage equipment</td>
</tr>
<tr>
<td>Psychological status</td>
<td>Evaluate patient’s understanding, wellbeing, motivation compliance, lifestyle implications – e.g. shift patterns</td>
</tr>
<tr>
<td>Environmental factors discussed</td>
<td>Suitable bathroom facilities</td>
</tr>
</tbody>
</table>

**Action plan and date**

- Discussed ___/___/___
- Demonstrated ___/___/___
- Observed technique ___/___/___
- Independent ___/___/___
- Telephone follow up ___/___/___

By whom (print name) 
Completion date 
Signature
Appendix 1b: Supportive Information Colostomy Irrigation

Equipment required

- Water reservoir (irrigation bag)
- Tubing with flow control
- A cone: (a nozzle with a smooth rounded tip)
- Irrigation belt or flange (if using 2 piece option)
- Disposable irrigation sleeve
- Disposal rubbish bag
- Pegs/clips
- Tissues or toilet paper
- New appliance to be worn and any accessories used
- Lubrication gel

NB: If mechanical irrigation pump being used - follow manufacturers instruction manual

The procedure in summary

<table>
<thead>
<tr>
<th>Process</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| Prepare the equipment.       | **Connect the reservoir, tubing and cone together.**  
                                  Close the flow control.  
                                  Fill the reservoir up to 2L with tepid (37-38°C) tap water (if the water is too warm mucosal damage may occur, too cold and it may cause cramping).  
                                  Hang the reservoir on a hook, so that the bottom of the reservoir is at shoulder level or slightly above when the colostomate is in the position adopted for irrigation (any higher may cause abdominal cramping).  
                                  Open the flow control to allow water through the tubing to expel air and let this flow directly into the sink/toilet (if air remains in the tubing this will be instilled into the colon).  
                                  Close the control when the desired amount of water remains in the reservoir (approx 1.5L).                                                                 |
| Prepare the stoma and insert cone. | Remove current appliance.  
                                  Ask the patient to relax and sit on/next to the toilet enabling sleeve to reach into the toilet- ensure a comfortable environment.  
                                  Digitate the colostomy to ascertain direction and relax the colon.  
                                  Fit the irrigation sleeve over the stoma and sit on the toilet, or on a stool adjacent to it, so that the sleeve hangs into the toilet bowl.  
                                  NB: If the patient is sitting on the toilet – the irrigation sleeve can be cut so it does not drop into the water in the toilet basin.  
                                  Lubricate the cone (if necessary) and insert it gently into the stoma following the direction of the bowel.                                                                 |
| Run in water over 10-20 mins. | Open the flow control on the irrigation bag tubing and allow the water to run slowly into the bowel.  
                                  Regulate flow to slowly insert water into colon by adjusting the flow regulator.  
                                  Hold the cone in the stoma.  
                                  If back flow occurs (water bypassing the cone), stop flow – check for blockage, reposition cone and ask patient to relax as much as possible.  
                                  Should cramping or pain be experienced during this time close the flow control - Massage the abdomen and wait a few minutes before restarting. With experience patients will find the timing that suits the effectiveness of the procedure.  
                                  Some individuals may express they feel light-headed/faint or nauseas when inserting the water for the first time. If these vaso-vagal symptoms are experienced, temporarily stop the procedure, reassure, advise deep breathing exercises, relax, ensure hydrated and re-try the procedure. |

Continued on next page.
### Appendix 1b: Supportive information Colostomy Irrigation (continued)

<table>
<thead>
<tr>
<th>Process</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| **Remove cone – allow evacuation of faeces over 15-30mins.** | Once desired amount of water has entered the bowel, close roller clamp, remove the cone keeping the irrigation sleeve in situ.  
Fold top of sleeve, secure with pegs/clip and ask patient to relax while initial peristalsis causes evacuation through the sleeve and into the toilet.  
Some patients, once the initial evacuation of faeces has occurred, may find it beneficial to move around or change their position to stimulate the bowel enabling completion of evacuation.  
Some patients will leave the sleeve in situ, but will unpeg, rinse the sleeve, then re-secure and fold up the bottom of the sleeve and secure to the top of the sleeve – this enables the patient to move around gently. |
| **Remove sleeve.** | Wait about five minutes after everything appears to have been expelled, then remove and discard the sleeve.  
Wash and dry around the stoma and apply the usual stoma cap/conseal plug or appliance.  
Wash the cone and base plate with warm water and antibacterial cleansing soap and allow to dry and then store until the next irrigation.  
When rinsing through the irrigation water bag if you are using a system with a thermometer do not use water hotter than 60 degrees as this would damage the thermometer.  
(Manufacturers recommend changing the cone, tubing and reservoir every 3 months). |

#### Commonly encountered problems

<table>
<thead>
<tr>
<th>Difficulty in inserting the cone into the stoma.</th>
<th>Trouble shooting</th>
</tr>
</thead>
</table>
| Advising relaxation of patient.  
Encouraging patient to change their position, suggest leaning back against the toilet/chair so angle of insertion not obstructed by rectus muscle.  
Gentle massage of abdomen to relax abdominal muscles.  
Re-digitise stoma to check patency and gentle practice of dilating stoma with finger. |

| Water not going into the stoma and the bowel. | Maneouvre cone to ensure not against the mucosal wall.  
Digitise the lumen to ensure the cone is instilling the water in the right direction.  
Cone may be blocked with faeces – withdraw cone and clean.  
Patient may be too tense, deep breathing exercises may help. |

| Water bypassing around the cone. | Remove cone and check stool is not blocking the lumen.  
Irrigating too quickly, slow down the water via the tubing.  
Hold the cone securely within the stoma. |

| Abdominal cramps. | Is the irrigation fluid too cold or running into the colon too quickly.  
NB: some patients report increasing water temperature eases instillation of the water.  
However, there is no clinical evidence to support this at present. |

| Irrigating fluid retained (or slow to evacuate). | Check levels of hydration - Water absorption through the colonic mucosa will occur if the patient is dehydrated. Alcohol consumed the night before may lead to a degree of dehydration leading to the retention of more irrigation fluid than normal.  
Advise the patient to drink an additional couple of glasses of water prior to irrigation or a warm drink after insertion of the water.  
Gentle massaging of the abdomen from right to left, or standing and moving around gently with the sleeve sealed may help.  
Assess for presence of a hernia - this may contribute to an obstruction, or cause the water to pool in a loop of bowel.  
Increase the amount of water used. |

*Continued on next page.*
<table>
<thead>
<tr>
<th>Troubleshooting</th>
<th></th>
</tr>
</thead>
</table>
| **Breakthrough of stool between irrigations.** | *Try using less water - if too much water enters the ascending colon it may seep out during the day (Norm. 500mls to 1500mls).*  
*Increase the frequency of colostomy irrigation if less than daily.*  
*Promote irrigation at regular time intervals.*  
*Trial splitting the irrigation amount into two irrigations – for example if using total of 700mls – initially insert 300mls over 10mins to clear the descending colon, then allow the bowel to evacuate. Follow this with the remainder 400mls over another 10mins.*  
*Suggest change time of irrigation, if irrigates in the morning, change to the evening.* |
| **Bleeding from the stoma.**              | *May be caused by trauma to the stoma on inserting the cone.*  
*Lubricating and digitising the stoma is advisable before irrigating.* |

(Osborne & Gunning 2013)

References for Colostomy Irrigation


Continued on next page.
References for Colostomy Irrigation (continued)


Additional reading


Discharge Guideline for Stoma Care

Statement:

Patients with a stoma are safely discharged from hospital with the knowledge and skills to be independent at home. In the absence of independence then there will be structures in place to support them. They will also have details of how to contact their Stoma Care Nurse (SCN).

Discharge planning helps reduce anxiety, reduces readmissions and should be commenced in the pre-operative stage in the elective patient or from admission in the case of an emergency admission.

Structure:

The patients are assessed and prepared for discharge by a specialist SCN.

Process:

- Establish as early on as possible the home circumstances and support network that the patient has through history taking.
- Assessment of the patient to identify if independence can or cannot be achieved. If self-care is not achievable then other pathways should be explored and education provided regarding stoma care to support the patient on discharge.
- The discharge address and telephone number for the patient should be confirmed. Access to the property should be discussed and Key code obtained if needed.
- The patient should be discharged with enough supplies of all the equipment they are using as per the prescribing guidelines (PrescQIPP 2015) (Appendix 6a) and according to local policy and taking into consideration PiPS forum recommendations (Appendix 6b). This helps reduce anxiety.
- (*see Appendix 6c)
  - Written instructions on changing the pouch - this can be a useful prompt for the patient doing their first couple of pouch changes at home without nurse support.
  - Provide additional written information as required relating to diet, exercise, support groups etc.
  - If the patient’s discharge is out of the hospital stoma care nurse’s working area, then referral to the receiving stoma nurse should be made as soon as possible, with confirmation of discharge date, referral details and contact to be made prior to home visit.
  - Provide date of when they will be reviewed by the stoma nurse or telephoned by them. It is also vital to ensure that the patient has the contact details of the stoma care nurse.
  - Ensure the patient has adequate knowledge to know what choices are available to obtain further supplies and repeat prescription within the community in accordance to local policy.
  - Depending on local policy – provide written information for the GP of discharge and details of supplies.

Outcome:

Patient expresses they feel satisfied they have received adequate knowledge and skills to care for their stoma.

Patient expresses they are aware of the follow up support they will receive.
Appendix 6a: Discharge Information - PrescQIPP Continence and Stoma Toolkit v. 2.2

Key messages:

Responsibilities of the stoma specialists

Select and initiate the most appropriate product for treatment/management without pressure from sponsoring company, ensuring that patients have complete freedom of choice for product and prescription options (DAC/Chemist).

Ensure patient has an established treatment that they fully understand.

