

respond
making life better

BACKGROUND

- 80-year-old male named Jack.
- Lived alone, wife died 3 years prior.
- Brother died 1 year prior while undergoing chemotherapy for colon cancer.
- Has one son, who does not live locally.
- Anterior Resection and Loop Ileostomy for Sigmoid cancer.
- Histology: complete resection 3/30 lymph nodes positive.
- Referred to Oncology.

Jack was meticulous with his stoma care routine. He was frail post surgery but had now recovered well. He was aware of dietary requirements, when and how to take Loperamide and stoma care management.

The results effected his **Quality of life (QOL)** and his stoma care routine. He became anxious overnight; he couldn't sleep for fear he wouldn't wake up, like his brother 1 year prior.

Since Jack started his chemotherapy, his stoma care routine became rushed, often not placing the pouch on correctly, resulting in leaks and sore skin.

He was **fatigued** and experienced **insomnia**. He became **anxious**, **stressed** and experienced **fear** at night. **Cognitive** changes due to chemotherapy known as **chemo brain** impaired his memory, concentration and ability to think clearly. This had a huge impact on his daily activities and **QOL**.



Specialist Nurses Make a Difference Policy Briefing (RCN 2009) state that there is evidence supporting the high levels of patient satisfaction with specialist nurses, not only in relation to their direct impact on improvements in symptom control and other aspects of care, but their role in communicating effectively with patients and their carers. The specialist nurse can provide holistic support, and we can enhance the emotional and psychological wellbeing of the patient and strengthen their support structure.

