



# Ostomy Care Map

	Pre-Surgery	Post-Surgery: Day 1	Post-Surgery: Day 2	Post-Surgery: Day 3	Post-Surgery: Day 4	Post-Surgery: Day 5
Physical Activity		<ul style="list-style-type: none"> <li>• Transfer to chair.</li> <li>• Nurse evaluates needs for PT/OT and initiates consult.</li> </ul>	<ul style="list-style-type: none"> <li>• Transfer to chair.</li> <li>• Walk short distances.</li> <li>• PT/OT consult.</li> </ul>	<ul style="list-style-type: none"> <li>• Walk at least 3 times a day, with help as needed.</li> </ul>	<ul style="list-style-type: none"> <li>• Walk on your own 3 to 4 times a day.</li> </ul>	<ul style="list-style-type: none"> <li>• Walk on your own 4 times a day.</li> </ul>
Diet		<ul style="list-style-type: none"> <li>• Nothing by mouth.</li> <li>• No nausea or vomiting.</li> <li>• Check for bowel tones.</li> </ul>	<ul style="list-style-type: none"> <li>• Check for bowel tones.</li> <li>• Check for passing gas.</li> <li>• Start on clear liquids.</li> <li>• Nurse evaluates need for Dietitian consult and initiates consult.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowel tones present.</li> <li>• Passing gas.</li> <li>• Add to diet, as tolerated.</li> <li>• Ileostomy patients have changes in fluid needs, and may need to drink more. Need to introduce foods slowly to see how body responds.</li> <li>• Dietitian consult.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowel movement since surgery.</li> <li>• Add to diet, as tolerated.</li> </ul>	<ul style="list-style-type: none"> <li>• Bowel movement since surgery.</li> <li>• Tolerating meals.</li> </ul>
Education	<p><b>Scheduled Surgery:</b> Pre-surgery appointment in Oncology, GI, Urology, or Pre-Surgery Clinic:</p> <ul style="list-style-type: none"> <li>• Marking stomach for ostomy.</li> <li>• Discuss:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Stoma type and function</li> <li><input type="checkbox"/> Post-op care</li> <li><input type="checkbox"/> Pain management</li> <li><input type="checkbox"/> 5- to 7-day length of stay</li> <li><input type="checkbox"/> Videos</li> <li><input type="checkbox"/> Information packet</li> <li><input type="checkbox"/> United Ostomy Association</li> </ul> </li> </ul> <p><b>Unscheduled Surgery:</b> Patient admitted from:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ER</li> <li><input type="checkbox"/> Clinic visit</li> <li>• Pre- and post-op teaching as time allows before surgery.</li> </ul>	<p><b>Nurse to Provide:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Starter kit</li> <li><input type="checkbox"/> Information packet</li> <li><input type="checkbox"/> Basic ostomy supplies</li> </ul> <p><b>Nurse Reviews:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pain management</li> <li><input type="checkbox"/> Post-op care</li> <li><input type="checkbox"/> Information packet</li> <li><input type="checkbox"/> Ostomy type and function</li> <li><input type="checkbox"/> Pouch emptying</li> </ul> <p><b>Patient Able to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Begin looking at ostomy and pouch</li> <li><input type="checkbox"/> Watch nurse emptying pouch</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nurse arranges for Ostomy Nurse consult</li> </ul>	<p><b>Nurse Reviews:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Information packet</li> <li><input type="checkbox"/> Pouch changing</li> <li><input type="checkbox"/> Videos available to view</li> <li><input type="checkbox"/> Ostomy supplies</li> </ul> <p><b>Patient Able to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Empty pouch with help from nurse</li> <li><input type="checkbox"/> State what skin and output from ostomy should look like</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nurse offers to arrange for member of United Ostomy Association to visit during hospital stay or after discharge.</li> </ul>	<p><b>RN Reviews:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pouch changing</li> <li><input type="checkbox"/> Odor control</li> <li><input type="checkbox"/> Symptoms to call about</li> </ul> <p><b>Patient Able to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Empty pouch on your own</li> <li><input type="checkbox"/> Observe nurse removing pouch, cleaning and assessing stoma and surrounding skin, and changing wafer and pouch</li> <li><input type="checkbox"/> Change pouch with help as needed</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ostomy Nurse consult</li> </ul>	<p><b>Patient Able to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> State how often to change pouch</li> <li><input type="checkbox"/> State how to prevent and treat skin irritation</li> <li><input type="checkbox"/> State how to prevent odor</li> <li><input type="checkbox"/> Empty pouch on your own</li> <li><input type="checkbox"/> State how to change pouch</li> <li><input type="checkbox"/> State where to get supplies</li> </ul>	<p><b>Patient Able to:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Remove pouch, clean and assess stoma and surrounding skin, and change wafer and pouch</li> <li><input type="checkbox"/> State follow-up appointment</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nurse gives patient a prescription for ostomy supplies signed by doctor</li> </ul>
Discharge Planning	<p><b>Scheduled Surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> "How to Order Your Supplies" handout</li> <li><input type="checkbox"/> Patient makes plans for transportation home post-surgery</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate with social worker:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Care provider needs</li> <li><input type="checkbox"/> Home health needs</li> <li><input type="checkbox"/> Transportation needs</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Finalize plans for discharge:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Where you are going after discharge</li> <li><input type="checkbox"/> Transportation</li> <li><input type="checkbox"/> Home care needs</li> <li><input type="checkbox"/> Supplies</li> <li><input type="checkbox"/> Follow-up in clinic 2 to 3 days after discharge</li> </ul> </li> </ul>		<b>Discharge!</b>
Resources	<ul style="list-style-type: none"> <li>• <b>Doctor:</b> Coordinates care and will follow up in clinic.</li> <li>• <b>Ostomy Nurse:</b> Specialist in ostomy care who may meet with you before, during, and/or after your hospital stay to answer questions and assist in coordinating care.</li> <li>• <b>Outpatient/Clinic Nurse:</b> Cares for and educates you before and after your inpatient hospital stay.</li> <li>• <b>Inpatient Nurse:</b> Cares for you while you are in the hospital post surgery. Will assist with coordinating consults, providing initial supplies, and education.</li> <li>• <b>Social Worker:</b> Assists with housing, transportation, arranging for supplies after discharge, and home health services.</li> <li>• <b>Dietitian:</b> Assists in meal planning, and discusses with you how to meet your nutritional needs.</li> <li>• <b>Physical Therapy (PT):</b> Assists with mobility issues, strengthening exercises, and walking.</li> <li>• <b>Occupational Therapy (OT):</b> Assists with activities of daily living such as bathing, dressing, eating, etc.</li> <li>• <b>United Ostomy Association:</b> Local support group that has volunteers available to meet with you at any time around your surgery. Has several resources available.</li> </ul>					