Only stoma products listed in part 1XA and 1XC of the Drug Tariff should be initiated.

Communicate promptly with the GP regarding:

- Product initiation (including product codes)
- Expected monthly usage
- Expected duration of treatment, or, if long term, date of next review

Monitor response to treatment, or advise GP of monitoring requirements.

Following change to prescription, advise both GP and dispensing contractor (where appropriate) of any modifications.

Ensure clear arrangements for back-up, advice and support.

## Appendix 6b: PiPS Forum Recommendations of Product Usage

**Stoma Prescribing Guidelines**

<table>
<thead>
<tr>
<th>Type</th>
<th>Average wear time</th>
<th>Average quantity per month</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ILEOSTOMY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-piece drainable pouch</td>
<td>Pouch changed every 1 - 3 days</td>
<td>10 - 30 pouches</td>
</tr>
<tr>
<td>Two-piece drainable pouch</td>
<td>Baseplate changed 2 - 3 times a week</td>
<td>8 - 12 baseplates</td>
</tr>
<tr>
<td></td>
<td>Pouch changed every 1 - 3 days</td>
<td>10 - 30 pouches</td>
</tr>
<tr>
<td><strong>COLOSTOMY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-piece pouches closed pouch</td>
<td>Pouch changed 1 - 3 times a day</td>
<td>30 - 90 pouches</td>
</tr>
<tr>
<td>Two-piece baseplates closed pouch</td>
<td>Baseplate changed 2 - 3 times a week</td>
<td>8 - 12 baseplates</td>
</tr>
<tr>
<td></td>
<td>Pouch changed 1 - 3 times a day</td>
<td>30 - 90 pouches</td>
</tr>
<tr>
<td><strong>UROSTOMY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-piece urostomy pouch</td>
<td>Pouch changed every 1 - 3 days</td>
<td>10 - 30 pouches</td>
</tr>
<tr>
<td>Two-piece urostomy pouch</td>
<td>Baseplate changed 2 - 3 times a week</td>
<td>8 - 12 baseplates</td>
</tr>
<tr>
<td></td>
<td>Pouch changed every 1 - 3 days</td>
<td>10 - 30 pouches</td>
</tr>
<tr>
<td>Open night drainage bag</td>
<td>Bag changed weekly</td>
<td>4 bags</td>
</tr>
<tr>
<td>Single use drainage bag</td>
<td>Bag changed daily</td>
<td>30 bags</td>
</tr>
<tr>
<td><strong>CONVEX PRODUCTS</strong></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Convex products should only be used on the recommendation of the Stoma Care Nurse.</td>
<td></td>
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<tr>
<td><strong>SUPPLEMENTARY ITEMS</strong></td>
<td>Additional items may be essential for problem solving with stomal complications or to extend wear time and increase confidence. These include barrier cream, skin protector wipes/spray, powders, adhesive remover, washers and pastes, deodorants, retention strips and support garments.</td>
<td></td>
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</tbody>
</table>

The quantities listed above are guidelines only. Some patients may require a higher or lower quantity than stated. If there are any prescribing concerns please refer to the patient’s Stoma Care Nurse for details or an assessment.

Anyone wishing to use this material is requested to acknowledge the source: “PiPS Forum, Stoma prescribing guidelines”.

---

ASCN STOMA CARE CLINICAL GUIDELINES 2016
### Appendix 6c: Types of Stoma Accessory Products

<table>
<thead>
<tr>
<th>Product Types</th>
<th>Product forms (examples)</th>
<th>Indications</th>
<th>Other information</th>
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</thead>
<tbody>
<tr>
<td><strong>Routinely recommended</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adhesive removers</td>
<td>Sprays and wipes</td>
<td>To reduce skin stripping use as per local policy</td>
<td>I-2 cans/box of 30 bags Wipes can be used instead of sprays Maximum of 1 wipe per bag</td>
</tr>
<tr>
<td>Night Drainage Bags</td>
<td></td>
<td>For urostomies and possibly high output stoma</td>
<td>1 night bag per week If single use, 1 night bag per urostomy bag</td>
</tr>
<tr>
<td><strong>Occasionally recommended</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adhesives</td>
<td>Flange extenders</td>
<td>Can be used to extend flange adhesive area, aiding security of pouch</td>
<td>Often used for patients with a parastomal hernia</td>
</tr>
<tr>
<td>Belts/Underwear</td>
<td>Panty girdles and belts</td>
<td>To aid prevention of hernias and offer abdominal muscle support</td>
<td>Maximum of 3 belts/year Maximum of 3 girdles/year Maximum of 6 pairs briefs or boxers per year</td>
</tr>
<tr>
<td>Discharge Solidifying Agents</td>
<td>Absorbent strips, gel capsules/tablets and sachets</td>
<td>For use only when the faeces are watery</td>
<td>1 box per box of 30 bags</td>
</tr>
<tr>
<td>Irrigation/Washout appliances</td>
<td>Irrigation sets and accessories</td>
<td>For colostomy irrigation as advised by the SCN</td>
<td>1 set every 6-12 months; use with warm tap water - or bottled water if abroad</td>
</tr>
<tr>
<td>Skin Fillers</td>
<td>Pastes, seals and washers</td>
<td>To provide a flat surface to apply the appliance</td>
<td>Used if stoma is recessed or there are creases, folds, etc. not necessarily on repeat prescription</td>
</tr>
<tr>
<td>Skin Protectors</td>
<td>Aerosols, creams, lotions, pastes, powders, wafers and wipes</td>
<td>To soothe/protect intact (at risk skin); broken or sore skin</td>
<td>Maximum of 1 wipe per bag Maximum 1 can per box of 30 bags Other forms; usage will depend on need, please check with patient to avoid over ordering/wastage Only to be prescribed after discussion with the SCN</td>
</tr>
<tr>
<td><strong>Not routinely recommended</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bag Covers</td>
<td>Cloth fibre or non woven</td>
<td>To cover the pouch</td>
<td>They can be washed and reused many times</td>
</tr>
<tr>
<td>Deodorants</td>
<td>Drops, sachets or sprays</td>
<td>To mask odour</td>
<td>Various scents; possibly only for existing patients Some CCG’s will permit the use of deodorant drops if a clinical need is demonstrated</td>
</tr>
</tbody>
</table>
References for Stoma Accessory Products

Black P. (2013) The role of accessory products in patients with a stoma. British Journal of Nursing Vol 22 (stoma supplement (S24)).


References for Discharge information


Statement:

Patients with a faecal/urinary fistula are seen and assessed by the Stoma Care Nurse (SCN) and an individualised care plan formulated.

Structure:

The patients and SCN agree a plan to manage the fistula in order to contain the effluent, prevent skin breakdown and provide comfort.

Process:

- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Using clinical expertise undertake/review a clinical history to ascertain the cause of the fistula, the type and amount of effluent, and the extent of skin breakdown
- Document all findings with photographic evidence as per local policy with patient consent
- If the output is high, use suction to keep effluent away from skin edges whilst undertaking wound care
- Clean the skin with warm tap water and dry thoroughly
- If skin is broken, protect with barrier product, otherwise apply a layer of adhesive paste around the edges of the wound using gloved finger or spatula
- Apply additional paste or hydrocolloid strips to fill any creases or skin folds
- Apply a strip of double sided hydrocolloid on top of the paste to ‘Picture Frame’ around the wound edges to protect the skin edges and promote seal
- Using the clear template in the wound manager packet (or alternative transparent piece of paper), place over the wound and draw around the wound edge
- Cut out so that you have a template of the wound
- Apply the template to the appliance, (ensuring it corresponds to shape of wound) draw an outline and cut out the appliance taking care not to cut the front of the appliance
- Remove the wound manager backing and apply paste directly to the cut edges of the wound manager to enhance the seal between the appliance and skin edges when applied
- Position the wound manager carefully over the wound ensuring no creases or folds (it may be advantageous for the patient to be lying as flat as possible during this process)
- If you are using a windowed appliance - you can add a layer of paste to the inside of the wound manager. Either use as a syringe or gloved finger to apply the paste
- You may need retention strips to secure the appliance edges down
- Attach night drainage bag if output high to keep wound manager empty
- Advise the patient to rest in the same position for 20 minutes following the procedure to allow the paste to dry and to promote adherence of the wound manager
- Provide verbal and written advice to the ward staff on the importance of monitoring the output and ensure they understand when to contact medical staff if concerned
- Develop a photographic care plan if possible to assist ward staff with fistula management, outlining step by step management of the fistula (Appendix 2)
- Involve family and carers, where appropriate, and in agreement with the patient
- Refer to appropriate allied professionals e.g. Dietician; and feedback appropriate information as required
- Evaluate the patient’s understanding of the information given
- Arrange a review at appropriate intervals as the wound may change and the template may need to be reduced.

Outcome:

The patient states the nurse offered advice and expertise on the management of their fistula and provided a care plan to outline the process.

Ward nurses express the specialist nurse offered advice and support to enable them to manage the wound/fistula management effectively.
**Appendix 2: Fistula Management Photographic Care Plan**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 1</strong></td>
<td>Prepare all equipment&lt;br&gt;Adhesive Remover&lt;br&gt;Wound manager&lt;br&gt;Hydrocolloid paste&lt;br&gt;Large hydrocolloid Seal&lt;br&gt;Hydrocolloid wafer</td>
</tr>
<tr>
<td><strong>Step 2</strong></td>
<td>Clean skin and wound well with water and dry thoroughly</td>
</tr>
<tr>
<td><strong>Step 3</strong></td>
<td>Apply hydrocolloid paste with spatula or gloved finger moistened with water</td>
</tr>
<tr>
<td><strong>Step 4</strong></td>
<td>Cut a large hydrocolloid seal into one long strip</td>
</tr>
<tr>
<td><strong>Step 5</strong></td>
<td>Apply the strip of hydrocolloid to wound edges with join at the top of the wound</td>
</tr>
<tr>
<td><strong>Step 6</strong></td>
<td>Apply hydrocolloid wafer to top half of the wound</td>
</tr>
<tr>
<td><strong>Step 7</strong></td>
<td>Cut the new bag according to the template</td>
</tr>
<tr>
<td><strong>Step 8</strong></td>
<td>Apply bag to wound and allow patient to keep still for 20 minutes to allow the paste to set.</td>
</tr>
</tbody>
</table>

**References for Fistula Management**


Granuloma Management

Statement:
Patients with stomal granulomas are assessed by a Stoma Care Nurse (SCN) and an individualised stoma care plan is formulated.