A word cloud visualization representing patient experiences with bowel cancer treatment. The central and largest words include "Chemo-brain", "Sensitive skin", "Quality of Life", "Anxious", "Fear", "Cognitive", "Stressed", "Fatigued", "Bowel Cancer", "Loperamide", "Insomnia", "Ileostomy", "Psychological", "Sensitive skin", "Chemo-brain", "Quality of Life", "Anxious", "Fear", "Cognitive", "Stressed", "Fatigued", "Bowel Cancer", "Loperamide", "Insomnia", "Ileostomy", "Psychological". Other visible words include "Chemotherapy", "Stoma Nurse Support", "Surgical Site", "Emotional Distress", "Social Isolation", "Financial Concerns", "Physical Discomfort", "Mental Health", "Support Systems", "Treatment Side Effects", "Communication Barriers", "Healthcare Access", "Patient Education", "Clinical Trials", "Palliative Care", "End-of-Life Planning", "Caregiver Burden", "Community Resources", "Government Policies", "Insurance Coverage", "Transportation Issues", "Language Barriers", "Cultural Differences", "Religious Beliefs", "Ethical Considerations", "Legal Rights", "Medical History", "Genetic Testing", "Immunization Status", "Vaccination Rates", "Antibiotic Resistance", "Infection Control", "Hand Hygiene", "Personal Protective Equipment", "Environmental Factors", "Weather Conditions", "Air Quality", "Noise Levels", "Light Exposure", "Temperature Fluctuations", "Humidity Levels", "Barometric Pressure", "Seismic Activity", "Volcanic Eruptions", "Tornadoes", "Hurricanes", "Earthquakes", "Wildfires", "Floods", "Droughts", "Heatwaves", "Cold Waves", "Ice Storms", "Snowstorms", "Thunderstorms", "Hailstorms", "Comets", "Meteorites", "Solar Flares", "Cosmic Rays", "Radioactive Pollution", "Nuclear Accidents", "Chemical Spills", "Oil Leaks", "Plastic Pollution", "Microplastics", "Nanoparticles", "Heavy Metals", "Pesticides", "Herbicides", "Fertilizers", "Antibiotics", "Antivirals", "Antifungals", "Antiparasitics", "Chemotherapeutics", "Radiation Therapy", "Targeted Therapies", "Immunotherapies", "Gene Therapies", "Cellular Therapies", "Organ Transplants", "Tissue Engineering", "Regenerative Medicine", "Artificial Intelligence", "Machine Learning", "Big Data Analytics", "Cloud Computing", "Blockchain Technology", "Quantum Computing", "Nanotechnology", "Biotechnology", "Space Exploration", "Deep Sea Research", "Archaeology", "Anthropology", "Geography", "History", "Literature", "Arts", "Sports", "Gardening", "Cooking", "Fashion Design", "Interior Design", "Architecture", "Engineering", "Manufacturing", "Agriculture", "Forestry", "Fishing", "Hunting", "Birdwatching", "Rock Climbing", "Scuba Diving", "Paragliding", "Skydiving", "Motorcycling", "Automobile Driving", "Aviation", "Maritime Navigation", "Railway Travel", "Public Transportation", "Walking", "Cycling", "Swimming", "Surfing", "Skating", "Roller Skating", "Ice Skating", "Figure Skating", "Ballroom Dancing", "Jazz Dancing", "Contemporary Dancing", "Modern Dance", "Ballet", "Opera", "Theater", "Musical Theater", "Symphony Orchestra", "Concert Hall", "Recording Studio", "Music Industry", "Film Industry", "Television Industry", "Video Game Industry", "Software Development", "Web Design", "Graphic Design", "Photography", "Journalism", "Publishing", "Academic Research", "Scientific Discovery", "Technological Innovation", "Entrepreneurship", "Business Management", "Marketing Strategy", "Sales Promotion", "Customer Service", "Human Resources", "Labor Relations", "Union Activities", "Political Activism", "Social Movements", "Environmental Protection", "Climate Change Mitigation", "Renewable Energy", "Sustainable Development", "Circular Economy", "Zero Waste Initiative", "Carbon Footprint Reduction", "Green Building Certification", "LEED Accreditation", "Energy Efficiency Rating", "Smart Home Automation", "Internet of Things (IoT)", "Wearable Devices", "Mobile Applications", "Digital Marketing Campaigns", "Email Newsletters", "Social Media Engagement", "Online Surveys", "Focus Groups", "User Experience Research", "Accessibility Compliance", "Universal Design Principles", "Inclusive Language Usage", "Gender Equality Advocacy", "LGBTQ+ Rights Support", "Disability Inclusion Efforts", "Age-Friendly Community Initiatives", "Intergenerational Dialogue Programs", "Cross-Cultural Exchange Projects", "Global Health Partnerships", "International Cooperation Frameworks", "Multilateral Agreements", "Trade Facilitation Measures", "Customs Harmonization Efforts", "Border Crossing Streamlining", "Visa Application Simplification", "Passport Renewal Expedited Services", "Lost Passport Replacement Accelerated Processes", "Emergency Evacuation Protocols", "Natural Disaster Response Mechanisms", "Pandemic Preparedness Plans", "Biosecurity Enhancement Strategies", "Cybersecurity Measures Implementation", "Data Privacy Policy Enforcement", "Consumer Protection Regulations Adherence", "Product Recall Procedures Activation", "Supply Chain Resilience Building", "Inventory Management Optimization", "Logistics Network Expansion", "Distribution Channel Diversification", "Retail Space Consolidation", "E-commerce Platform Integration", "Omnichannel Retail Experience Creation", "Virtual Reality Training Modules Deployment", "Augmented Reality Navigation Tools Introduction", "Blockchain-based Supply Chain Transparency Establishment", "Cryptocurrency Payment Options Offering", "Robo-Advisors Investment Services Launching", "AI-powered Personalized Recommendations System Developing", "Self-driving Car Fleet Operations Commencing", "Autonomous Drone Delivery Services Piloting", "Nanobots Targeted Drug Delivery Trials