

BACKGROUND

Ostomy creation is a life-altering surgical intervention commonly seen in acute care settings, especially among patients with colorectal cancer and inflammatory bowel disease, to name a few. Postoperative care is often complex, requiring both medical and functional rehabilitation support. An Ostomy Care Nurse assists ostomy patients with the complex process of adapting to life with a stoma by providing expert, hands-on care for individual patients, including their families, such as preoperative and postoperative education and management. On the other hand, occupational therapy practitioners (OTPs) play a crucial role in restoring functional independence in self-care and adapting routines post-ostomy, counseling for sexual, dietary, and vocational issues.

PURPOSE

This interprofessional collaboration among ostomy care nurses, primary nursing staff, and occupational therapy aims to provide comprehensive and patient-centered ostomy care in acute settings, aiming to:

- Enhance patient education and self-management,
- Reduce complications and readmissions,
- Improve psychosocial outcomes and quality of life,
- Promote early discharge planning.

METHODS

Case-based descriptive approach and interprofessional care model implementation in an acute care hospital. This method emphasizes collaboration between Ostomy Care Nurses and Occupational Therapy Practitioners (OTPs) to provide comprehensive and patient-centered care.

Collaboration Strategies:

- **Shared patient education:** Co-led sessions with Ostomy Care Nurse and OTP focusing on ostomy care techniques, skin integrity, pouching system use, and hygiene.
- **Functional assessment and training:** OTP-led evaluation of toileting, hygiene, dressing, and body mechanics, incorporating ostomy care, and psychosocial approach such as **addressing body image, managing social anxieties, and promoting participation.**
- **Customized care plans:** Jointly developed patient-centered care plans incorporating both medical and functional goals.

Ostomy Comfort Supplies



Ostomy wraps: conceals the Ostomy bag by holding it close to your torso



Ostomy belt: to secure & stabilize the Ostomy pouch, providing support, security and comfort.
Ostomy guard: to protect against accidental impact & pressure including seatbelt discomfort, physical activities, sports, and unexpected contact from pets or children.



Stealth Belt: customized Ostomy support belt/zipped pouch compartment for concealment, security, comfort, and discretion.



RESULTS

- Improved **self-efficacy** in ostomy management
- Reduced average **length of stay** for post-ostomy non-complicated patients by 1.5 days.
- Increased **patient satisfaction scores** related to discharge readiness and education.
- Stronger **interprofessional communication** and **workflow efficiency**.

IMPLICATION TO PRACTICE

- Ostomy Care Nurse and OTPs can co-develop **ostomy functional care checklists**.
- Promoting OT involvement early in post-ostomy care planning is essential.
- Hospitals should create **interdisciplinary ostomy care guidelines** for enhanced continuity of care.

CONCLUSIONS

In conclusion, the interprofessional collaboration between Ostomy Care Nurses and Occupational Therapy Practitioners (OTPs) has demonstrated significant benefits in the acute care setting. By enhancing patient education and self-management, reducing complications and readmissions, and improving psychosocial outcomes and quality of life, this collaborative approach has proven to be effective.

REFERENCES

Please e-mail for references to
arespelita@gmail.com

