

Introduction and Roles of Stoma Clinic

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Stoma Clinic at The Gujarat Cancer and Research Institute is run by trained Enterostomal Therapists. This is the first stoma clinic in Gujarat state started on March 4, 1983. In stoma clinic 2 Enterostomal therapists have been working and both have taken training from TATA memorial hospital, Mumbai.

Introduction

Ostomy is a surgically performed opening in the Intestine or Urinary tract to Excrete Waste from the body. Stoma is also called as ostomy, Ostomy is a Greek word, whose meaning is "Mouth like opening". Patient with ostomy is called as "Ostomate".

Ostomy may either be permanent or temporary. Permanent are End ileostomy, End

colostomy and Urostomy. Temporary are Loop Ileostomy, Loop colostomy and double barrel stoma. (Figure 1) Some patients are having both colostomy and urostomy.

Clinical services offered at stoma clinic

- Giving pre-operative counseling to the patients and their relatives.
 - ⇒ Giving Psychological support
 - ⇒ Preparing regarding disturb in body image
 - ⇒ Explaining by showing photographs and dummy about how stoma will look
 - ⇒ Where appliances will get
 - ⇒ How to manage stoma
- Before operation, stoma site is marked to prevent future problems

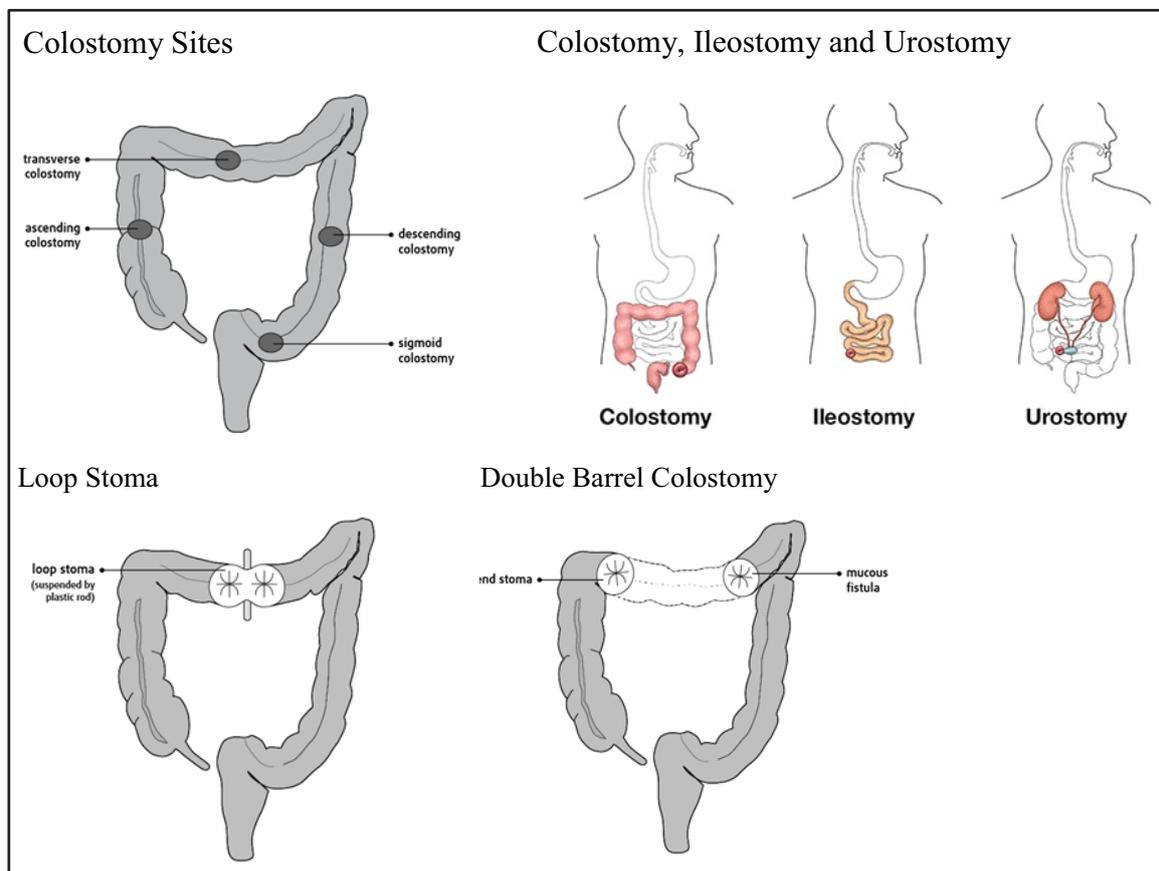


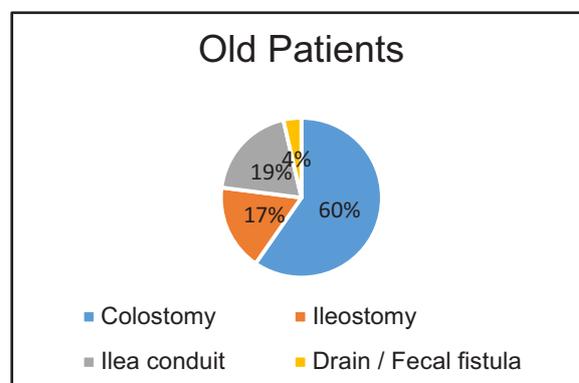
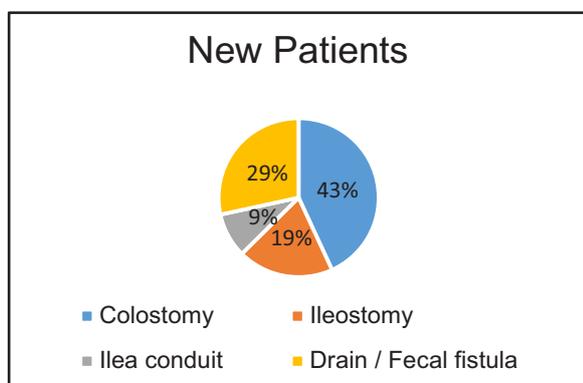
Figure 1: Types of Ostomy



Figure 2: Different types of Ostomy Bags.

Table 1: Record of Ostomy patients for year 2021 - 2022.

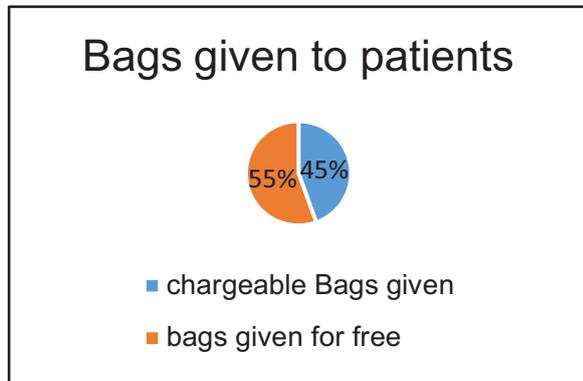
	Colostomy	Ileostomy	Ilea conduit	Drain / Fecal fistula	Total No Of Patients
New Patients	167	75	35	110	387