Conducting", "CRISPR Gene Editing Clinical Trials Advancing", "Organ-on-a-chip Microfluidics Platforms Utilizing", "3D Bioprinting Tissue Constructs Creating", "Synthetic Biology Engineered Organisms Deploying", "Space-based Manufacturing Facilities Establishing", "Deep-sea Mining Operations Initiating", "Archaeological Excavations Unearthing Ancient Civilizations", "Anthropological Studies Deciphering Human Evolutionary Pathways", "Geographical Mapping of Ancient Trade Routes Completing", "Historical Linguistics Research Tracing Word Origins", "Literary Criticism Analyzing Shakespearean Plays", "Art Restoration Project Preserving Renaissance Masterpieces", "Sports Science Optimizing Athlete Performance", "Gardening Techniques Maximizing Vegetable Yields", "Cooking Innovations Creating Molecular Gastronomy Dishes", "Fashion Design Incorporating Sustainable Materials", "Interior Design Blending Modern Aesthetics with Vintage Charm", "Architectural Firms Designing Smart Cities Infrastructure", "Engineering Teams Developing Next-generation Aircraft Engines", "Manufacturers Producing Electric Vehicles at Scale", "Agricultural Researchers Breeding Climate-resilient Crop Varieties", "Foresters Managing Old-growth Forest Conservation Areas", "Fisheries Implementing Sustainable Catch Limits", "Hunters Supporting Wildlife Reintroduction Programs", "Birdwatchers Documenting Rare Species Sightings", "Rock Climbers Pushing Vertical Limits on New Routes", "Scuba Divers Exploring Deep-sea Hydrothermal Vents", "Paragliders Soaring Over Mountain Ranges", "Skydivers Freefalling from High Altitudes", "Motorcyclists Navigating Winding Coastal Roads", "Automobile Drivers Enjoying Scenic Drive-through Vineyards", "Aviation Enthusiasts Watching Commercial Jets Take Off", "Maritime Navigation Charting New Ocean Passages", "Railway Travel Experiencing Historic Steam Locomotives", "Public Transportation Using Bike-sharing Schemes", "Walking Groups Exploring Urban Parks Trails", "Cyclists Competing in International Road Races", "Swimmers Training for Olympic Qualification Events", "Surfers Riding Massive Waves at Remote Beaches", "Skaters Performing Tricks in Urban Settings", "Roller Skaters Gliding Through Indoor Arenas", "Ice Skaters Practicing Figure Skating Routines", "Ballroom Dancers Competing in World Championships", "Jazz Dancers Performing Contemporary Fusion Pieces", "Contemporary Dancers Choreographing Modern Works", "Modern Dance Companies Touring Internationally", "Ballet Performances Captivating Audiences Worldwide", "Opera Houses Presenting Classic Dramatic Productions", "Theater Groups Staging Experimental Productions", "Musical Theater Shows Entertaining Millions Globally", "Symphony Orchestras Performing Beethoven's Ninth Symphony", "Concert Halls Hosting Legendary Musicians Live Shows", 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"Sales Promotions Boosting Retail Sales During Holidays", "Customer Service Representatives Providing Exceptional Support", "Human Resources Professionals Recruiting Top Talent Worldwide", "Labor Union Members Negotiating Better Working Conditions", "Political Activists Organizing Large-scale Protests", "Social Movement Leaders Inspiring Generations of Change", "Environmental Protection Groups Lobbying for Stricter Regulations", "Climate Change Scientists Urging Immediate Action", "Renewable Energy Companies Installing Solar Panels on Rooftops", "Sustainable Development Goals Guiding Corporate Strategies", "Circular Economy Models Reducing Waste Generation", "Zero Waste Initiatives Encouraging Recycling Participation", "Green Building Certifications Attracting Eco-conscious Tenants", "LEED Accredited Buildings Setting Standards for Sustainability", "Energy Efficiency Audits Identifying Cost-saving Opportunities", "Smart Home Automation Enhancing Convenience and Security", "Internet of Things (IoT) Sensors Monitoring Environmental Conditions", "Wearable Devices Tracking Heart Rate and Sleep Patterns", "Mobile Applications Facilitating Local Business Discoveries", "Digital Marketing Campaigns Targeting Specific Demographics", "Email Newsletters Keeping Subscribers Updated on Offers", "Social Media Engagement Building Brand Loyalty Online", "Online Surveys Gathering Valuable Customer Feedback", "Focus Groups Refining Product Features Before Launch", "User Experience Research Improving Website Usability", "Accessibility Compliance Ensuring Digital Content Reachability", "Universal Design Principles Informing Physical Space Planning", "Inclusive Language Usage Respecting All Cultural Backgrounds", "Gender Equality Advocates Promoting Pay Equity Across Industries", "LGBTQ+ Rights Supporters Marching in Pride Parades", "Disability Inclusion Efforts Making Public Spaces More Accessible", "Age-friendly Community Initiatives Connecting Seniors with Young Adults", "Intergenerational Dialogue Programs Sharing Historical Perspectives", "Cross-cultural Exchange Projects Fostering Mutual Understanding", "Global Health Partnerships Combating Infectious Diseases", "International Cooperation Frameworks Addressing Transnational Issues", "Multilateral Agreements Streamlining Cross-border Trade", "Trade Facilitation Measures Reducing Customs Delays", "Customs Harmonization Efforts Simplifying Import/Export Procedures", "Border Crossing Streamlining Accelerating Visa Processing Times", "Lost Passport Replacement Accelerated Services Restoring Travel Documents Quickly", "Emergency Evacuation Protocols Safely Relocating Citizens During Crises", "Natural Disaster Response Mechanisms Coordinating Relief