

INSIDE OUT

Beyond the practicalities of stoma care

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Due to increasing workloads of stoma nurses, the focus is often on the practicalities of living with a stoma with the effect that the potential emotional impact may be overlooked. In an attempt to capture the impact of a stoma on an individuals' quality of life, research was carried out in the UK and Ireland.

Advertisements were placed in press and online looking for ostomates to assist with research. All respondents received a lifestyle questionnaire to complete. The questionnaire was carefully designed to capture both day-to-day stoma related issues and the psychological impact on individuals who have undergone stoma formation surgery.

In total **547** questionnaires were returned. **Participants ranged from 18-92 years old** with post op times ranging from <1 year to over 30 years.



Fig 5. Female respondents reported a more positive outlook than males

AGE
18 - 40
41 - 50
51 - 65
65+

Fig 6. 18-40 age group the most positive

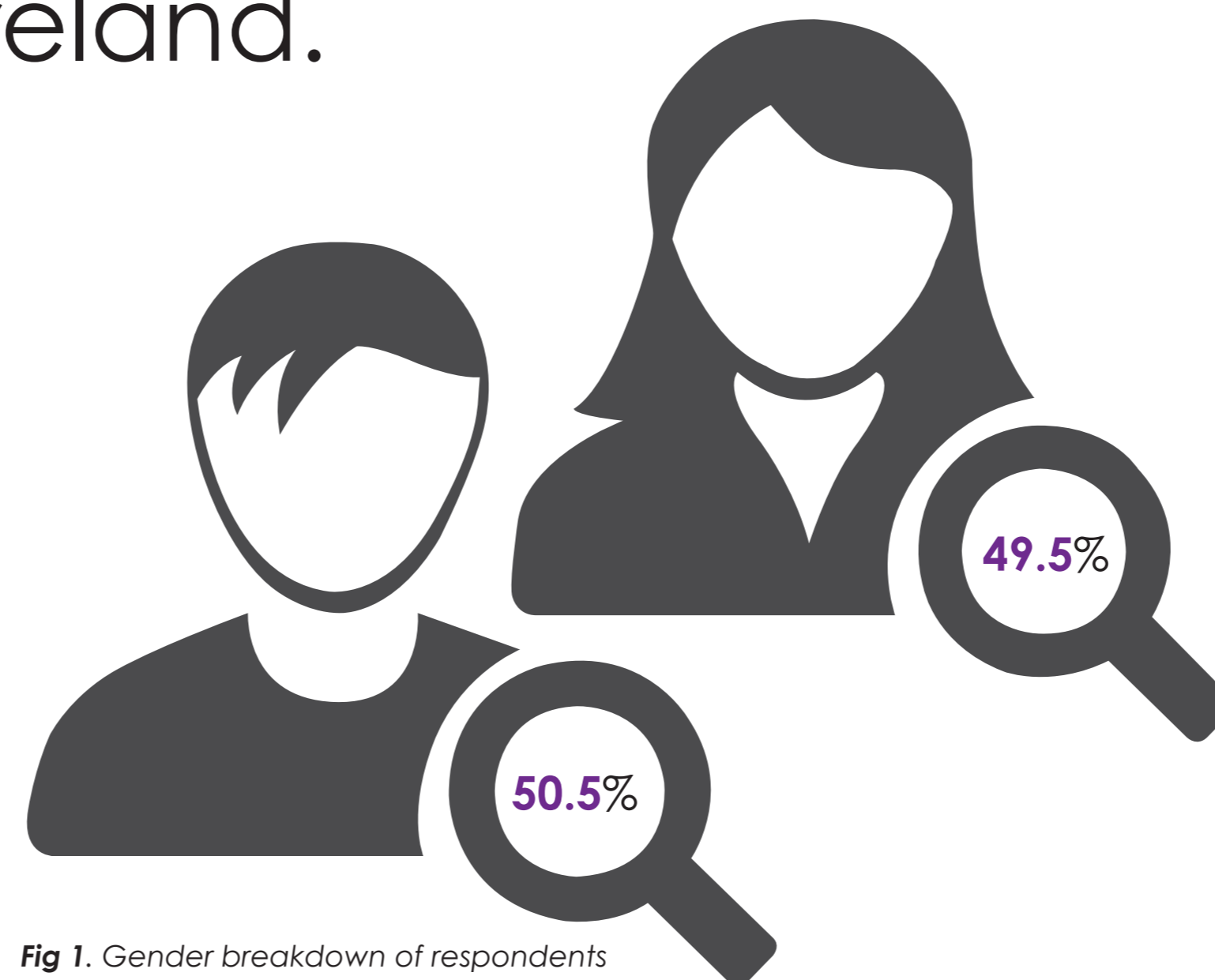


Fig 1. Gender breakdown of respondents

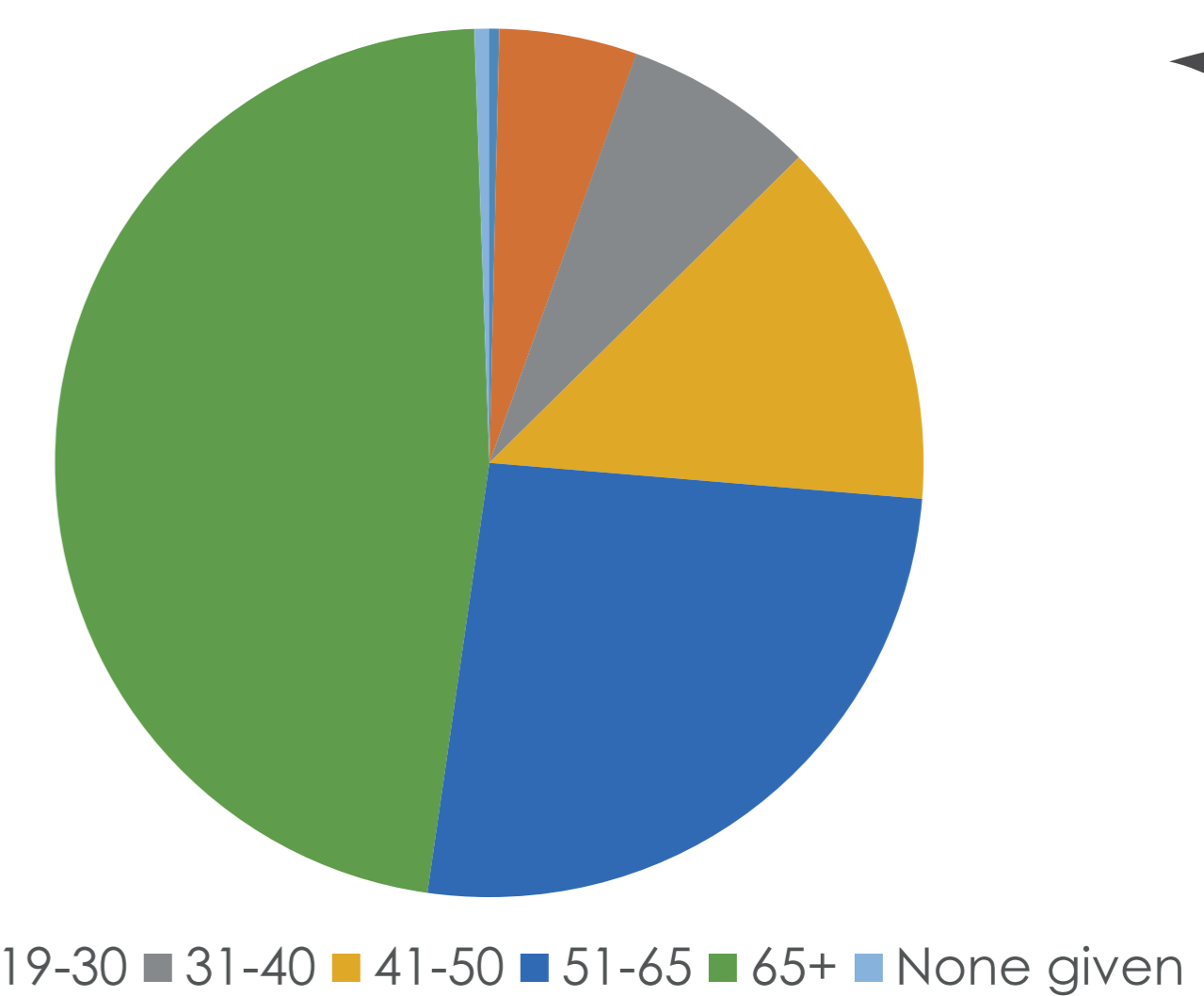
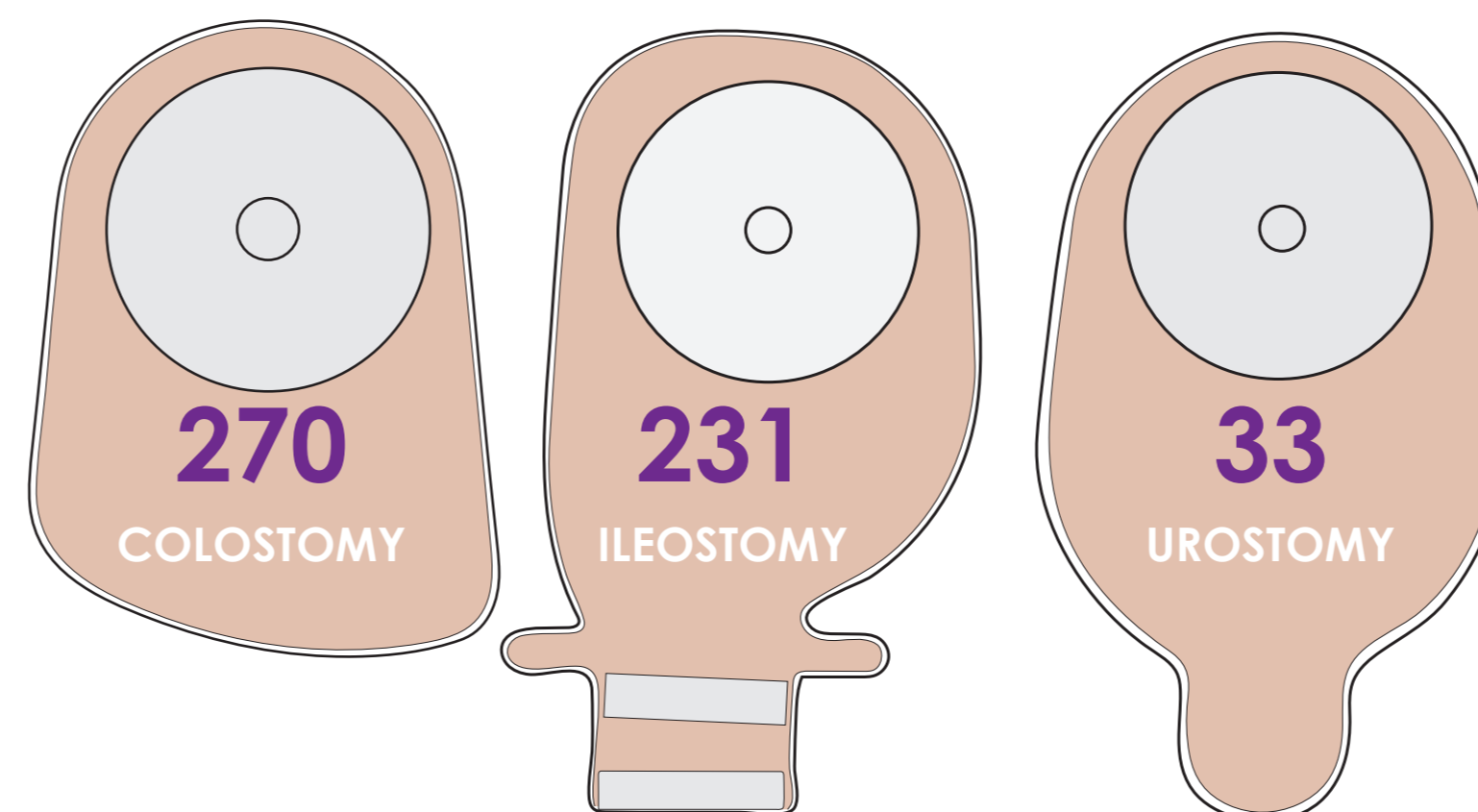