Structure:
- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Using clinical expertise undertake a clinical history of the granuloma in line with the guidelines for stoma treatment as overleaf
- Assess the granuloma as per guideline (Appendix 8). Document and photograph as per local policy
- Identify any allergies to silver - silver nitrate to be omitted from treatment option
- Provide advice to the patient or carer on how to monitor for complications from the granulomas and ensure they understand when to contact medical staff if concerned
- Involve family and carers, where appropriate, and in agreement with the patient
- Feedback appropriate information to referring healthcare professional
- Evaluate the patient's understanding of the information given.

Outcome:
The patient states the nurse offered advice and expertise on the management of their granulomas.

If granulomas do not resolve, consider alternative causes - e.g. Peyers Patches.

References for Granuloma Management
Guidelines for standardising the treatment of stomal granulomas at the muco-cutaneous junction

Granulomas are friable tender papules often occurring at the muco-cutaneous junction of an abdominal stoma, which can bleed easily and impair appliance adhesion. (Lyon 2008)

Assessment by Stoma Care Nurse (SCN)
- Check medical history.
- Observe pouch change.
- Examine flange for exudate.
- Check that aperture is cut correctly.
- Check suitability of appliance.
- Examine granulomas. Look for fibrous lumps.
- Is it bleeding? Does it cause discomfort?
- Does it reflect the granulomas on the photo above?

Granuloma is NOT problematic
- Review of consent, advice and support.

Granuloma is on point of stoma
- Notreatment. Refer to Dermatologist or Surgeon, or advice from experienced SCN.

Granuloma remains problematic
- Successful treatment. Granuloma no longer problematic. Review as required.

Identification of Granuloma
- Treatment Plan 1
  - 75% Silver Nitrate applied for 5 seconds.
  - Treat once a week for four weeks.
  - Stoma Care Nurse to review weekly.

Granuloma remains problematic
- Treatment Plan 2
  - 4 micrograms per sq.cm. Healon Tape® 0.0125% ointment / 0.0125% cream – follow protocol. (TM Typharm Limited).** Apply daily for up to four weeks. Stoma Care Nurse to review weekly.

Granuloma remains problematic
- Treatment Plan 3
  - If qualified, treat with Liquid Nitrogen following local Trust policy. If unqualified, miss this plan and proceed with referral to Dermatologist.

Granuloma remains problematic
- Step treatment. Refer to Dermatologist or Surgeon.

References
- [List of references]

SCN to decide the most appropriate intervention to use – depending on the site and location of granuloma.
- NB: Healon cream/ointment can be used for both adults and children, however, use of these products with children should be with caution as they should proportionately large amounts of topical corticosteroids and this may be more susceptible to systemic toxicity. Treatment should be limited to 3 days and tight coverings should not be used. We also suggest that Healon type cream/wax be avoided in pregnant or lactating women. However, by covering the with a stoma pouch will minimise the potency of the cream — use with caution. Review as required.
Statement:

Patient has a stoma output of >1500mls/24hours (Travis et al 2008).
Patient is experiencing increased frequency in emptying appliance.
Stoma output is a watery consistency.

Structure:

- The symptoms of high output stoma (HOS) are recognised and appropriate action is taken within 24 hours
- Patients with a high intestinal fluid loss either following surgery or periodically in the long term are managed effectively to:
  - Reduce intestinal loss
  - Manage any electrolyte imbalance and dehydration secondary to the high output
  - Prevent poor skin integrity due to appliance leakage
  - To re-establish effective bowel function and prevent further complication
  - Ensure that advice and treatment offered is consistent and research-based.
- Prioritise actions appropriately:
  - Immediate Actions
  - Actions within 12 hours
  - Actions within 24 hours.

Process:

- Assess the patient for signs of dehydration

<table>
<thead>
<tr>
<th>Does the patient feel:</th>
<th>Does the patient have:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thirsty</td>
<td>Postural systolic hypotension</td>
</tr>
<tr>
<td>Dry (mucous membranes, skin turgor)</td>
<td>Low volume of concentrated urine</td>
</tr>
<tr>
<td>Lethargic</td>
<td>A negative fluid balance</td>
</tr>
<tr>
<td>Faint</td>
<td>Dry mucous membranes</td>
</tr>
<tr>
<td>Muscle weakness/cramps</td>
<td>Reduced skin turgor</td>
</tr>
<tr>
<td>Headache</td>
<td>Rapid reduction in body weight</td>
</tr>
<tr>
<td></td>
<td>Serum electrolytes of Low Sodium (Na), Low potassium (K), Low Magnesium (Mg)</td>
</tr>
<tr>
<td></td>
<td>High creatinine/urea</td>
</tr>
</tbody>
</table>

Immediate action:

- Apply a high output stoma bag (available via local stoma care department) for continuous drainage and check peristomal skin for signs of breakdown
- Check blood biochemistry (Na/K/Mg/Creatinine)
- Perform a Urine Sodium test
- Administer intravenous fluids
- Record accurate input/output on fluid balance chart
- Advise to send stool specimen for M, C & S. (Only test for C Difficile toxin if increased output cannot be attributed to any other cause, or is suspected):
  - Review drug chart with medical team
  - Stop NSAIDs
  - Stop laxatives
  - Start loperamide 4mg 4 x daily - 45 mins before meals and at night (Baker et al 2009)
  - Omeprazole 40mg twice daily
  - Review for IVI, until stomal output stabilised and patient hydrated.

Continued on next page.
High Output Stoma Management - Hospital Setting (continued)

Action within 12 hours:

- Ensure the patient is wearing an appropriate appliance to reduce the risk of leakage
  - Refer to dietician re oral fluid and dietary intake
  - Low fibre meals.

Action within 24 hours:

- Daily reassessment of stoma output and fluid balance
- Recheck blood biochemistry daily
- Review medication daily
- The dose of Loperamide can be increased on medical advice, until output is 1200mls/24hrs (Nightingale 2001) Loperamide in tablet form is preferable
- Consider use of codeine phosphate 30mg tds/120-480mg day (Forbes, 2007)
- Consider review by medical staff for octreotide
- Review stool specimen result
- Introduction of isotonic fluids with dietetic guidance

Isotonic (Hypertonic) Recipe

800mls tap water, squash (not sugar free), 1 level teaspoon salt
OR Lucozade Sport with 1 teaspoon salt
OR Double Strength Dioralyte – 2 sachets in 200-300mls water

- Explain rationale of isotonic fluid to patient to encourage compliance as fluid can be unpalatable
- Check adhesion of stoma appliance
- Refer to gastroenterology team if cause of HOS is not apparent.

Outcome:

The patient states they feel comfortable and well hydrated.
The stoma output is contained effectively and skin integrity is maintained.
The cause of the high output stoma is established.
Statement:

Patient has a stoma output of >1500mls/24hours (Travis et al 2008)
Patient is experiencing increased frequency in emptying appliance.
Stoma output is a watery consistency.

Structure:

- The symptoms of high output stoma (HOS) are recognised and appropriate action is taken within 24 hours
- Patients with a high intestinal fluid loss either following surgery or periodically in the long term are managed effectively to:
  - Reduce intestinal loss
  - Manage any electrolyte imbalance and dehydration secondary to the high output
  - Prevent poor skin integrity due to appliance leakage
  - Re-establish effective bowel function and prevent further complication
  - Ensure that advice and treatment offered is consistent and research-based.
- Prioritise actions appropriately:
  - Actions within 12 hours
  - Actions within 24 hours

Process:

- Assess the patient for signs of dehydration

<table>
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</tr>
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</tr>
<tr>
<td></td>
<td>High creatinine/urea</td>
</tr>
</tbody>
</table>

Action within 12 hours:

- Check blood biochemistry (Na/K/Mg/Creatinine)
- Perform a Urine Sodium test
- Monitor oral input/ fluid output
- Stop NSAIDs
- Stop laxatives start loperamide 4mg 4x daily - 45 mins before meals and at night (Baker & Greening 2009)
- Omeprazole 40mg twice daily
- Hypotonic oral fluid restriction (500-1000mls/24hrs), (Nightingale 2006)
- Low fibre meals
- Send stool specimen for microscopy, culture and sensitivity (MC&S) (Only test for C Difficile toxin if increased output cannot be attributed to any other cause, or is suspected)
- Inform GP
- Ensure the patient is wearing an appropriate appliance to reduce the risk of leakage
- Apply a high output stoma bag (available via local stoma care department) for continuous drainage and check peristomal skin for signs of breakdown.

Continued on next page
Action within 24 hours:

- Daily reassessment of stoma output
- Recheck blood biochemistry
- Review medication
- The dose of Loperamide can be increased on medical advice; until output is 1200mls/24hrs (Nightingale 2001) Loperamide in tablet form is preferable
- Consider use of codeine phosphate 30mg tds/120-480mg day (Forbes, 2007)
- Consider review by medical staff for octreotide
- Review stool specimen result
- Introduction of isotonic fluids with dietetic guidance
  
  **Isotonic (Hypertonic) Recipe**
  
  800mls tap water, 200mls squash (not sugar free), 1 level teaspoon salt
  
  OR  Lucozade Sport with 1 teaspoon salt
  
  OR  Double Strengh Dioralyte – 2 sachets in 200-300mls water
  
- Explain rationale of isotonic fluid to patient to encourage compliance as fluid can be unpalatable
- Check adhesion of stoma appliance
- Refer to gastroenterology team if cause of HOS is not apparent.

