

Impact of Stoma Care Education in Minimizing the Incidence of Stoma Skin Complications

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Objective: To evaluate a structured patient education program on minimizing skin complications in ostomy patients.

Design: A Randomized Controlled Trial.

Setting: Surgical Ward and Outpatient Clinic, Prince Sultan Military Medical City, Kingdom of Saudi Arabia.

Method: One hundred adult stoma patients, divided into two groups (study and control, fifty each) were included in the study from October 2014 and completed in April 2015. A designed stoma care educational program was given to study group before discharge. Peristomal skin area was assessed after hospital discharge one week, three weeks and six weeks, for the study and control group.

Result: The study found a significant decrease in peristomal skin complications in the study group (P-value .028) and significant increase of stoma skin complications in the control group (P-value .000). Highly statistically significant difference between the study and control group of skin assessment around the stoma of patients six weeks postoperatively (P-value .028).

Conclusion: Complications of stoma could be due to the lack of knowledge of stoma-care. Patients with stoma who attended the structured patient education program have less peristomal skin complications compared to those who did not attend. Educational program aimed to increase the knowledge of stoma-care is recommended.