



The SKIN-FRIENDLY choice

Redness of the Skin and Continuous Itching Under the Skin Barrier

Author

Theo Tromp and Nelleke van de Vliert, Nursing Consultants in Ostomy Care, Welland Nederlands and extracts from Irma's story from the Evidence of Innovation, issue 4.

About Irma

Irma works as an ambulance nurse. She recently underwent surgery to have a colostomy after years of dealing with slow-transit constipation using a Malone stoma. Although adjusting to the stoma was challenging, Irma now experiences significantly less pain, has regained much of her independence and manages her stoma care on her own.

Clinical Need

To manage Irma's red skin and the continuous itching beneath the skin barrier.

Care Pathway

Aurum® Plus Drainable Pouch.

Introduction

In this case study, we explore the journey of Irma, a 50-year-old ambulance nurse who recently underwent a colostomy. Despite the initial challenges of adapting to her new stoma, Irma faced persistent skin irritation, including redness and continuous itching, after using a

non-Welland 2-piece flat system. Her story highlights the significant impact of peristomal skin health on a patient's quality of life and the critical role of innovative solutions in addressing these issues.

Patient Assessment

Following her surgery, Irma used a non-Welland 2-piece flat system, but experienced skin irritation almost immediately. Her skin became red, and she suffered from continuous itching beneath the skin barrier.



Figure 1: Patient before Aurum® Plus drainable pouch

Clinical Need

The primary clinical need was to stop the continuous itching and prevention of red irritated skin. After reading about a skin barrier with Manuka honey in a magazine from Irma's medical specialty store, samples were requested from the Welland website. Irma was contacted by Theo Tromp, a Nursing Consultant in Ostomy Care at Welland Netherlands. Theo assessed the situation and identified that continuous itching was the most pressing issue. He recommended Irma tried the Aurum® Plus drainable pouch (a drainable pouch was selected as stoma output was thin).

Care Pathway

Irma's care pathway involved assessment by a Welland ostomy nurse, who identified her persistent itching as the priority and recommended switching to the highly absorbent Aurum® Plus drainable pouch to address her thin output and skin irritation.



Figure 2: Patient after 48 hours of wearing Aurum® Plus drainable pouch

Clinical Outcome

- **Reduction in itchiness and redness**
After applying the Aurum® Plus pouch, Irma noticed the difference within 24 hours, with the itching subsiding within hours and the redness disappearing within 48 hours.
- **Empowered with a choice of coloured pouches**
She also expressed satisfaction with the aesthetic appeal of the black Aurum® Plus pouch. Irma found them to be more elegant than the skin colour pouches, although she does use these as well with certain clothes.
- **Resumption of daily activities**
With her skin issues resolved, Irma has been able to resume her daily activities and looks forward to returning to work, feeling positive about her future. She affirms that having a stoma hasn't changed who she is.
- **Irma stated that the skin problems are a thing of the past**
"I see the future positively again and I want to pick up my work again".

Overview

This clinical review highlights the importance of the accessibility of informative materials to end users, in this case a magazine from a medical specialty store in Holland. The journey to self-care for end users may be as individual as the person, the role of the nursing team is to continue to support them as they take their own steps towards self-management, as was provided here by Theo.

The importance of peristomal skin health cannot be expressed enough, as was the case for Irma, continuous irritation is not something that should either be expected nor endured, not only is it a constant reminder of the presence of the stoma but it also has serious implications for skin integrity.

Manuka honey infused hydrocolloid pouches have been reported to soothe the feeling of irritated skin as is the case here for Irma and this was Theo's primary clinical goal.

The secondary benefit from the change of the pouch product for Irma, was that of pouch colour. Irma is now able to match the pouch material colour to her clothes, preferring the black colour but also using the sand pouch when needed. This choice enables the end user to take back some control of their life in relation to their stoma choices. It may seem to some as only a choice of colour but to those who make that decision, it may seem to be a self-defining option open to them.

"I see the future positively again"

Irma

The
POSITIVE
choice

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