

GI Ostomy Nurse Recommended Activities

Section	Objectives	Reading	Activities
Intro to Ostomy	<ol style="list-style-type: none"> 1.Explain the role of the ostomy nurse. 2.Describe the origin of the ostomy/ ET nurse. 	<ul style="list-style-type: none"> • The Wound, Ostomy and Continence Nurses Society (wocn.org) site. 	<ul style="list-style-type: none"> • Look at hospital policies related to the job role. • Attend a local ET meeting (@ Texas Scottish Rite) • Discuss the role with other members of the ostomy team.
Gastroenterology	<ol style="list-style-type: none"> 1.Describe the anatomy and physiology of the Gastrointestinal tract. 2.Explain the GI diseases and disorders that relate to the ostomy patient. 	<ul style="list-style-type: none"> • Read about the GI diseases and disorders. www.gwenrn.com/general.html 	<ul style="list-style-type: none"> •Schedule time to spend with GI providers that specialize in ostomy related diseases and disorders i.e. IBD, short gut and motility disorders. •Schedule time to spend in the GI Lab to watch procedures: EGD, colonoscopy and manometry. •Go on clinical rounds and attend journal meetings.
Skin Care	<ol style="list-style-type: none"> 1.Name the anatomy and physiology of the skin. 2.Differentiate between common diaper rash treatments. 3.Identify various skin lesions. 	<ul style="list-style-type: none"> •Read about skin and skin care. www.gwenrn.com/skin.html 	<ul style="list-style-type: none"> • Schedule time to shadow a dermatology provider. Journal about the experience. • Compare and contrast ingredients of at least five over the counter diaper rash creams. • Describe and document different kinds of skin lesions.

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Bowel Ostomy	<ol style="list-style-type: none"> 1. Describe the different types of ostomies. 2. Explain the pouching systems and accessories. 3. Identify the possible ostomy complications. 4. Select appropriate interventions to solve ostomy problems. 5. Pouch ostomies on patients of all ages. 	<ul style="list-style-type: none"> •Read about Ostomy types, problems, troubleshooting, etc. See /www.gwenrn.com/ostomy1.html 	<ul style="list-style-type: none"> • Take ostomy course on Hollister.com http://www.hollister.com/us/ostomy/hcp/nursing/online_ce.asp • Schedule time to shadow different clinical professionals. Journal about each experience.: <ul style="list-style-type: none"> • WOC nurses • Experienced ostomy providers • Case manager • Psychologist, child life specialist and/or social worker • Schedule time to observe at least one ostomy surgery. • Scavenger hunt: <ul style="list-style-type: none"> • Find ostomy related supplies on your unit • Select applicable products for different patient problems using a product catalog • Create a list of alternative supplies for certain problems • Practice pouching stomas by making fake stomas or picture placemats. • Meet with the ostomy reps: Hollister, Convatec, Coloplast. • Attend a UOAA support group.

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Gastrostomy	<ol style="list-style-type: none"> 1. Differentiate between the types and brands of gastrostomy tubes and buttons. 2. Stabilize a gastrostomy tube. 3. Troubleshoot common gastrostomy problems. 4. Cauterize granulation tissue with silver nitrate. 5. Replace a balloon-type gastrostomy button. 	<ul style="list-style-type: none"> •Read about Gastrostomy types, problems, troubleshooting, etc. See /www.gwenrn.com/gastrostomy.html •Good resources: <ul style="list-style-type: none"> ➔Tube Feeding Troubleshooting Guide (Oley foundation): http://www.oley.org/documents/TF_Troubleshooting_Guide.pdf ➔Mic-key tutorial: Mic-key http://www.mic-key.com/media/118926/another-way-to-eat.swf ➔ 	<ul style="list-style-type: none"> • Schedule time to shadow different clinical professionals. Journal about each experience.: <ul style="list-style-type: none"> • WOC nurses • Experienced gastrostomy providers • Case manager • Psychologist, child life specialist and/or social worker • Dietitian /Nutrition clinic • Schedule time to observe a gastrostomy service <ul style="list-style-type: none"> • PEG placement (GI Lab) • Gastrostomy surgery • G-tube change to low profile G-button • Fluoroscopic placement/replacement of G-J tube • Schedule a meeting with the gastrostomy button rep: (Kimberly-Clark offers a 1 hr CEU educational program). • Scavenger hunt list to find gastrostomy related supplies on your unit. • Match supplies to the correct tube/button • Create a care plan for a patient with a new gastrostomy tube.
Cecostomy	<ol style="list-style-type: none"> 1. Name the types of cecostomies. 2. Troubleshoot common cecostomy problems. 3. Replace a balloon-type button in the cecostomy tract. 	<ul style="list-style-type: none"> •Read about Cecostomy types, problems, troubleshooting, etc. See www.gwenrn.com/ostomy.html 	<ul style="list-style-type: none"> • Schedule time to shadow: <ul style="list-style-type: none"> • Bowel Management expert/clinic • WOC nurse • Identify a new resource for cecostomy care.

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Telehealth Management	<ol style="list-style-type: none"> 1. Take incoming phone triage calls related to ostomy nursing. 2. Make recommendations per phone or e-mail-type communication. 	<ul style="list-style-type: none"> • Read about phone triage policies at your facility. 	<ul style="list-style-type: none"> • Practice phone triage with a phone triage nurse. • Phone triage audits.
Education	<ol style="list-style-type: none"> 1. List the principles of adult learning. 2. Describe the importance of health literacy. 3. Create educational materials for staff and patients/families. 4. Teach a patient/family how to perform ostomy care. 	<ul style="list-style-type: none"> • Read about health literacy, adult learning principles and tips for teaching. See www.gwenrn.com/edu.html 	<ul style="list-style-type: none"> • Watch AMA Health Literacy video listed on the American Medical Association web site. • Schedule time to spend with patient and clinical educators. • Attend an education related committee meeting. • Create ostomy-related staff education project, one of the following: <ul style="list-style-type: none"> • Poster • Inservice • Tip Sheet • Develop a lesson plan for a patient: pre and post-op.
Putting it Together	<ol style="list-style-type: none"> 1. Demonstrate competency and autonomy in the ostomy role. 2. Conduct independent visits with the ostomy patient. 3. Identify and troubleshoot ostomy and skin problems. 4. Make recommendations to providers. 	None	<ul style="list-style-type: none"> • Complete all hospital required competencies related to the role. • Turn in journals and two case studies.

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General Recommendations:

- ➔ Many sections can be used autonomously for the nurse needing special training in just one or two areas.
- ➔ An Ostomy nurse should have a minimum of 8 weeks of orientation, only less for the experienced ostomy nurse.
- ➔ Schedule time with a variety of providers and WOC nurses. The diversity of these experiences is important. Several hours should be scheduled with the WOC nurses to get the most exposure and experience with all kinds of ostomy patients. The nurse should be assigned a preceptor or mentor that can discuss orientation goals and report on progress.
- ➔ Have the nurse make a binder for the ostomy orientation:
 - Pertinent ostomy information printed out from web sites
 - Job required competencies
 - Schedule of activities, who to shadow, contact numbers, etc
 - Activity sheets : journals, case study, etc
- ➔ Alert providers to notify the nurse if they have interesting cases
- ➔ Have the nurse pick two patients during orientation and do a case study on each patient. Try to pick an ileostomy/colostomy and a gastrostomy patient. Case studies should include a thorough patient history, complications, interventions for recent problems and supplies used.