

Nursing interventions to promote self-care in non hospitalized patients with digestive ostomies



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INTRODUCTION

1.9 million people worldwide live with an elimination ostomy, with over 16,000 new ostomies performed annually. [1,2]

Having an ostomy significantly alters life, affecting emotional, physical, and social well-being, including self-image and daily activities. [3]

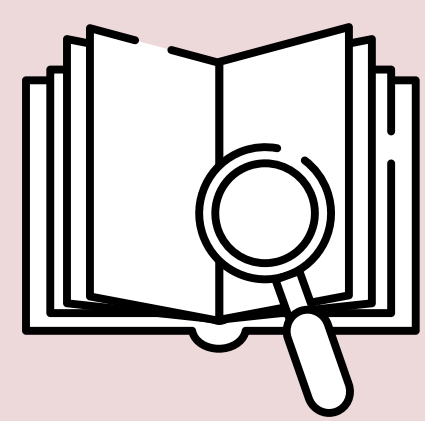
Many patients lack adequate pre- and post-operative education and preparation, often leading to ineffective self-care practices. [4] However, support and specialized care from ostomy nurses can enhance independence and overall quality of life. [2]

Primary care nurses are crucial in providing personalized ongoing care and teaching self-management techniques to these patients. [5]

OBJECTIVE

Know which nursing interventions are most beneficial for promoting self-care in individuals with digestive stomas who are not hospitalized.

METHODOLOGY



Narrative review



Databases used:
PubMed, CINAHL



- Last 10 years
- Spanish, English, French

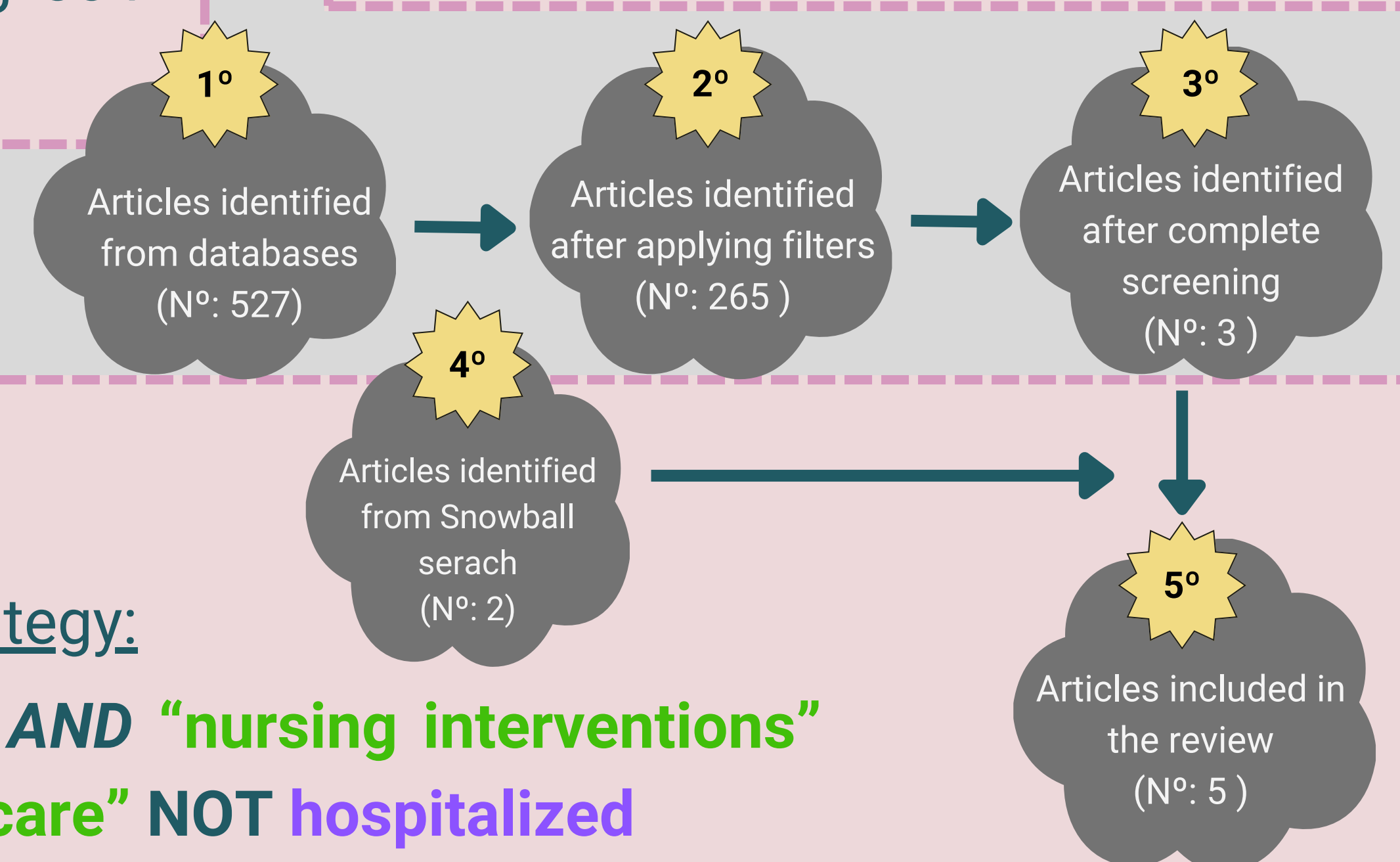
Search strategy:

