

Logbook- cum- Portfolio

Elective Module: Stoma Care

A stoma is a surgical Connection between an internal organ and the skin on the outside of your body. During ostomy surgery of the bowel, Surgeons create an opening through the skin and muscle of your abdomen. There are three main types of stoma related to the digestive and urinary system- these are: **Colostomy, ileostomy and urostomy.**

The indications for stoma creation are intestinal obstruction due to benign or malignant tumors, perforation peritonitis, inflammatory bowel disease, colorectal malignancies, and anorectal malformations.

What are the complications of a stoma?

Necrosis: usually an early complication, a dusky stoma can represent an emergency, Dehiscence Separation of the mucocutaneous junction is most common in the early postoperative period....., Bleeding, Retraction and stenosis, Prolapsed, Parastomal hernia, Decreased stomal output, High-output stoma, What are the Colors of stoma?, A normal stoma is most and pink or red colored. When you first see your colostomy, it may appear dark red and swollen, with bruises. Don't worry. Within a few weeks, the color will lighten and bruises should disappear. How do you take care of a stoma?

Caring for a colostomy

1.
se the right size pouch and skin barrier opening
2.
hange the pouching system regularly to avoid leaks and skin irritation.
3.
e careful when pulling the pouching system away from the skin and don't remove it more than once a day unless there's a problem
4.
lean the skin around the stoma with water

What is the size of a normal stoma? Smaller openings can be associated with obstruction during the early period, and larger incision risk later problems with a peristomal hernia. Colotomies should typically protude 1.5 to 2.5 cm and

stomas of the small bowel should evert 2.5 to 3.5cm.

The elective module aims to instill basics of stoma care, training on a mannequin, application on a patient

By the end of elective the participation are expected to be adept to taking care of various stomas, proper technique of application, preventing complication, address psychological aspects, guiding the patient of closure at proper time.

Name of Book	Block-II
Name of Elective	Stoma Care
Location of hospital Lab or research facility	Deptt. of Surgery
Name of internal preceptor (s)	Dr. Prabhdeep Singh Nain
Name of external preceptor (if applicable)	Dr. Satpal Singh
Learning objectives of elective	a. Define Stoma care b. Illustrate indication of Stoma care c. Illustrate types & classification of Stoma d. Discuss the management & types of Stoma e. Understanding the warning signs & complication of Stoma infection
Number of students that can be accommodated in this elective	4
Pre-requisites for elective	
Learning resources for students	a. Bailey & Love's Short Practice of Surgery, b. Sabiston Textbook of Surgery c. Maingot's Abdominal Operations d. Pub Med user guide e. The Medical Research Handbook
List of activities of student participation	a. To observe stoma bag change procedure b. To practice activity in ward
Portfolio entries required	
Log book entry required	Satisfactory, completion of Stoma care
Assessment	a. Attendance b. Completion of Stoma care
Other comments	