Fig 2. Age breakdown of respondents



Multiple stomas: 10
Unknown: 3

Fig 3. Stoma type breakdown of respondents

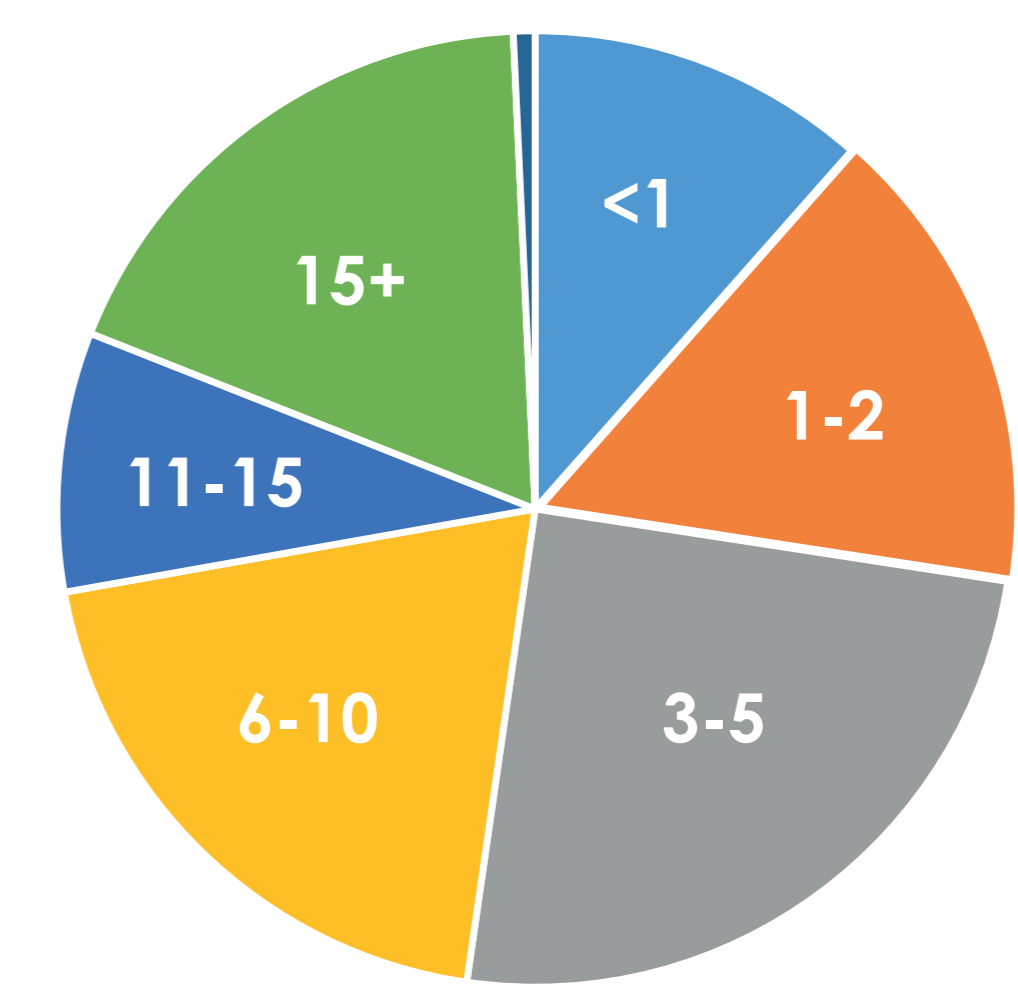


Fig 4. Number of years post-surgery



Fig 7. All words used to describe life since stoma forming surgery

76%
PROBLEMS

Fig 8. 76% of all respondents reported some problems on a regular basis.

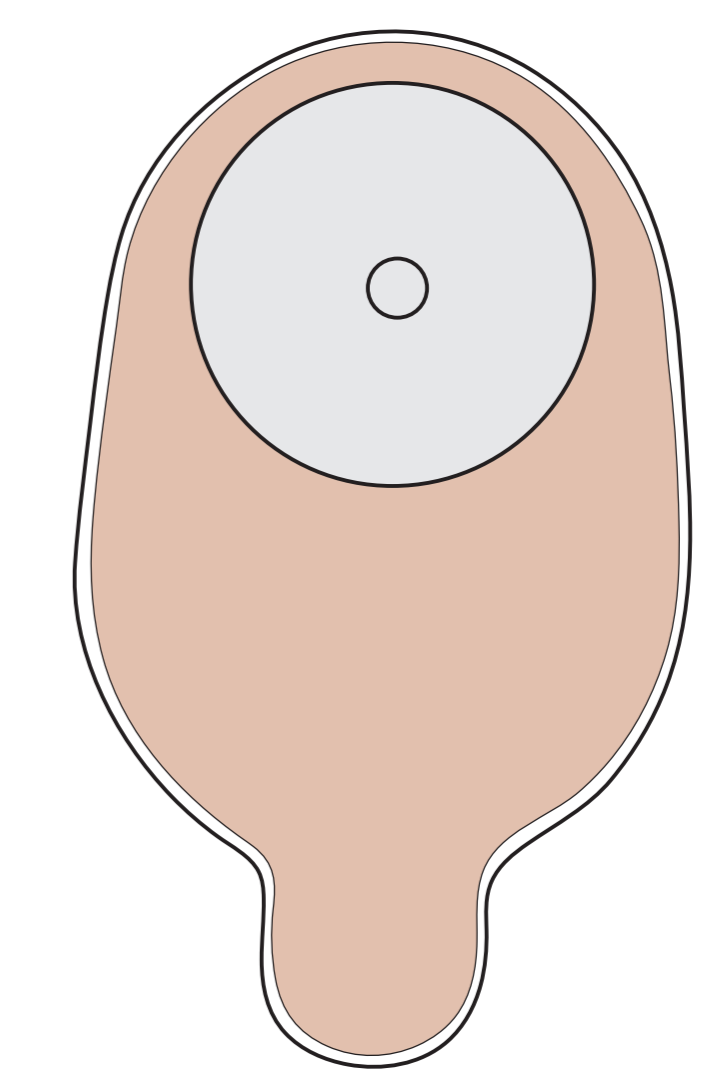


Fig 9. Respondents with urostomies found to be the most negative

This study has highlighted that living well with a stoma is dependent on many factors including age, gender, stoma type and the reason for stoma forming surgery.

It is hoped the research can be extended internationally and the information gained can help inform decisions regarding best practice ultimately leading to **improved quality of life** for ostomates.