ostomized AND "nursing interventions"
AND "self-care" NOT hospitalized
(+ synonyms + MeSH terms)



PiCo structure:

Which are the most beneficial **nursing interventions to promote self-care** for **non-hospitalized patients with digestive ostomies**?

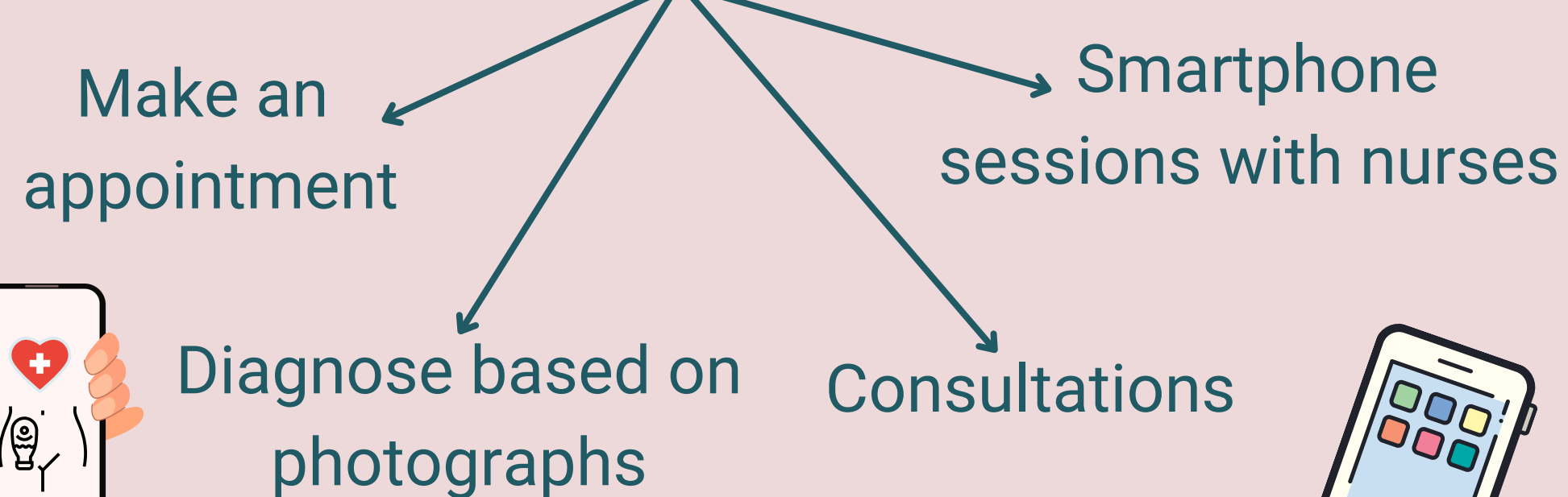


RESULTS

Technology-based interventions :