Old Patients	1285	375	417	78	2155



- Selecting the stoma bags according to stoma and applying on ostomy patients as well as on fecal fistula drainage patients
- Giving detail instructions and teaching about application of stoma bags and stoma management to patients and their relatives

Table 2: Record of Ostomy Bags for year 2021 - 2022.

Total Bags	Total no of Chargeable Bags given	Total no bags given free
23150	10308	12842



- Giving post-operative counseling and home going instructions like:
 - ⇒ Diet
 - ⇒ Clothing
 - ⇒ Travelling
 - ⇒ Bathing
 - ⇒ Exercise
 - ⇒ Sexual life
 Such instructions help patients to resume their normal life easily

- Keeping detail record of indoor and outdoor patients. Keeping detail record of various appliances which are available in GCRI stoma clinic, which mainly include various types of bags for indoor and outdoor patients
 - ⇒ Reusable appliances are: Drainable and close end bags, urostomy bag with accessories.
 - ⇒ Disposable appliances are: One-piece system colostomy bag, two-piece system colostomy bag, two-piece system urostomy bag, wound manager for fecal fistula. (Figure 2)
- Giving stoma wash as per doctor’s order
- Teaching nursing students regarding stoma care
- Attending patients which are referred from outside hospital.
- Some patients are having stoma complications like prolapse, Mucocutaneous separation, Hernia, Skin excoriation, Necrosis, Retraction, etc. (Figure 3)

Data of patients and bags at stoma clinic

Annual records in numbers and percentage for the year 2021-2022, of Ostomy patients and Bags-accessories in stoma clinic are mentioned below in form of tables and pie charts.



Figure 3: Stoma Complications.