Outcome:

The patient states they feel comfortable and well hydrated.
The stoma output is contained effectively and skin integrity is maintained.
The cause of the high output stoma is established.

*Addendum - high output traffic light tool under current review.*
**References/Reading List for High Output Stoma**


Leakage Management

Statement:

Patients with leakage from a stoma appliance are seen and assessed by the Stoma Care Nurse (SCN) and an individualised care plan formulated to address the issue.

Structure:

- Evidence of competency in Stoma Care to undertake a detailed assessment of patients with stomal leakage
- Evidence of an agreed treatment/management plan to resolve the problem.

Process:

- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Obtain verbal consent from patient to undertake an assessment and devise a care plan
- Using clinical expertise undertake an assessment to ascertain the site, shape and size of the stoma and the factors contributing to the leakage problem (Appendix 5)
- Assess and document the extent of skin breakdown caused by the leakage problem as per local skin tool documentation procedure (please refer to ASCN skin soreness guideline)
- Document all findings with photographic evidence if possible as per local protocol
- Choose the correct appliance and/or accessories as required to manage the problem in accordance with local guidelines and expert opinion
- Refer to other agencies i.e dermatology as required (Consider patch testing of other flange material to rule out allergies to products before referral to dermatology)
- Impart information as required to the patient to prevent the problem from recurring
- Involve family and carers, where appropriate, and in agreement with the patient
- Feedback appropriate information to referring healthcare professional
- Evaluate the patient's understanding of the information given
- Agree a follow up contact as appropriate to the individual and local policy.

Outcome:

The patient states the nurse offered advice and expertise on the management of stoma leakage and provided a care plan to outline the process.
## Appendix 5: Stomal Leakage Tool

<table>
<thead>
<tr>
<th>Problem</th>
<th>Contributing Factors</th>
<th>Evidence</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor fitting appliance</td>
<td>Inaccurate template due to: • Reduced stomal oedema post op • Weight loss/gain • Change in shape of stoma • Granulomas • Abdominal wall induration post op Poor technique due to: • Physical limitations such as poor vision, arthritis in hands • Mental incapacity • Non compliance • Incorrect choice of appliance • Inappropriate or outdated product Poor adhesion from over use of accessories or not shaving excessive hair Macerated skin due to exposure of effluent on skin (common in urostomy patients)</td>
<td>Exposed sore skin or trauma to stoma from ill fitting appliance</td>
<td>Re measure stoma and ensure correct hole to fit Clean and shave skin thoroughly to increase adhesion of product Protective barrier wipe Add seal under appliance for added protection Observe the patient removing, cutting and applying a new pouch Consider appropriate and/or newer products Consider colostomy irrigation as an alternative method of stoma management</td>
</tr>
<tr>
<td>Flush or retracted stoma or minimal spout for liquid output</td>
<td>Weight loss/gain Pregnancy Adhesions Disease which limits surgical technique Active disease Stenosed stoma</td>
<td>Sore skin from contact with effluent, ileostomy/urostomy ‘flush’ to skin</td>
<td>Consider and assess for convexity to fill moat or allow spout to protrude</td>
</tr>
<tr>
<td>Skin creases and skin folds</td>
<td>Weight loss/gain Scar tissue or previous surgery Loss of skin tone Emergency stoma sited in poor site</td>
<td>Assess depth of crease with patient sitting, does effluent leak along channel created?</td>
<td>Fill crease with filler, paste or seal to improve pouch adherence Soft or firm convex pouch with or without belt following an assessment by a SCN</td>
</tr>
<tr>
<td>Functional issues include: Pancaking Twisted drainage/night bag Overfilling of pouch Clothing/ Belts Obstructive symptoms</td>
<td>Post operative function of stoma Dietary/hydration Efficiency of filter on pouch Use of support garments Poor technique when applying products /managing stoma Infrequent emptying or loose stool Restrictions or impact of clothing over and above appliance Stoma ‘explodes’ after a period of inactivity</td>
<td>Faeces ‘sit’ on stoma and cause sore skin and leaks</td>
<td>Advise re measures to prevent pancaking such as Vaseline/oil in bag, filter cover etc Assess patient/carer technique and advise Encourage more frequent emptying Assess clothing and advise accordingly Seek medical advice re obstructive episodes</td>
</tr>
</tbody>
</table>

Continued on next page.
### Appendix 5: Stomal Leakage Tool (continued)

<table>
<thead>
<tr>
<th>Problem</th>
<th>Contributing Factors</th>
<th>Evidence</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altered stool i.e. diarrhea</td>
<td>GI Infection, dietary causes, disease activity, medication i.e. chemo, antibiotics, laxative abuse Stress Poor diet to control output Stoma 'explodes' after a period of inactivity Weight gain, excessive strain on abdominal muscles, poor tone of abdominal muscles, post op coughing, vomiting Poor technique during physical exertion e.g. lifting objects/ exercise</td>
<td>Liquid/watery stool on base of flange Reduced area of adhesive after cutting flange</td>
<td>Ascertain the cause of diarrhoea and treat Return function to normal i.e. stool thickeners Add solidifying agent to the inside of pouch Seek medical advice re obstructive episodes Alternative appliance with flexible, large area of adhesive. Remeasure the expanding stoma Consider support belt Seek medical advice re repair if appropriate</td>
</tr>
<tr>
<td>Obstructive symptoms</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hernia and prolapse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other factors:</td>
<td>Inappropriate use of cream based products preventing adherence. Sweat prevents adhesion of pouch Lesions may prevent adhesion of pouch and require treatment which may further affect pouch adherence Acute, wet, sore lesions undermine pouch adhesion Blood from granulomas undermines pouch adhesion</td>
<td></td>
<td>Assess the skin condition and use of treatment therapies Antiperspirant to control sweating Seek medical advice re skin condition and appropriate treatments and/or investigations Treat granulomas with silver nitrate or cryotherapy as per ASCN granuloma guideline Review medication (e.g. nicorandil, immunosuppressants; steroids)</td>
</tr>
<tr>
<td>Skin changes such as</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>menopause, excess sweating,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>use of inappropriate remedies around stoma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin conditions i.e. psoriasis, eczema, allergy Ulceration i.e. pyoderma gangrenosum Pressure ulcers Bleeding i.e. granulomas</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
References for Stomal Leakage

Association of Stoma Care Nurses (2013), Stoma Care Nursing Standards and Audit Tool, ASCN UK.


Burch J (2014), Looking after the Stoma and the Surrounding Skin, Nursing and Residential Care, Vol 16, No 4, pgs 190-195.

Chandler P (2015), Preventing and treating peristomal skin conditions in stoma patients, British Journal of Community Nursing, Vol 20, No 8, pgs 386-388.


Rolstad BS, Ermer-Seltun J and Bryant RA (2012), Relating Knowledge of Anatomy and Physiology of the Skin to Peristomal Skin Care, WCET Journal (Supplement), Vol 32, No 1, pgs 4-10.


Voegeli D (2013), Moisture Associated skin damage: an Overview for Community Nurses, British Journal of Community Nursing, Vol 18, No 1, pgs 6-12.


Williams JD and Lyon C (2010), Dermatitis: Contact Irritation and Contact Allergy, Chapter 3 in: Lyon C and Smith A (Editors) (2010), Abdominal Stomas and Their Skin Disorders, Informa Healthcare UK.
Pancaking

Pancaking occurs when faeces accumulates around the stoma at the top of the pouch.

Statement:

Patients who are experiencing a problem with ‘pancaking’ are assessed by a Stoma Care Nurse (SCN) and an individualised stoma care plan is formulated.

Structure:

The patient and nurse agree on an appropriate management regime to prevent pancaking and reduce risk of pouch leakages.

Process:

- Ensure a private, confidential and safe environment where the patient can be assessed and appropriate advice given
- Using clinical expertise, undertake a clinical history to ascertain the extent of pancaking
- Discuss diet with the patient. The intake of more fibre may help the consistency of the stoma output to drop into the bag
- Assess output using Bristol Stool chart (Appendix 7)
- Assess fluid intake, this often needs to be increased to 8-10 glasses/cups per day (unless contra indicated i.e. renal failure)
- Insert lubricating gel into the top of the pouch – avoiding the filter
- Insert the backing from the bag or tissue paper into the pouch prior to applying to prevent both sides of appliance sticking together
- Ensure there is air in bag before applying
- Advise using the filter covers (usually supplied in the boxes)
- If using a drainable pouch or 2 piece, encourage regular ‘de-vacing’ of the pouch (separating pouch form baseplate, or opening the drainable pouch to encourage air into the pouch)
- Trial alternative makes of pouches as the filter may be more effective for the individual depending on the position of the filter
- If pancaking persists, alternative pouches with soft convexity or no integral filter may be helpful. Or even a drainable pouch or 2 piece to enable regular ‘de-vacing’ of the pouch
- If pancaking persistent offer colostomy irrigation as an alternative management option
- Assess for review of a laxative/stool softener to make faecal matter less ‘sticky’ and a looser consistency
- Ensure skin integrity is observed and maintained.

Outcome:

The patient states the nurse offered advice and expertise on the management of pancaking.

References for Pancaking


Hayles K, (2014) Getting it right the first time: how to select stoma accessories Gastrointestinal Nursing (12), (7).

Appendix 7: Bristol Stool Chart

Type 1: Separate hard lumps, like nuts (hard to pass)

Type 2: Sausage shaped but lumpy

Type 3: Like a sausage but with cracks on its surface

Type 4: Like a sausage or snake, smooth and soft

Type 5: Soft blobs with clear-cut edges (passed easily)

Type 6: Fluffy pieces with ragged edges, a mushy stool

Type 7: Watery, no solid pieces ENTIRELY LIQUID
Parastomal Hernia Prevention

Statement:

Patients with a stoma are assessed by a Stoma Care Nurse (SCN) and an individualised prevention of parastomal hernia plan is formulated.