Efforts Efficiently", "Pandemic Preparedness Plans Preventing Future Health Emergencies", "Biosecurity Enhancement Strategies Protecting Against Biological Threats", "Cybersecurity Measures Safeguarding Critical Infrastructure Data", "Data Privacy Policy Enforcement Protecting Individual Information Rights", "Consumer Protection Regulations Holding Businesses Accountable", "Product Recall Procedures Safely Removing Defective Goods from Shelves", "Supply Chain Resilience Building Diversifying Supplier Sources", "Inventory Management Optimization Reducing Storage Costs", "Logistics Network Expansion Expanding Global Distribution Capabilities", "Distribution Channel Diversification Reaching Customers Through Multiple Touchpoints", "Retail Space Consolidation Optimizing Store Layouts for Increased Sales", "E-commerce Platform Integration Seamlessly Merging Online and Offline Shopping Experiences", "Omnichannel Retail Experience Creating Seamless Customer Journeys Across Channels", "Virtual Reality Training Modules Preparing Employees for Real-world Scenarios", "Augmented Reality Navigation Tools Assisting Visitors in Museums or Stores", "Blockchain-based Supply Chain Transparency Building Trust Between Suppliers and Consumers", "Cryptocurrency Payment Options Attracting Tech-savvy Customers", "Robo-Advisors Simplifying Investment Decision-making for Everyday People", "AI-powered Personalized Recommendations Increasing Conversion Rates on Websites", "Self-driving Car Fleet Operations Reducing Labor Costs in Logistics", "Autonomous Drone Delivery Services Reaching Remote Locations Faster", "Nanobots Revolutionizing Precision Medicine through Targeted Drug Delivery", "CRISPR Gene Editing Offering Hope for Treating Genetic Disorders", "Organ-on-a-chip Microfluidics Platforms Accelerating Pharmaceutical Research and Development", "3D Bioprinting Tissue Constructs Paving the Way for Regenerative Medicine", "Synthetic Biology Engineering Custom-built Organisms for Various Applications", "Space-based Manufacturing Facilities Unlocking New Frontiers in Industrial Production", "Deep-sea Mining Operations Extracting Valuable Minerals from the Ocean Floor", "Archaeological Excavations Revealing Lost Civilizations and Their Ways of Life", "Anthropological Studies Deepening Our Understanding of Human Origins and Behavior", "Geographical Mapping of Ancient Trade Routes Illuminating Historical Commerce Patterns", "Historical Linguistics Research Tracing the Evolution of Languages Over Time", "Literary Criticism Analyzing the Themes and Styles of Famous Authors' Works", "Art Restoration Project Preserving Masterpieces of Art for Future Generations to Enjoy", "Sports Science Optimizing Athlete Performance to Achieve Peak Results in Competition", "Gardening Techniques Maximizing Vegetable Yields to Provide Fresh Produce Year-round", "Cooking Innovations Creating Mouth-watering Dishes Using Modern Culinary Techniques", "Fashion Design Incorporating Sustainable Materials to Reduce Environmental Impact", "Interior Design Blending Modern Aesthetics with Vintage Charm to Create Unique Living Spaces", "Architectural Firms Designing Smart Cities Infrastructure to Improve Urban Living Conditions", "Engineering 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Freedom of Movement", "Automobile Drivers Enjoying Scenic Drive-through Vineyards to Relax and Unwind After a Long Day", "Aviation Enthusiasts Watching Commercial Jets Take Off to Feel the Thrill of Air Travel", "Maritime Navigation Charting New Ocean Passages to Expand Global Connectivity", "Railway Travel Experiencing Historic Steam Locomotives to Relish Nostalgic Modes of Transport", "Public Transportation Using Bike-sharing Schemes to Promote Green Mobility Solutions", "Walking Groups Exploring Urban Parks Trails to Stay Active and Connect with Nature", "Cyclists Competing in International Road Races to Test Their Endurance and Skills", "Swimmers Training for Olympic Qualification Events to Represent Their Countries Proudly", "Surfers Riding Massive Waves at Remote Beaches to Chase Perfect Barrel Rolls", "Skaters Performing Tricks in Urban Settings to Express Creativity and Style", "Roller Skaters Gliding Through Indoor Arenas to Enjoy Family-friendly Entertainment", "Ice Skaters Practicing Figure Skating Routines to Showcase Grace and Elegance", "Ballroom Dancers Competing in World Championships to Prove Their Mastery of Traditional Styles", "Jazz Dancers Performing Contemporary Fusion Pieces to Blend Different Cultural Influences", "Contemporary Dancers Choreographing Modern Works to Reflect Current Social Issues", "Modern Dance Companies Touring Internationally to Share Innovative Performances", "Ballet Performances Captivating Audiences Worldwide with Timeless Beauty and Technique", "Opera Houses Presenting Classic Dramatic Productions to Celebrate Vocal Talents", "Theater Groups Staging Experimental Productions to Challenge Audience Perceptions", "Musical Theater Shows Entertaining Millions Globally with Storytelling through Song and Dance", "Symphony Orchestras Performing Beethoven's Ninth Symphony to Move Listeners Deeply", "Concert Halls Hosting Legendary Musicians Live Shows to Create Unforgettable Moments", "Recording Studios Producing Hit Albums for 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Papers to Advance Human Knowledge", "Scientists Discovering New Elements in Particle Collisions to Expand Understanding of Matter", "Technologists Developing Quantum-resistant Encryption Algorithms to Secure Digital Communications", "Entrepreneurs Founding Social Impact

