Ostomy Superheroes: Empowering Nurses to Save the Day, One Stoma at a Time!

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Introduction
Ostomies are created for diverse medical purposes, such as life-saving interventions in patients affected with traumatic injuries or bowel disease. Ostomy care can be challenging for both patients and nurses, as it encompasses numerous intricate steps and a wide array of available supplies. The purpose of this project is to enhance nurses' knowledge and expertise in ostomy care and to empower them to assume a leadership role in guiding patients through their ostomy journey.

A recent in-unit gap analysis showed:
- 40% of nurses are uncomfortable changing an ostomy pouch.
- 47% do not feel comfortable troubleshooting for common complications.
- 37% are not confident in their ability to educate patients about ostomy care.

Methods
Donabedian's Quality Framework guided this project by incorporating current guidelines and nursing scope of practice as the structure. A gap analysis was conducted to identify ostomy education deficits. Then, the process included Likert-scale pre- and post-surveys to assess ostomy care knowledge. A stoma plastic model was used for training, followed by a return demonstration and Kahoot! quiz to encourage participation and reinforce teaching concepts.

PRE-SURVEY
- Questionnaire with statements to be rated from strongly agree, agree, neutral, disagree to strongly disagree.
- PRESENTATION
  - Hands-on step-by-step presentation showing how to remove pouch, cleanse skin, product selection, measuring, preparation and application of pouch.
- KAHOOT! INTERACTIVE QUIZ
  - To engage audience and reinforce teaching.
- POST-SURVEY
  - Same as pre-survey questionnaire to assess efficacy of teaching offering.

Data Analysis
Percentage-based comparative analysis was conducted to evaluate the level of knowledge, considering a knowledge gap if the rater selected neutral, disagree, or strongly disagree. To visualize the results, pie charts were generated to compare the findings between the pre- and post-surveys.

Results
- 100% of learners expressed agreement in feeling confident with providing ostomy care, with 90% strongly agreeing with the statement.
- 95% of learners expressed agreement in feeling confident with their ability to change an ostomy pouch, with 86% strongly agreeing with the statement.
- 95% of learners expressed agreement in feeling confident with their ability to troubleshoot common ostomy-related problems, with 81% strongly agreeing with the statement.
- 100% of learners expressed agreement in their ability to educate a patient on self-care techniques related to their ostomy, such as pouch changing, with 95% strongly agreeing with the statement.

Ostomy Care Supplies Quick Guide

Sustainability of the Project
A comprehensive and visually engaging poster (Figure A) was designed and posted in the unit as a reference tool to ensure the long-term sustainability of the project for nurses to continually refer to it. Furthermore, ostomy classes will persist by including them as a regular part of the onboarding process for experienced nurses and newly graduated nurses. This will continue to cultivate a heroic culture, where the superpower of enhanced ostomy care knowledge is embraced.

Conclusion
The purpose of this project was to introduce a 30-minute ostomy care class for nurses with the aim of improving patient outcomes. While wound nurses already have a program in place to educate about ostomy care, the need for occasional pouch changes between visits can pose challenges. The nurses lacked confidence in their ability to provide effective ostomy care, including managing complications and utilizing the appropriate products. This class empowered nurses by increasing their knowledge and skills in ostomy care. Furthermore, it equipped nurses with newfound confidence, as they became catalysts in fostering a sense of assurance and normalcy among patients, enabling them to independently manage their ostomy with ease. With their unwavering dedication and knowledge, nurses become superheroes by fearlessly tending to ostomies and transforming lives, one stoma at a time.

CNS Perspective
- Patient: Improve inpatient quality of ostomy care and provide additional teaching to promote confidence in self-care to have patients be ready for timely discharge.
- Nurse: Increase knowledge of available supplies and their usage to boost their confidence in delivering ostomy care.
- Systems: The Ostomy Care Supplies Quick Guide will be implemented in other medical-surgical areas and presented to the units' education councils to support standardization of use of products.

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References

UCLA School of Nursing