

## QUALITY OF LIFE IMPROVEMENT IN OSTOMATES

**Authors:** Ms. Sirirat Noktade, RN, ET; Ms. Manasanan Chittakasem, M.S.N., RN, ET, APN; Ms. Ponghatai Pumraya, M.S.N., RN, ET, APN; Mrs. Pusadee Ngowputhong, RN, ET

**Department :** Wound Care Clinic, Nopparat Rajathanee Hospital, Bangkok, Thailand

---

### Background:

The impact of a stoma on patients' life is significant effect on their physical bodies and psychological issues. The ostomates need to accept their body changes. Selection of the proper choices of ostomy appliances is necessary to reduce of complications of peristomal skin disorders and stress. Having a good quality of ostomy appliances are the keys of good patients' life quality as not easy to remove, no leaking and good protection of peristomal skin which all lead to having life confidence. Choice of elderly patients whom are not good with cut-to-fit wafer is a moldable wafer. It is the good choice for ostomy care as support to patient life's confidence due to easy to use then patients are comfortable to adapt their life after their surgery.

### Objectives :

To study the capabilities of ostomates for self-care and complication prevention.

**Method(s):**

The ostomates be advised for stoma care and learned about wafer and pouch changing by using moldable wafer from wound care nurses with intermittently evaluation.

**Results:**

After followed up patients with swollen stoma condition, the patients used cut-to-fit wafer always cut the wafer too big compare with original size of stoma and they loose their confidence due to concern leaking issue.

Choosing moldable wafer with proper size of stoma lead to patients' confidence. They could apply wafer by themselves to secure seal on base of stoma that lead no complication.

**Conclusions:**

Selection of moldable wafer with the right size of stoma is also the key success factor for ostomy care, patient's quality of life with confidence in daily life as making their life easier, and good peristomal skin protection.