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Improving Peristomal Skin Integrity and Relieving Stoma Related Anxiety

Author

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About Mrs. White

Mrs. White, a patient with a history of Ulcerative Colitis and previous knee surgery, underwent a panproctocolectomy for ascending colon cancer, resulting in the formation of an end ileostomy. She was initially discharged with a flat-backed stoma pouch and a convex washer but soon experienced leakage due to her flush stoma. This led to the introduction of a soft convex pouch, which allowed her to resume her normal daily activities, including international travel, though she still encountered occasional leaks and skin irritation.

Clinical Need

To find a product that provided secure adhesion while minimising skin trauma and improving overall quality of life.

Care Pathway

Aurum® Plus Soft Convex Pouch

Introduction

Maintaining peristomal skin integrity and managing stoma-related anxiety are critical components of care for patients. This case study focuses on Mrs. White, a patient with a history of Ulcerative Colitis. Despite initial post-surgical care, Mrs. White experienced persistent leakage and skin irritation, exacerbating her anxiety around managing

her stoma. Her journey highlights the importance of finding a tailored solution that addresses both the physical and emotional challenges associated with stoma care. This case explores the interventions taken by her community specialist nurse, Anna Mosely, to improve her peristomal skin health and alleviate her stoma-related concerns.

Aurum® Plus

Patient Assessment

Upon follow-up, Mrs. White reported sore skin while using the soft convex stoma pouch, managing the irritation with stoma powder and skin barrier wipes. Her Stoma Care Nurse observed a ring of erythema around her stoma, indicating ongoing skin irritation. Mrs. White also mentioned changes in her abdominal appearance

following a prolonged cough, which caused swelling but did not result in a parastomal hernia. The erythema and mild skin trauma were noted, with the irritation corresponding to the convexity of the pouch.



Before using Aurum® Plus Soft Convex

Clinical Need

Given Mrs. White’s history of leaks with a flat pouch and ongoing skin irritation with the soft convex pouch, there was a clear need for a solution that could manage both her stoma’s flush nature and her sensitive peristomal skin. The goal was to find a product that provided secure adhesion while minimising the risk of skin trauma and improving her overall quality of life.

Care Pathway

Mrs White was recommended to try a softer convex pouch for gentle support. After 2 weeks of using Aurum® Plus Soft Convex, Mrs White reported an improvement in her skin condition. Post evaluation photos show the disappearance of erythema and healthier looking peristomal skin.



After 2 weeks after using Aurum® Plus Soft Convex

Clinical Outcome

- Improved peristomal skin integrity**
Mrs. White began using the Aurum® Plus Soft Convex pouch for two weeks before her follow-up appointment. She reported a positive experience, noting significant improvements in her peristomal skin integrity and a reduction in stoma-related anxiety.
- Alleviating worries**
Mrs. White expressed satisfaction with the pouches, noting that they enhanced her wellbeing and quality of life. The improved seal provided by the plus-shaped adhesive helped reduce her concerns about leaks, allowing her to feel more secure and confident in her stoma care routine.



Overview

By Moira Evans, Clinical Marketing Manager, Welland Medical Ltd & Stoma Care Nurse

Mrs. White’s case illustrates the significant impact that the right stoma care products can have on both physical and emotional wellbeing. By switching to the Aurum® Plus Soft Convex pouch, her peristomal skin integrity improved, and her anxiety related to leaks diminished.

This not only allowed her to resume her daily activities with confidence but also enhanced her overall quality of life. The case underscores the importance of individualised stoma care and the need for continuous reassessment to ensure optimal outcomes for patients managing long-term stomas

As supporting the best outcome for the patient, is a key role for all stoma care nurses, we know that working in partnership with our patient to identify what works and what works even better can make such a difference, trust is gained from the patient - nurse active discussion and also through the product selection process.

“Mrs White had a positive experience with Aurum® Plus Soft Convex. [It] helped her reduce her concerns about leaks, allowing her to feel more secure and confident in her stoma care routine”

- Hanna



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