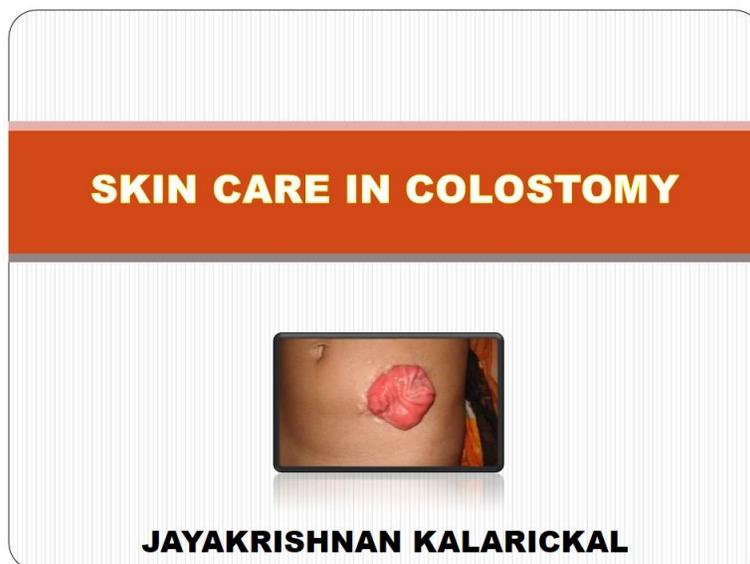


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Week-09
Lecture 06: Skin Care in Colostomy

Good day to everyone here. I am Doctor Professor Malarvizhi K Natarajan, Principal, Hosmat College of Nursing.

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In front of you going to present the session on Skincare in Colostomy Patients. I thank the NAPCAIM family member Jayakrishnan Kalarickal for contributing valuable content for this particular topic. Here we go.

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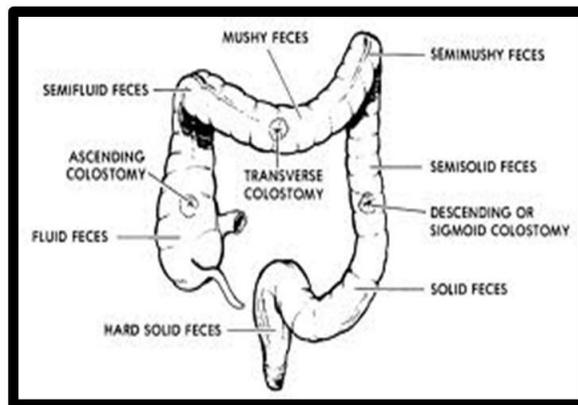
COLOSTOMY



We know what is colostomy? It is an artificial opening done on the abdominal wall when the patient is facing excretory problem. This is an output stoma created when the patient is having a cancerous growth or any obstruction in the intestine either large or small based on that it can be a colostomy or an ileostomy.

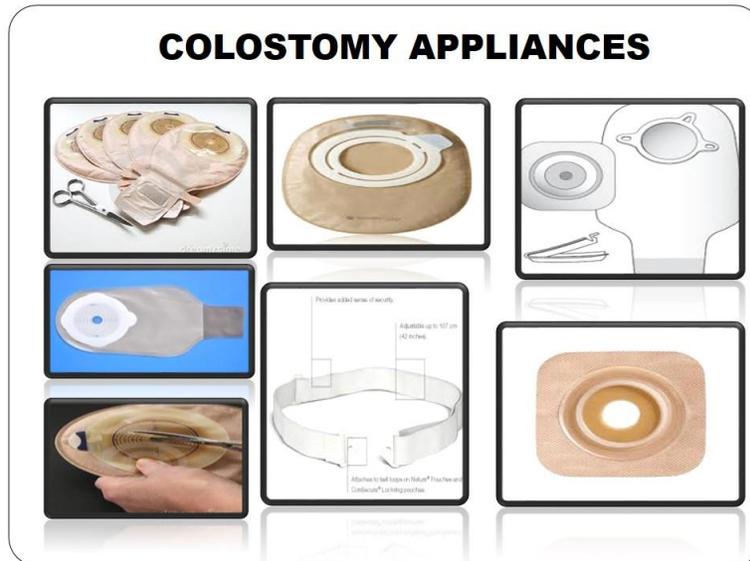
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SITES FOR COLOSTOMY



What are all the sites for colostomy? You can see that it has ascending, transverse and sigmoid colostomy. It is based on the place where the disease condition is affecting the colon and based on that the colostomy is.

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We have the colostomy appliances. It differs from each manufacturer and you have the separate bags or pouches which are available, which can be reusable or which can be use and throw also supported with appliances like scissors, you have clamps and you have belts around or the modern technologies have improved where you do not carry a belt, it can be adhered to the abdominal wall skin.

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So, this is the picture of the colostomy bag. You have the backing flange and the appliance bag which is been secured using the rim and there are measuring colostomy devices where you can measure what is the diameter of the colostomy opening and based on that without disturbing or injuring the colostomy stoma, we can just apply the bags so that there is a collection of the fecal matter comfortably without any leakage and sometimes it is supported with belts or it is directly adhered to the skin of the abdominal wall.

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SKIN CARE

- Wash with soap and water
- Keep Peristomal skin clean and dry
- Use correct size bag
- Empty the bag when it is $\frac{3}{4}$ full
- Use cotton clothes to clean
- Use antifungal powder in case of fungal infection
- Apply Karaya powder with egg white if skin is excoriated
- Avoid powder or cream on peristomal skin

What would be the main skin care? As we mentioned the appliance really matters because what type of appliance we use and how it has an impact over the skin that really takes us to plan for the skin care. In general wash the skin with soap and water, keep the peristomal skin clean and dry, use correct size of bags, empty the bag when it is three fourth full not allowing it to be filled to the up to the rim or to the stomal opening, use cotton clothes to clean to avoid friction, use antifungal powder in case of fungal infection, apply karaya powder with egg white if the skin is excoriated, avoid powder or cream on peristomal skin in general.

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TRAVELLING

- **Protect stoma with a purse or hand bag**
- **Keep extra Collecting bag in case of long journey**

While traveling help the patient to protect stoma with a purse or handbag to avoid direct trauma to the stomal opening. Keep extra collecting bags in case of long journey because to avoid embarrassing the patients can have extra collecting bags wherein they can just go to the washroom and they can change their bags discarded and use the new one and continue with the long journey.

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BAG CARE

- Use correct size bag
- Empty bag when it is $\frac{3}{4}$ full
- Use soap & water to clean the bag
- Put charcoal in bag to prevent foul smell
- Clean with Dettol water once in a week
- Dry the bag in shadow
- Avoid rough brushing or stone wash

Bag care use correct size bags, empty bag when it is three fourth full, use soap and water to clean the bag, put charcoal in the bag to prevent foul smelling, clean with the dettol water once in a week, dry the bag in shadow, avoid rough brushing or stone wash.

Skin care in colostomy patients. We have just come across what are all the different appliances or the bags available for colostomy patients and how to handle it especially the skin care so that the patient is comfortable and their quality of life is being seen here to normal. Thank you very much if you have any queries please get back to us we will be able to clarify your queries. Thank you, good day.