Structure:

The patient and nurse agree on an appropriate prevention of parastomal hernia plan to minimise the risks and consequent complications.

Process:

- Ensure a private, confidential and safe environment where the patient can be examined, assessed and provided with information.
- Using clinical expertise undertake a clinical history to ascertain predisposing factors of parastomal hernia such as type of stoma, obesity (high BMI), lifting, muscle weakness due to age or multiple abdominal surgeries, straining, coughing and lifestyle (Appendix 3a).
- Complete the Stoma QOL questionnaire to enable baseline QOL measurement (Appendix 3b).
- Discuss activities that increase risks of parastomal hernia formation, e.g., Occupation that involves heavy lifting, strenuous exercise, gardening, vacuuming or lifting heavy wet washing.
- Advise that driving after surgery should be avoided until after 4 weeks if laparoscopic surgery and 6 weeks after open surgery if wounds have healed (to be confirmed against patients insurance policy).
- Describe to patient what a parastomal hernia is and how one develops.
- Explain the consequences of parastomal hernia, including the appearance, discomfort, complications and possible surgical intervention, supported with appropriate evidence-based research.
- Provide relevant advice to patients for hernia prevention post surgery, supported with written information including exercises, demonstrate if required (Appendix 3c).
- Advise patient to purchase lightweight support underwear from a high street store or obtain prescribed garment if required (Appendix 3d).
- Advise patients who irrigate, development of a parastomal hernia may impact on effectiveness of irrigation by restricting the flow of water into the stoma.
- Reinforce information on parastomal hernia prevention at regular intervals, e.g., at 1, 3, 6 months and annually.
- Involve family and carers, where appropriate, and in agreement with the patient.
- Feedback appropriate information to GP, surgeon, D/N or other relevant health care professional.
- Evaluate the patient’s understanding of the information given.

Outcome:

The patient states the nurse offered advice and expertise on the prevention of parastomal hernia.
Parastomal Hernia Management

Statement:

Patients with a parastomal hernia are assessed by a Stoma Care Nurse (SCN) and an individualised treatment/management plan is formulated.

Structure:

The patient and nurse agree on the appropriate management of the parastomal hernia, aiming to minimise the risk of complications and further weakening of rectus abdominus.

Process:

- Ensure a private, confidential and safe environment where the patient can be assessed, examined, treated and information provided
- Using clinical expertise undertake a clinical history to ascertain predisposing factors for parastomal hernia development, e.g. Lifting, smoking, obesity, type of stoma (Appendix 3a)
- Complete Quality of Life hernia assessment to ascertain any change in QOL (Appendix 3b)
- Examine the patient both lying and standing to determine the size and severity of the parastomal hernia
- Document size of hernia in patients notes (size of stoma to be measured on standing width/height in cms. Sizing of the hernia relates to the largest of the 2 measurements: small-less than 5cm; medium 5-10cm; large greater than 10cm (Muysoms et al 2009)
- Assess size of stoma as this often changes in the presence of a parastomal hernia. Patient may require a new cutting size for the flange or a different product or accessories
- Assess peristomal skin integrity; if skin appears thin and fragile due to it being stretched take measures to provide skin protection with accessories, ensuring appliances are correctly fitted or adhesive remover to reduce skin stripping
- Utilising clinical expertise, determine the level of support underwear/garment required for the parastomal hernia, taking into account patients mobility, lifestyle, dexterity and their own personal preference, advising patient of both high street and prescription support underwear and garments (Appendix 3d)
- Assess and measure the patient for the required support garment, taking the measurement at the level of the stoma. Openings in the support wear should be avoided unless they have a prolapse cover as the hernia can often push through. NB: refer to a specialist as per local procedure for fitting of hernia support garments, communicate with GP safeguarding prescription details of support garment
- Provide information on justification and reasoning why and how to wear support garments, apply belts when lying down
- Arrange review date within 3 months after they have received their support wear to ensure they are wearing it appropriately and plan yearly review to re-evaluate
- Discuss potential complications of parastomal hernia eg obstruction and evaluate understanding
- Assess functional output, reviewing patient's diet to prevent diarrhoea or constipation
- Offer advice re: importance of regular exercise and core muscle exercises (Appendix 3c)
- Assess and advise patients who irrigate this may not be possible as the parastomal hernia may restrict the flow of water into the stoma
- Discuss the implications of surgical repair of the parastomal hernia e.g. repair does not guarantee the hernia could not reoccur
- If the parastomal hernia is symptomatic and impacting on QOL complete referral form for referral for CT scan and referral back to GP/Colorectal consultant as per local policy (Appendix 3e)
- Involve family and carers, where appropriate, and in agreement with the patient
- Feedback appropriate information to referring healthcare professional and surgeon
- Evaluate the patient's understanding of the information given.

Outcome:

The patient states the nurse offered advice, appropriate support wear and expertise on the management of their parastomal stoma.
Appendix 3a (i): Guide to inform clinical history for assessment of predisposing factors for prevention of Parastomal Hernia

Parastomal hernia development is the highest stomal complication (North 2014). We as SCNs have a responsibility to advise our patients of the risk factors.

All patients with a stoma are at a lifelong risk of developing a parastomal hernia due to the surgical defect created within the abdominal wall. The need to identify risk factors to advise and educate patients about this is essential.

It is recommended that these risk factors are re-assessed and discussed on every clinical assessment.

<table>
<thead>
<tr>
<th>Predisposing consideration</th>
<th>RISK Factors</th>
<th>Additional information/explanation</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Children</td>
<td>Rectus muscle underdeveloped in paediatrics. Rectus muscle gets weaker as collagen reduces with age</td>
<td>Thompson (2008)</td>
</tr>
<tr>
<td></td>
<td>The over 70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Occupation/lifestyle</td>
<td>Manual Young family</td>
<td>Undue strain and force on rectus abdominis</td>
<td></td>
</tr>
<tr>
<td>Activity 1-5</td>
<td>Sports - e.g. weight lifting</td>
<td>Undue strain and force on rectus abdominis</td>
<td>Kane et al (2004)</td>
</tr>
<tr>
<td>1 lie on sofa - 5 gym/sport every day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Post op infection</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Multiple abdominal surgery</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Malnutrition</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stoma - site</td>
<td>Transverse colostomy</td>
<td>Research currently indicates higher risk in colostomist Incidence reduced if within rectus muscle Implications of abnormal collagen and PMH of herniosis Likelihood of recurrence</td>
<td>McGrath/Porrett (2006)</td>
</tr>
<tr>
<td></td>
<td>Colostomy Out of rectus muscle Previous hernia repair Surgical technique (trephine/aperture of stoma greater than 35mm/X incision)</td>
<td></td>
<td>Carne et al (2003)</td>
</tr>
<tr>
<td></td>
<td>AAA</td>
<td></td>
<td>Cowin &amp; Redmond (2012)</td>
</tr>
<tr>
<td></td>
<td>Connective tissue disorders</td>
<td></td>
<td>Pilgrim et al (2010)</td>
</tr>
<tr>
<td></td>
<td>Steroids Diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Diverticular Existing Hernia Previous Hernia AAA</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Connective tissue disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Steroids Diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoking</td>
<td>Smoker</td>
<td>4 x greater risk of PSH in smokers</td>
<td>McGrath/Porrett (2006)</td>
</tr>
<tr>
<td>Raised intra abdominal pressure</td>
<td>COPD/emphysema Asates Acute/chronic constipation (colostomists/urostomist)</td>
<td>Persistent coughing/forceful sneezing/vomiting leads to undue strain within the abdomen Risk of constipation post operatively due to poor fluid intake secondary to the change in absorption and alterations in renal function acutely or long term</td>
<td>Thompson (2008) Readding (2014)</td>
</tr>
</tbody>
</table>
Appendix 3b: The Stoma Quality of Life Questionnaire (QoL)

User instructions for a questionnaire designed to measure quality of life among people with a stoma: The Stoma-QoL

The Stoma-QoL is developed to measure quality of life among people with a stoma. The questions in Stoma-QoL are outcomes of a lot of interviews with people with a stoma, which were carried out in several countries in order to address the issues that were most relevant in relation to quality of life for this group of people.

The following issues are covered:

Concerns about sleeping, concerns about intimate relations, concerns regarding relationships with family and close friends and concerns regarding relationships with people other than family and close friends.

The questionnaire consists of 20 questions. An example of a question could be: “I worry that the pouch will loosen.” All the questions must be answered on a 4-point scale.

The options for answering each question are:

1. Always
2. Sometimes
3. Rarely
4. Not at all

Please be aware that ALL 20 questions must be answered in order for the questionnaire to work. Therefore, there should not be any unanswered questions. Furthermore, ONLY ONE answer must be given for each question.

The questionnaire is on the next page, the questions are very simple and it will take approximately 5-10 minutes to complete.

Reference

*Adapted from Prieto et al (2005)
Appendix 3b: The Stoma Quality of Life Questionnaire (QoL) (continued)

Please answer ALL the questions.

