

Caring through Chemotherapy



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The need for adaptive stoma care management for ostomates undergoing chemotherapy.

Up-to-77.5% of ostomies are cancer related.¹ While treatments vary, up-to-43% of rectal-cancer patients require chemotherapy.²

Chemotherapy presents a difficult time for any individual but for an ostomate, the impact on their daily life can be especially challenging.

This poster aims to identify the challenges that can impact the effectiveness of stoma-care-routines. Plus indicate how simple adjustments can improve patient quality of life, psychologically and physically.

up to

77.5%

of ostomies are a result of cancer¹

The challenges, impacts and how to help ostomates manage independently

There are a multitude of side effects associated with cancer treatment, such as chemotherapy. Not all side effects will impact every person going through treatment, however, our research has shown that most ostomates experience multiple side effects during chemotherapy. Some of which appear similar but have very different impact on daily life compared to non-ostomates. These changes can have a dramatic impact on stoma care routines and, as such, quality of life.

In conversations with ostomates, stoma care nurses, colorectal cancer nurses and oncology nurses, we discovered that the understanding of the extent chemotherapy-side-effects can impact ostomates was inconsistent. Consequently, ostomates can experience issues that could be prevented by pro-actively adapting their stoma care routine.

Change in output

80%

experience Chemotherapy Induced Diarrhoea³

Challenges

- Unpredictable output / purges
- Quicker baseplate breakdown
- Leaks
- Anxiety

Adapting stoma care for increased output

- 2-piece-system with longer wear-time
- Drainable system
- Increased pouch size
- Absorbent ostomy seal
- Output thickener



Cancer-Related-Fatigue

80%

of patients undergoing chemotherapy suffer from chronic fatigue⁴

Challenges

- Delaying changes
- Unmotivated to find solutions
- Potential loss of independence

Adapting stoma care for fatigue

- 2-piece, with longer wear-time for pouch changes
- Drainable, pre-cut pouches
- Absorbent seal to help extend wear-time



Dexterity

Up to 92%

who are prescribed oxaliplatin (Eloxatin®) will experience Neuropathy⁵

Challenges

- Difficulty managing/emptying pouch
- Errors cutting baseplate
- Potential loss of independence

Adapting for dexterity

- Simple 2-piece coupling
- Pre-cut baseplates
- Instant tack baseplates
- A mouldable seal that is easy to apply
- A seal that is cut out so can be easily wrapped around the stoma



Peristomal Skin Complications (PSC)

Those undergoing chemotherapy are

2.5X

more likely to suffer from peristomal skin complications⁶

Challenges

- Sensitive, dry skin
- Adhesion issues
- Leaks

Adapting stoma care for peristomal skin complications

- Skin-friendly product
- Instant, secure tack
- Protective seal
- Alcohol-free barrier-film/adhesive-removers



Body Changes

Up to 92%

may experience weight loss due to cancer^{7,8}

Challenges

- Ill-fitting appliances
- Stoma alterations
- Tender abdomen

Adapting for weight change

- Adaptable fluted flange
- System with no ulcer-causing-pressure-points
- Mouldable, secure seal
- Flange extenders for edge-lift



Conclusion

Ensuring a **simple, reliable, adaptable routine** can prevent problems for ostomates rather than having to treat issues.

Whether ostomates experience some or all chemotherapy-side-effects, stress on the body will be both psychologically and physically demanding.

As healthcare professionals, it is important to holistically consider and pro-actively make simple adjustments that can improve patient quality of life, psychologically and physically.
Supporting each ostomate undergoing chemotherapy through every challenging day.

References

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Author is employed by Eakin Healthcare



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