

STOMA PROTECTION

As soon as the football season starts in Melbourne, we have an increase in enquiries regarding stoma protection guards.

There are guards and/or belts available, however for young children they tend to be too bulky. Orthotists will make up protective belts measured to fit over the stoma, but for the body conscious, these still stand out.

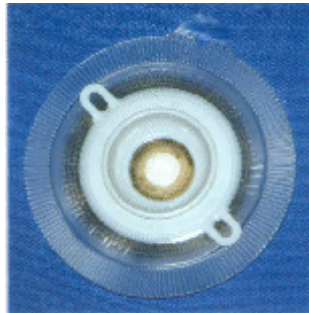
Because of this, I decided to have a look at available flanges and to find a sleeker, low profile guard.

By cutting and downsizing the circumference of the Coloplast Alterna convex wafer, and attaching a paediatric belt to the belt tabs on either side, a small neat protective guard is formed.

See the photos at the right, re how to make these simple protectors. The kids who have tried these out seem happy with them, and they do the job of protecting the stoma.

Please note that this is not a purpose for which these flanges/wafers were intended.

Any wafers with belt tabs on the flange itself and convexity could be used.



Check with your Stomal Therapist that the flange – size and convexity – provide sufficient protection for the stoma.

Reproduced by kind permission of Ostomy Australia magazine, July 2004, pp39

Article by Judy Wells, Stomal Therapist/Continence Consultant, Department of Developmental Medicine, The Royal Children's Hospital, Flemington Road, Parkville 3052