Please tick the response that best describes how you are feeling at the moment.  
Always  |   Sometimes  |   Rarely  |   Not at all
--- | --- | --- | ---
1. I become anxious when the pouch is full |   |   |   
2. I worry that the pouch will loosen |   |   |   
3. I feel the need to know where the nearest toilet is |   |   |   
4. I worry that the pouch may smell |   |   |   
5. I worry about noises from the stoma |   |   |   
6. I need to rest during the day |   |   |   
7. My stoma pouch limits the choice of clothes that I can wear |   |   |   
8. I feel tired during the day |   |   |   
9. My stoma makes me feel sexually unattractive |   |   |   
10. I sleep badly during the night |   |   |   
11. I worry that the pouch rustles |   |   |   
12. I feel embarrassed about my body because of my stoma |   |   |   
13. It would be difficult for me to stay away from home overnight |   |   |   
14. It is difficult to hide the fact that I wear a pouch |   |   |   
15. I worry that my condition is a burden to people close to me |   |   |   
16. I avoid close physical contact with my friends |   |   |   
17. My stoma makes it difficult for me to be with other people |   |   |   
18. I am afraid of meeting new people |   |   |   
19. I feel lonely even when I am with other people |   |   |   
20. I worry that my family feel awkward around me |   |   |   

Thank you for filling out the questionnaire.
Appendix 3c: Parastomal Hernia - Exercises

Ensure you are safe and comfortable before commencing your exercises.
Lay with your head on a pillow, knees bent and feet flat.
It is important that you perform exercises gently and to your ability during the first 6 weeks.
These should not be painful or put excessive strain upon your abdominal muscles.
Avoid sit-ups or abdominal crunches.

1. **Abdominal Exercise (Lying)**
With your hands gently resting on your tummy, breathe in through your nose and as you breathe out, gently pull your tummy button down towards your spine.
As you feel the muscles tighten, try to hold for 3 seconds and then breathe away normally.

2. **Pelvic Tilt**
Comfortably position your hands in the hollow of your back.
Tighten your tummy muscles as before, flatten your lower back onto your hands and lift your bottom.
Hold for 3 seconds and then breathe away normally.

3. **Knee Roll**
Tighten your tummy muscles as before and gently lower both knees to one side as far as is comfortable.
Slowly bring them back to the middle and relax.
When ready, repeat this movement to the other side.

4. **Abdominal Exercise (Standing)**
Stand with your back against a wall.
Tighten your tummy muscles and try to keep your back in contact with the wall.
Hold for 3 seconds and relax.
You should aim to do each of these exercises 5 times per day.
Do more repetitions as you feel able.
Maintaining this regime for up to 12 weeks after surgery may reduce your risk of herniation.

Continued on next page
Appendix 3c: Parastomal Hernia - Exercises (continued)

It is generally accepted by physiotherapists that most people can return to active exercise 12 weeks post surgery. This is whether you had a laparotomy (incision through your abdominal wall) or laparoscopic surgery (key hole surgery).

Returning to all activities previously undertaken is extremely important. Remember you can be as active as you wish to be.

Exercise can include, but not limited to:

<table>
<thead>
<tr>
<th>Walking</th>
<th>Aqua aerobics</th>
<th>Tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates</td>
<td>Golf</td>
<td>Hill climbing</td>
</tr>
<tr>
<td>Yoga</td>
<td>Gardening</td>
<td>Gym activities</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Fishing</td>
<td>Skiing</td>
</tr>
<tr>
<td>Swimming</td>
<td>Football</td>
<td>Scuba diving</td>
</tr>
</tbody>
</table>

- Preparing your body before surgery is as important as following surgery to reduce the risk of developing parastomal hernia.
- Physiotherapists generally recommend you commence gentle abdominal exercise 3-4 days after surgery unless otherwise advised by your surgeon or Stoma Care Nurse.
- It is important to persevere and carry out these exercises daily. It is a long term commitment to help prevent you from developing a parastomal hernia.
- Slowly build your activity level as you feel fit, aiming to return to the active life you enjoyed before surgery.
- Walking is a great way of keeping fit. Start slowly with a 5-10 walk daily, gradually increasing to a 30-45 minute walk by week 6 or until you return to your ability before surgery.
- If your work or leisure activities involve heavy lifting or strenuous exercise it is important that you seek advice from your SCN.
- Exercise is a very important part of health and well-being. A long term exercise plan is recommended.

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Appendix 3d: Clinical Recommendations for Prevention of Parastomal Hernia

Based on current evidence, preventative measures are strongly advocated to decrease the incidence of parastomal hernia formation. This includes promoting core muscle exercise regimes and support garments (North 2014, Thompson & Trainer 2005, Bloom 2001).

- These guidelines therefore advise all patients with a stoma be informed of core muscle exercises initiated post operatively as they will contribute to maintaining strength and reducing weakness of the rectus abdominis (Appendix 3c).

  These core muscle exercises are deemed as a minimal exercise regime and further advice to slowly build up and continue exercising is beneficial.

- In conjunction with core muscle exercises: ALL patients should be advised of the availability of high waisted support underwear (with lycra) – These are readily available from high street stores, (e.g. Matalan, Primark, M&S, department stores, and even sports shops – especially for gentleman). Specialist support underwear is available on prescription, but it would be advised consideration of prescription costs and local policy should be taken into account when providing advice.

- It is strongly recommended completion of the stoma QOL (Prieto et al 2005*) (Appendix 3b) is completed on each clinical assessment. This will record a baseline QOL assessment so that if development of a symptomatic parastomal hernia occurs, deterioration of QOL can be demonstrated and justification for referral for a CT scan and surgical review by a colorectal surgeon can be completed (Appendix 3e).

- For those patients who are identified as possessing higher risk factors, (Appendix 3a(i) & 3a(ii)) these individuals should be advised and provided with relevant information to reduce the risk where possible (e.g. smoking/weight/lifestyle). In conjunction with a clinical assessment of individuals who possess these higher risk factors, a higher level of support garments should also be considered as per local policy.

* Addendum - an additional guideline is currently being developed for the assessment and competency required in relation to support garments.
<table>
<thead>
<tr>
<th><strong>PATIENT DETAILS - NHS No.</strong></th>
<th><strong>GP PRACTICE DETAILS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital No.</td>
<td>Name of GP</td>
</tr>
<tr>
<td>Title</td>
<td>Name of Practice</td>
</tr>
<tr>
<td>First Names</td>
<td>GP Address</td>
</tr>
<tr>
<td>Date of Birth</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td>Post Code</td>
</tr>
<tr>
<td>Post Code</td>
<td>Telephone No.</td>
</tr>
<tr>
<td>Daytime Telephone No.</td>
<td>Home Telephone No.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>REVIEW REQUIRED</strong></th>
<th><strong>URGENT</strong></th>
<th><strong>ROUTINE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>(Please tick the appropriate box)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CLINICAL DETAILS</strong> - referral to GP/Colorectal Surgeon for symptomatic parastomal hernia</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TYPE OF STOMA</strong></td>
</tr>
<tr>
<td>End/Loop</td>
</tr>
<tr>
<td>Ileostomy</td>
</tr>
<tr>
<td>Colostomy</td>
</tr>
<tr>
<td>Urostomy</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td>Date of Stoma formation</td>
</tr>
<tr>
<td>Reason for surgery for Stoma</td>
</tr>
<tr>
<td>Stoma formation</td>
</tr>
<tr>
<td>Planned</td>
</tr>
<tr>
<td>Emergency</td>
</tr>
<tr>
<td>Unknown</td>
</tr>
<tr>
<td>Size of parastomal hernia (Measured width/height in cms on standing*) (Please circle)</td>
</tr>
<tr>
<td>Small (less than 5cms)</td>
</tr>
<tr>
<td>Medium (5-10cms)</td>
</tr>
<tr>
<td>Large (greater than 10cms)</td>
</tr>
<tr>
<td>* relates to the larger of width/height measurement</td>
</tr>
<tr>
<td>History of presenting symptoms</td>
</tr>
</tbody>
</table>

| Abdominal pain related to hernia - symptomatic | NO | YES | If yes - pain score of _____ (1 mild - 10 severe) |
| Problematic stoma pouch management            | NO | YES | If yes - last seen by CNS for review date ______ |
| Persistent leakages (not resolved following CNS assessment) | NO | YES |
| Persistent skin soreness (not resolved following CNS assessment) | NO | YES |
| Other related stoma complications (e.g. prolapse) | NO | YES |
| Alteration in bowel function                  | NO | YES | If yes - symptoms of obstruction NO / YES (Circle) |
| Support garment assessment completed. Is the garment worn? | NO | YES |
| Has QOL been impacted as a result of parastomal hernia | NO | YES |
| Diabetes                                     | NO | YES |
| Past medical history                         | NO | YES |
| Previous Abdominal/parastomal hernia          | NO | YES |
| Steroids                                     | NO | YES |
| Chemo/DXT in last 6 months                   | NO | YES |
| On Warfarin                                  | NO | YES |

<table>
<thead>
<tr>
<th><strong>OTHER INFORMATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI - Please state</td>
</tr>
<tr>
<td>Allergies</td>
</tr>
<tr>
<td>If yes, please give details</td>
</tr>
<tr>
<td>Smoker</td>
</tr>
<tr>
<td>If yes, cigarettes smoked per day</td>
</tr>
<tr>
<td>Alcohol</td>
</tr>
<tr>
<td>If yes, number of units per week</td>
</tr>
<tr>
<td>CT scan performed PRONE</td>
</tr>
<tr>
<td>Name of referring nurse</td>
</tr>
<tr>
<td>Telephone No.</td>
</tr>
<tr>
<td>Email address</td>
</tr>
</tbody>
</table>
**References for Parastomal Hernia**


* Size classification for parastomal hernia has been derived from a literature review of abdominal hernia classification. A consensus of opinion was determined within the parastomal hernia project group, which will be evaluated within subsequent studies.
Peristomal Skin Soreness

Statement:
Patients with sore peristomal skin are seen and assessed by the Stoma Care Nurse (SCN). The cause/contributing factors are identified and an appropriate treatment regime is agreed.

Structure:
The SCN educates the patient to promote participation of the treatment regimen to facilitate optimal skin healing.

