NURSE STOMA THERAPIST: CARE TO THE INDIVIDUAL WITH OSTOMY AND HIS FAMILY

SIMON¹, Bruna Sodré; BUDÓ², Maria de Lourdes Denardin; GARCIA³, Raquel Potter; SCHIMITH⁴, Maria Denise; SILVA⁵, Marciele Moreira da; GOMES⁶, Taís Falcão

ABSTRACT

This study aims to report the care of the nurse stoma therapist in assistance of individuals with ostomy and their families. It is an experience report of the supervised training I and II of the graduate course in nursing at the UFSM in which identified the importance of the care of nurse stoma therapist in the actions of health education to people with ostomy and their relatives, continuity of care and a different perspective before assistance to the people that live with stomas. The stoma therapy is a new field with few qualified professionals but with different actions is possible to have bigger resolution in the care for people with ostomy and their families.

Keywords: Ostomy; Nursing Care; Health Services.

1. INTRODUCTION

The illness panorama is being suffering changes in the recent decades characterizing an increase of the chronic diseases in the demands of health services. Among these

¹Nurse. Master Student of the Post-Graduate Program in Nursing at the Universidade Federal de Santa Maria. Integrant of the Research Group Care, Health and Nursing at the UFSM.
²Nurse. Nursing Doctor. Teacher of the Nursing Department and of the Post-Graduate Program in Nursing at the UFSM. Vice- coordinator of the Research Group Care, Health and Nursing at the UFSM.
³Nurse. Master Student of the Post-Graduate Program in Nursing at the UFSM. Integrant of the Research Group Care, Health and Nursing at the UFSM.
⁴Nurse. Doctor Student of the Dinter New Frontiers UNIFESP/ EEAN/ UFSM. Teacher Assistant of the Nursing Department at the UFSM. Integrant of the Research Group Care, Health and Nursing at the UFSM.
⁵Nurse. Master Student in Nursing of the Post-Graduate Program in Nursing at the UFSM. Teacher of the Graduate Course in Nursing at the Universidade Regional Integrada do Alto Uruguai e das Missões URI, Santiago, RS, Brazil. Integrant of the Research Group Care, Health and Nursing at the UFSM.
⁶Academic semester 5 of undergraduate Nursing at the UFSM. Fellow of the Research Incentive Fund (FIFE). Integrant of the Research Group Care, Health and Nursing at the UFSM.
diseases include cancers, which are the main cause of creation of an ostomy⁴. The terms stoma and ostomy are originated in the Greek and have the meaning of mouth or opening of any hollow viscera in the body that suffers exteriorization⁴.

According to the Brazilian Association of Ostomized People in 2007 there were 33,864 people with ostomy in the country. In this context the southern region staied with the second largest rate of the Brazilian population with ostomy, totaling 8,577 individuals².

Before the high rate of people with stomas and the relevance of specific care in that area, it is noted the need to strengthen the discussions for the development of problematic care. The person with stomy suffers various biopsychosocial changes and needs a service that involves these aspects. The attendance to these people is offered for hospitals, specialized clinics and also for groups and associations to support³.

For the nursing appears the field of stoma therapy qualifying the care of the nurse to develop a specialized assistance do not only to individuals with ostomy but also to their families. Thus, the objective this study is to report the care of the nurse stoma therapist in its assistance activities to the individuals with ostomy and their families. It is justified the preparation of this study before the crescent number of people with ostomy and the need trained professionals to offer a qualified care.

2. METHODOLOGY

This study is an experience report about the experiences performed in the disciplines of Supervised Training I and II of the seventh and eighth semesters, of the Graduate Course in Nursing, at the Universidade Federal de Santa Maria; which were performed in the Municipal Health Department of the city of Santa Maria, in the Service of Assistance to the Ostomized People with a total of 138 hours/clock of practical activities.

4. RESULTS E DISCUSSION

During the stages was possible to identify that the individuals after the realization of the ostomy presented a series of difficulties and physical changes, psychological and social. These changes cause injury in the social life of these people because they feel their body image different of the others; in addition to relate the realization of stoma with to the death⁴.

Thus, it is highlighted that they need a continuity of care with health education actions approaching issues about the care with stoma and skin peristomal; habits of life and
guidelines relevant to the quality of life. This process of health education needs to start during the period of hospitalization, until the post-high to provide the self-care of the subject and the qualification of cuidadores⁵.

During the stages these actions could be best viewed because they were developed for the nurse stoma therapist responsible for the Service of Assistance to the Ostomized People. In these moments was possible to identify the importance of this nursing specialization in the health care actions to the people involved in this process.

The specialization courses for nursing in stoma therapy are offered predominantly in the southeastern region of our country but there are specialized professionals in various regions. However, still there is a deficiency in the presence of these professionals in most nasocomial institutions⁶.

This fact also was identified because the nurse stoma therapist had done their specialization in São Paulo and to be the only with this professional complementation in Santa Maria, was really clinicians care in hospitals of the city and the region. Their actions were principally in the explanation about the routing to the Service of Assistance to the Sthomized People to perform the register in order to receive the devices and to have a multiprofessional assistance.

This supplement in the professional training provides a different perspective before assistance to the people that live with stomas, providing a specific care to the needs that emerge of this new way of living. This specialization is private of the nurse and it enable to develop the demarcation of the stoma, to prescribe the care to the stoma, among others.

Before of the diversity of products offered to the person with ostomy is essential that the nurse has knowledge about the characteristics of equipment, type of ostomy and life habits of the patient in order to indicate the adequate device⁶.

This knowledge was visible, because the nurse was in constant update, allowing that the information should be consistent with the location and format of the ostomy of each person. Still, during the nursing consultations were performed the examination of the ostomy and exchange of collecting bag, helping to choose the device. It is highlighted that the person with ostomy had autonomy in the choice of collecting bags because it identified which had better adherence and durability, contributing in the adaptation.

Thus, it is understand that caring of the people with ostomy is necessary to be based in integral actions and individualized for the identification of needs, allowing a professional support sufficient and adequate for the rehabilitation of these individuals⁷.
5. CONCLUSION

For more than the field of work in stoma therapy is new and with few qualified professionals, it is possible to identify that the stoma therapist has a fundamental role because it provides a better quality and problem solving in the assistance.

This way, the work of these professionals is differentiated to possess a specialization and to experience the reality of realization of ostomy to auxiliary in the coping of this new phase. In addition, the actions of stoma therapist auxiliary in the adaptation, rehabilitation and accepting of the stomy, contributing to the improvement of quality of life of the individual with ostomy.

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