

To obtain further information or help with any questions related to a stoma, contact your nearest Stomal Therapy Nurse. Most major hospitals and community nursing services in Australia now employ Stomal Therapy Nurses.

Stomal Therapy Nurse

Name:

Phone:

Hours:

What is a Stomal Therapy Nurse?



ABN 16 072 891 322
Stoma / Wound / Continence

Prepared as a guide by the:
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www.stomaltherapy.com

What is a Stomal Therapy Nurse?

- An experienced registered nurse who has done recognised further study specialising in Stomal Therapy Nursing
- The Stomal Therapy Nurse is responsible for the care and teaching of people who are anticipating or have had surgery resulting in the creation of a stoma
- The Stomal Therapy Nurse educates people in the pre and post operative periods to manage their stoma and will discuss any issues important to you and your family
- Stomal Therapy Nurses are located in most major hospitals and some community nursing services
- Stomal Therapy Nurses may also care for people requiring wound, drain, breast and continence care

What is a stoma?

- A stoma is an artificial opening created by surgery
- The stoma acts as an opening into the body for the exit of body wastes such as urine or faeces
- The most common type of stoma is an opening into the large or small bowel
- A stoma may be permanent or temporary
- Creation of a stoma may be a life saving procedure

Why do people need a stoma?

- Trauma to the bowel
- Cancer
- Congenital abnormalities
- Inflammatory bowel conditions
- Radiation damage
- Protection of an anastomosis (the joining of two pieces of bowel)

Who has a stoma?

- Anyone from a newborn baby to the very elderly
- People from all walks of life
- Australia has over 25,000 people with a stoma at any given time
- A person with a stoma is not a different person, but has a different way of going to the toilet
- A stoma should not keep people from enjoying a family life, social activities, sport and business life

Stoma types

Colostomy

- An opening into the large bowel (or colon)
- May be temporary or permanent
- Faecal waste is usually soft to firm

Ileostomy

- An opening into the small bowel (or ileum)
- May be temporary or permanent
- Faecal waste is always thick fluid to soft

Urostomy (Ileal Conduit)

- A stoma made from a piece of small bowel (ileum) to divert urine
- Always permanent
- There is no interruption to faeces being passed normally