Process:
- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Utilising advanced specialist assessment (Appendix 4a) undertake a clinical history, observation of technique and examination to ascertain the cause of the peristomal skin soreness (Appendix 4b)
- When undertaking clinical history consider pre-existing skin conditions ie: eczema and psoriasis. Also consider medications such as chemotherapy, steroid therapy and insulin
- Following assessment, implement appropriate advice and solutions in consultation with the patient
- Utilising clinical expertise, provide appropriate information on accessories and appliance usage according to identified individual's needs
- Be aware of up to date treatments
- Consider use of assessment tool to document in an accurate and measureable way – e.g. DET score (Coloplast Ostomy skin tool as per local documentation procedure) (Appendix 4c)
- Use photograph of sore skin if appropriate and documented consent gained from patient according to local policy
- If soreness is not resolving after initial treatment, consider skin swab to exclude infection, patch testing for sensitivities or referral to dermatologist
- Involve family and carers, where appropriate, in agreement with the individual
- Notify GP of any changes to appliances or introduction of accessories
- Ensure timely follow up is made to re assess method of healing.

Outcome:
Effective management of peristomal skin soreness is achieved.
### Appendix 4a: Peristomal Skin Soreness tool

<table>
<thead>
<tr>
<th>Problem</th>
<th>Contributing Factors</th>
<th>Evidence</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sore, wet skin/macerated (Inflammation and skin discoloration)</td>
<td>Macerated skin due to constant exposure of effluent on skin e.g. sudden change in output e.g. Diarrhoea Persistent leakage - chronic irritant dermatitis due to unresolved issues such as ill fitting appliance, or poor adherence of pouch: Retracted stoma Irregular abdominal surface (creases/dips/scarring/skin folds) Inaccurate template</td>
<td>Exposed sore skin or trauma to stoma from ill fitting appliance</td>
<td>Ascertain cause Re-measure stoma and ensure template correct Clean and shave skin thoroughly to increase adhesion of product Protective barrier wipe/hydrocolloid powder to create dry surface If macerated – apply calamine lotion (if not currently having DXT) to create dry surface Assess for thin hydrocolloid ring/seal under appliance for added protection/moisture absorption Observe patient technique - removing, cutting and applying a new pouch Reassess need for appropriate appliance Document status of skin condition using an ostomy skin tool as per local documentation agreement Consider colostomy irrigation as an alternative method of stoma management</td>
</tr>
</tbody>
</table>

| Sore, wet skin superficially broken (Skin discoloration) | Flush stoma Retracted stoma Sliding retraction (telescoping) Stenosis Weight loss/gain Parastomal hernia Irregular abdominal surface (creases/dips/scarring/skin folds) No pre-op siting Pancaking Patient technique - positioning Infection Inaccurate template Inappropriate appliance | Sore skin from contact with effluent, stoma ‘flush’ to skin/retracted | Ascertain cause Reassess for appropriate product If skin dry – apply skin barrier Consider and assess for convexity to fill moat or allow spout to protrude/Convex Seal underneath existing appliance Review technique for positioning If soreness persists – swab if any indication of infection If pancaking – review product/advice offered If soreness persists – assess for topical hydrocortisone Document status of skin condition using an ostomy skin tool as per local documentation agreement |

*Continued on next page.*
### Appendix 4a: Peristomal Skin Soreness tool (continued)

<table>
<thead>
<tr>
<th>Problem</th>
<th>Contributing Factors</th>
<th>Evidence</th>
<th>Solution</th>
</tr>
</thead>
</table>
| Superficial dry skin irritation – reddened/itchy Rash Raised lesion | Skin stripping  
Shaving rash/folliculitis  
Pancaking  
Positioning  
Product/accessory sensitivity  
Underlying skin condition (eczema/psoriasis) | Irritation under flange | Assessment for cause-patchy/under whole flange  
Assess if infected/non infective  
Treat as per local policy i.e: topical hydrocortisone advising patient to use sparingly, reapply at each pouch change  
Reassess for alternative appliance  
If shaving rash – advice use of disposable razor, changed after each use  
If soreness persists for 1 week after review as above – skin swab to exclude infection  
If product related – patch test  
Refer to dermatology as per local policy if no improvement  
Consider use of skin tool for accurate documentation |
| Parastomal ulceration (Breakdown of epidermis/dermis leading to an open wound) | Parastomal hernia (thinning of skin, skin stripping)  
Convexity/stoma belt pressure  
Side effects of medication i.e. Vasodilator medication e.g. nicorandil  
Pyoderma gangrenosum  
IBD ulceration (Crohns)  
Hydroadenitis suppurativa  
Epidermolysis bullosa  
Malignancy/neoplasms  
Wound dehiscence | | Assessment of cause as this will impact on treatment options (e.g. ulceration with painful overhanging purple edge, consider pyoderma gangrenosum; wound breakdown and presence of infection)  
If ulceration painful discuss management of this  
Treat ulcers as per local policy e.g. topical steroid such as haelan tape/scalp lotion/beclomethasone inhaler – reapply at each pouch change  
Deeper ulceration to have primary dressing applied (as per local policy) with a hydrocolloid secondary dressing to promote stoma appliance adherence  
Referral to dermatology if no improvement after a week  
Contact GP to discuss/change of medication if patient prescribed vasodilators (nicorandil)  
Consider skin swab to exclude infection |

Continued on next page.
## Problem

**Granulomas (inflammatory nodule)**

- Poorly fitting appliance causing friction
- Chronic contact dermatitis
- Presence of non-dissolved surgical sutures

**Chronic papillomatous dermatitis**

- Occur around urostomies as a result of chronic contact dermatitis (build-up of phosphate deposits)
- Thickening of skin around stoma, often whitish in colour, warty in appearance
- Some vascular proliferation may be present, common in inflamed skin

## Contributing Factors

- Evidence

## Solution

- **Granulomas**
  - Assessment of cause – template, appropriateness of appliance; if recent surgery, check for suture material and remove if able
  - Note position of granulomas – stoma mucosa or muco-cutaneous junction
  - If granuloma positioned on the stoma mucosa – assessing for friction of the appliance. Assess for lubricating gel within pouch
  - Refer to ASCN granuloma guideline

- **Chronic papillomatous dermatitis**
  - Assessment of cause, template, appliance appropriateness, note for leaking or pooling under flange
  - Consider convexity appliance if not using one
  - Topical application of 50% white vinegar/water soaks at each pouch change
  - Assess oral fluid intake in relation to the individual - Encouraging fruit juice or take vitamin C supplement
  - If unable to create seal and prevent leakages then catheterisation of urostomy could be considered for short term
  - Surgical review for refashion/re-siting may be necessary if problems of leakage persist

### Appendix 4a: Peristomal Skin Soreness tool (continued)

<table>
<thead>
<tr>
<th>Problem</th>
<th>Contributing Factors</th>
<th>Evidence</th>
<th>Solution</th>
</tr>
</thead>
</table>
| Granulomas (inflammatory nodule) | Poorly fitting appliance causing friction  
Chronic contact dermatitis  
Presence of non-dissolved surgical sutures | ![Image](image1) | Assessment of cause – template, appropriateness of appliance; if recent surgery, check for suture material and remove if able  
Note position of granulomas – stoma mucosa or muco-cutaneous junction  
If granuloma positioned on the stoma mucosa – assessing for friction of the appliance. Assess for lubricating gel within pouch  
Refer to ASCN granuloma guideline |
| Chronic papillomatous dermatitis | Occur around urostomies as a result of chronic contact dermatitis (build-up of phosphate deposits)  
Thickening of skin around stoma, often whitish in colour, warty in appearance  
Some vascular proliferation may be present, common in inflamed skin | ![Image](image2) | Assessment of cause, template, appliance appropriateness, note for leaking or pooling under flange  
Consider convexity appliance if not using one  
Topical application of 50% white vinegar/water soaks at each pouch change  
Assess oral fluid intake in relation to the individual - Encouraging fruit juice or take vitamin C supplement  
If unable to create seal and prevent leakages then catheterisation of urostomy could be considered for short term  
Surgical review for refashion/re-siting may be necessary if problems of leakage persist |
SORE SKIN
Evidenced by reddening, itching or soreness

Superficial redness
- Calamine lotion (allowed to dry) or non sting stoma barrier wipe

? Allergy to adhesive
- Patch test of adhesives

Superficial redness
- Excoriation from appliance leakage

Flare up of existing skin disorder e.g. eczema
- If patient has prescribed ointment or cream, use sparingly and rub well in. Blot with a tissue

Broken skin absence of epithelium
- Re-measure stoma and change aperture size if required

Apply bag and leave 48 hours if possible

Ill fitting appliance
- Re measuring stoma, cut flange aperture to correct size/shape (do not leave exposed skin around stoma)

Skin creases
- Protect skin with ostomy skin barrier

Incorrect application of appliance
- Monitor technique - ensure skin clean/dry, no creases in flange

Inappropriate appliance used causing frequent changes e.g. closed pouch with loose output
- Monitor output

Offer alternative appliance

Frequent emptying of pouch

NB: If sore skin persisting with above assessments review for skin swab for microscopy, culture and sensitivity (MC&S) including MRSA to eliminate any infection
Appendix 4c: Example of an Ostomy Peristomal Skin Assessment Tool - DET Score

With kind permission of Coloplast Ltd. http://www.coloplast.co.uk/stoma/professional/helping-your-patients/accessed 21/12/15

How to calculate the DET Score

Step 1:
Examine the peristomal skin (not the stoma mucosa) and evaluate the skin based on the descriptions in each of the three domains (Discolouration, Erosion and Tissue overgrowth).

Maximum points in each domain:
- 3 points for the size of the affected area
- 2 points for the severity

Step 2:
Assess the size of the area affected in each of the three domains and score based on the key below.

Assess the severity in each of the three domains using the definitions and photographs as a guide.
- If there is no discolouration then the skin is healthy – the area score is 0 and the total DET score must be 0
- If there is discolouration, assess the area affected and the severity within this domain and in the other two domains
- If the area score is 0 in either the erosion or tissue overgrowth domains then the severity score within that domain will automatically be 0 as well.