Feeling anxious is a natural reaction when you have or have had cancer. Due to Jack's decline in cognitive ability, he felt that he had lost control of everything. He no longer felt in charge of his stoma care routine and his anxiety made him doubt what he was doing for his stoma. Jack's son was not local to him, he had become a recluse since chemotherapy starting. He contacted me daily for support, even if it was a 5-minute conversation to run through what he had completed that day for his stoma. A study by Halldorsdottir and Hamlin (1996) found that the impact of communication with health professionals at this vulnerable time was identified, in particular the necessity for warmth and understanding.

Jack stressed over everything from meals and meal timings, when and how to take Loperamide, stoma care routine and going to sleep at night. He was unable to relax and couldn't think about anything without getting stressed about it.

Jack's brother passed away at night while undergoing chemotherapy for colon cancer, 1 year prior. The history that they shared with diagnosis and chemotherapy caused Jack to be terrified of falling asleep at night, as he was afraid that he wouldn't wake up. He slept at odd times during the day, this led to Fatigue. 80% of patients undergoing chemotherapy suffer from chronic fatigue (Wallace and Taylor, 2011).

Some chemotherapy, including 5FU that Jack was having administered are closely associated with chemo brain. Chemo brain is described as a mental fog. Cognitive changes include problems with memory, concentration, and how a person can think. 75% experience chemo brain during treatment, 35% after treatment.

Jack's peristomal skin became sensitive to the chemotherapy. The decline in his cognitive ability, due to chemo brain was also a contributing factor to his sore peristomal skin. His skin became dry and had issues with pouch adhesion. Patients undergoing chemotherapy are 2.5 times more likely to suffer peristomal skin complications.

The support I provided for Jack was daily, he would phone at the start of my shift. He would tell me how the last 24-hours had been, he would tell me what he had planned for meals that day and if his pouch had leaked. His pouch only leaked when his routine was rushed, and due to dry sensitive skin from chemotherapy, adhesion of the pouch was a concern. We spoke about slowing his routine down, taking his time with pouch placement. He told me the consistency of his output, how much Loperamide he had taken in the last 24-hours and what should he take today. He struggled at weekends; we overcame this the best we could by running through everything on a Friday for the weekend ahead. I made sure he had a memory aid; this was on a wipe clean document. It had all the relevant titles on, so on a Friday he would fill it in as we were on the phone, so he could use this at the weekend. This support lasted for 6 months until his chemotherapy was completed and he had a successful reversal of his Ileostomy. He phoned me after his reversal, he was thankful for the support that I could provide him. **He felt alone, scared and became a recluse, the support I provided with a short conversation made such a difference to his wellbeing during this time both psychologically and physically.**