1 Mobile app for home-based stoma care. [5]

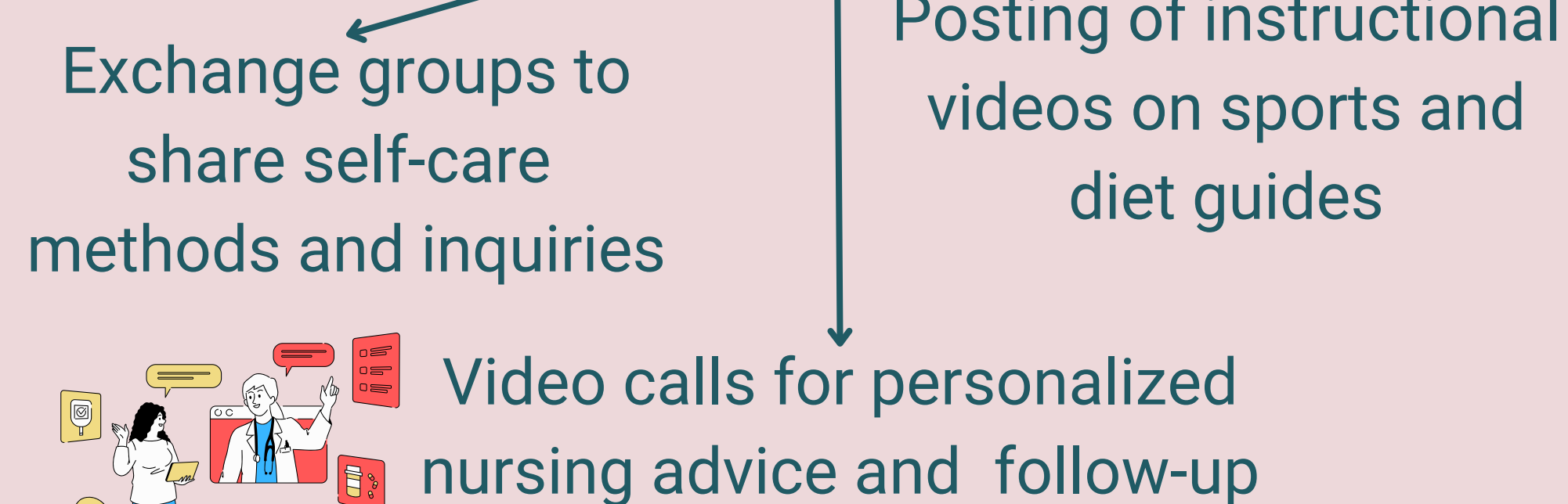
Provided by experienced ostomy nurses



OBJECTIVES:

- Stoma management skills
- Body change acceptance
- Experience sharing
- Identify stoma issues
- Open communication
- Receiving personalized support

2 Continuous nursing care via a virtual platform. [6]



OBJECTIVES:

- Facilitate mutual support
- Increase patient confidence
- Promote the updating of knowledge and precautions in care

Chronic Care Ostomy Self-Management Program : [4,7,8]

5 sessions

Led by: skilled ostomy nurses + ostomy peers

Directed to: patients and caregivers

Content:

- Manage ostomy-related concerns
- Enhance social and body image well-being
- Support caregivers
- Promote a healthy lifestyle

OBJECTIVES:

- Improve confidence in managing their health
- Improve problem-solving abilities
- Reframe cognitive approaches

CONCLUSIONS

Technology-based interventions significantly improve self-management and quality of life in ostomates, promoting and enhancing self-care.

The Ostomy Self-Management Training program was unable to demonstrate significant benefits.

Implications

- Practice: Integration of specialized care: ostomy care nurses role.
- Teaching: Importance of teaching home care and follow-up.
- Research: Continue researching effective care models.

BIBLIOGRAPHY

