

Effectiveness of self-care Education for Stoma Patients^{*}

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Abstract

A colostomy can have a negative impact on patient quality of life, so providing knowledge and teaching self-care may help persons with a colostomy make the necessary daily and social life adaptation. In addition, proper self-care also prevents peristomal skin complications.¹

Keywords: Self-care, Stoma patient.

Introduction

Self-care is the performance or practice of activities that individuals initiate and perform on their own behalf to maintain life, health and well-being. Self-Care Deficit is the inability of an individual to perform self-care. The deficit may be the effect of temporary limitations or willingness to perform the activities required to care for himself.² Prevention peristomal skin complications are critical components of ostomy care. It can be prevented if the person with a stoma received optimal knowledge and skill for caring. Thus, the Enterostomal Therapy (ET) nurse services to provide knowledge and promote the self-care education of the patient and to ensure that the patient lives are safe and supportive of his or her special needs.

Case report

This case study Thai female, known case CA Rectum s/p Lower anterior resection, concurrent radiation 35 fractions and chemotherapy 9/12 cycle since 2013. One year later, she presented with bloody stool s/p abdominal perineal resection. On January 2016, she had

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