For each of the three domains calculate the subscore.

Step 3:
Calculating the Total Score:
- Calculate the Total Score (maximum 15) by adding all of the subscores from each domain together.

Please go through the descriptions for each score in the scoring system every time you perform an assessment. The total DET score gives information on overall severity, while the subscores for each domain help define the skin problem.

Note: In a situation where a large area of skin with low severity includes a small area with a high severity, the highest severity should always be scored even though the area is small.

Continued on next page.

<table>
<thead>
<tr>
<th>Area* affected</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unaffected</td>
<td>0</td>
</tr>
<tr>
<td>&lt;25%</td>
<td>1</td>
</tr>
<tr>
<td>25–50%</td>
<td>2</td>
</tr>
<tr>
<td>&gt;25%</td>
<td>3</td>
</tr>
</tbody>
</table>

*Area is defined as the peristomal skin area that is covered by the adhesive.
Appendix 4c: DET Score (continued)

Domain 1: Discolouration - Area of discolouration (including eroded areas and tissue overgrowth).

- Normal skin (absence of any visible change and damage to epidermis).
  If the Area of discolouration score is 0, the score for Domain 1 must be 0 + 0. The skin is normal and the Total score must be 0.
  Score = 0

- Less than 25% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 1

- Between 25% and 50% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 2

- More than 50% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 3

Severity of discolouration

- Discolouration of the peristomal skin.
  Score = 1

- Discolouration of the peristomal skin with complications (pain, shiny, indurated, hot, itching, burning).
  Score = 2

Domain 2: Erosion - Area of erosion/ulceration

- No erosion. If the Area of erosion score is 0, the score for Domain 2 must be 0 + 0.
  Score = 0

- Less than 25% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 1

- Between 25% and 50% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 2

- More than 50% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 3

Severity of erosion/ulceration

- Damage to the upper level of the skin.
  Score = 1

- Damage to the lower layers of the skin with complications (moisture, bleeding or ulceration).
  Score = 2

Domain 3: Tissue overgrowth* - Area of tissue overgrowth

- No tissue overgrowth. If the Area of tissue overgrowth score is 0, the score for Domain 3 must be 0 + 0.
  Score = 0

- Less than 25% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 1

- Between 25% and 50% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 2

- More than 50% of the skin covered by the adhesive is affected. Please assess severity.
  Score = 3

Severity of tissue overgrowth

- Raised tissue above skin level.
  Score = 1

- Raised tissue above skin level with complications (bleeding, pain, moisture).
  Score = 2

*Tissue overgrowth is defined as raised tissue above skin level including hyperplasia, hypergranulation or keratinisation.

= Total score
References for Peristomal Skin Soreness


Ostomy Skin Tool (DET score) http://www.coloplast.co.uk/stoma/professional/helping-your-patients/accessed 21/12/15.


Prolapsed Stoma

A prolapse occurs when the bowel telescopes out of the skin and is much longer in length than normal.

Statement:

Patients with a prolapsed stoma are assessed by a Stoma Care Nurse (SCN) and an individualised stoma care plan is formulated.

Structure:

The patient and nurse agree on an appropriate management regime to prevent stoma prolapsing and reduce risk of pouch leakages.

Process:

- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Using clinical expertise undertake a clinical history to ascertain the severity of prolapse. Ascertain if the stoma is functioning, if the patient is complaining of abdominal pain or pain at the stoma site and if the patient is vomiting
- Wash hands and apply gloves. Examine the stoma looking for signs of ischaemia, ulceration and ensuring the stoma is warm to touch
- If the bowel is functioning and there are no signs of ischaemia the patient can be reassured but given clear written/verbal information to act as an alert for when to seek medical advice
- The aperture of the flange should be cut larger, at least 5mm skin minimum should be visible around the stoma. Seals/washers/protective barrier wipes can be used to protect this skin
- Laying the patient flat on a bed and applying a cold swab or wrapping ice in a towel and placing over the stoma will often help the stoma to reduce in size enabling the pouch to be applied more easily. (if this is not effective – discuss with medical staff for use of a sugar solution - icing sugar/5% dextrose which when applied directly to the stoma will promote an osmotic effect and reduction of oedema)
- The use of a swab to cover the stoma whilst placing the pouch will prevent the adhesive getting wet. Alternatively having a small split in the backing paper can be helpful. Place the flange over the stoma to the skin then remove the backing paper when in situ
- The use of a rigid protective shield and/or abdominal support belt without an opening can help to withhold the prolapse
- The patient may require alternative bags with increased flange and pouch capacity, lubricating oil inserted inside the top of the pouch may help reduce friction
- If there are signs of ischaemia or obstruction for greater than 4 hours (i.e. non functioning stoma, vomiting, distended abdomen) the patient must be referred to medical staff urgently as surgical intervention may be necessary
- Remove gloves, wash hands and document in appropriate notes including a photograph in accordance with local policy and patient’s consent
- Reassure the patient (and any relevant significant others) as they may be frightened of the size of the stoma, have difficulty applying the pouch and also have body image issues if the stoma/pouch is more prominent under their clothing
- Evaluate the patient’s understanding of the information given, ensuring they are fully aware of the importance of contacting medical staff if any necrosis or bowel obstruction is evident
- SCN to agree regular follow up and review of the prolapse
- Communicate findings to either consultant or GP in case patient deteriorates or requires emergency care.

Outcome:

The patient states the nurse offered advice and expertise on the management of their prolapsed stoma. Patient is able to manage the stoma prolapse in their own environment.
References for Prolapsed Stoma


Stenosis

Stenosis is a narrowing or contracting of the stomal opening that may occur at the skin or fascial level which impairs drainage from the stoma (Butler 2009).

Statement:

Patients with a stenosed stoma are assessed by a Stoma Care Nurse (SCN) and an individualised stoma care plan is formulated.

Structure:

The patient and nurse agree on an appropriate management regime for a stenosed stoma, and minimise risk of complications.

Process:

- Ensure a private, confidential and safe environment where the patient can be assessed, treatment given and provided with information
- Using clinical expertise undertake a clinical history to ascertain the level of stenosis and risk from bowel obstruction
- If patient has a Urostomy, monitor urine output and if concerned refer for assessment of renal function
- If patient has a faecal stoma, assess output, observe for signs of bowel obstruction seek physician advice
- Assess peristomal skin integrity; if ‘faecal pancaking’ has occurred take measures to resolve as per ASCN Pancaking guideline
- Provide skin protection and refer to ASCN peristomal skin tool, ensuring appliances are correctly fitted
- If not too painful; perform a digital examination of the stoma to assess the depth of mucosa stricture, if this is not possible refer to surgeon
- With consent from the referring health care professional - teach patient how to dilate the stoma to try and maintain the lumen with a stoma dilator once or twice daily as directed by medical staff
- For both colostomist and ileostomist encourage low residue diet
- A colostomist may also benefit from a review for laxatives to maintain soft stool
- Provide advice to the patient or carer on how to monitor for complications from the stenosis and ensure they understand when to contact medical staff if concerned
- Involve family and carers, where appropriate, and in agreement with the patient
- Feedback appropriate information to referring healthcare professional
- Evaluate the patient’s understanding of the information given
- Stoma care nurse to agree a timely follow up regime to review the management for the individual with the stenosed stoma.

Outcome:

The patient states the nurse offered advice and expertise on the management of their stenosed stoma.

References for Stenosis


Stoma Siting

Statement:

Patients consented for stoma formation (either potential or definite) will have their stoma correctly sited by a registered nurse with a defined level of competency to perform this procedure.

Structure:

The Stoma Care Nurse (SCN) will:

• Provide a confidential and reassuring environment
• Assimilate referral information to ensure relevant information is tailored to the needs of the patient
• Have access to patient health care records to ensure information pertinent to diagnosis and proposed correct stoma site is marked in accordance with operation to be carried out
• Include family/carers with consent/agreement of patient
• Utilise specialist skills to assess the patient’s ability to understand information regarding the importance of pre-operative information and optimum site for stoma formation
• Provide a level of information appropriate to the individual patient’s needs utilising written, verbal, social media options as applicable
• Gain verbal or written consent (in line with Trust policy) prior to physical assessment for marking of stoma site
• Assess factors that influence the choice/limitation of stoma site for each patient by examination, observation and discussion. This should include contributory factors such as lifestyle, culture, and disabilities (e.g., manual dexterity, visual impairment, religious beliefs etc.)
• Avoid scars/wrinkles, skin folds, creases, bony prominences, suture lines, umbilicus, belt/waistline, hernia, mobile abdominal tissue, radiation sites and/or pendulous breasts. Choose a site the patient can easily see
• Mark the optimum site for the stoma with a permanent marker pen; supply a pen to the patient so that he/she can continue to mark the site until the date of operation, if sited early in accordance to local policy
• Review the definitive marked site with the patient
• Facilitate opportunity for the patient to ask questions and seek clarification in relation to the site chosen
• Record the outcome of site marking in relevant medical records – consider taking photographic evidence to be included in the patient’s medical notes if the siting procedure is particularly challenging.

Outcome:

• Patient understands that pre-operative site markings are a guide – final selection is determined by the surgeon at the time of operative procedure
• There is evidence that the patient expressed verbal consent for siting
• Patient confirms they are satisfied with the marked site for stoma formation
• Patient states they were involved in selecting the stoma site
• Patient states they were able to ask questions.

References for Stoma Siting

ASCN Nursing Standards and Audit Tool. ASCN UK (2013).
Berry K et al (2007) Stoma Siting Procedure WOCN.
Disclaimer

This publication contains information, advice and guidance to help members of the ASCN. It is intended for use within the UK but readers are advised that practices may vary in each country in the UK.

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