

# Retrospective Study of the Effect of Increased Wound, Ostomy and Continence Nurse Care on Ostomate Adaptation and Perception of Life with a Stoma

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## Introduction

Gastrointestinal surgery impacts all aspects of a person's life. Appropriate nursing care can be instrumental in helping the patient to make the significant physical, social and psychological adjustments that are required for successful adaptation to life with a stoma.

## Purpose

This study investigates the effect of increased WOCN care on ostomate adaptation and perception of life with a stoma.

## Methodology

### Data source

Ostomy Comprehensive Health and Life Assessment survey (N = 545)

### Subset (n = 86) includes:

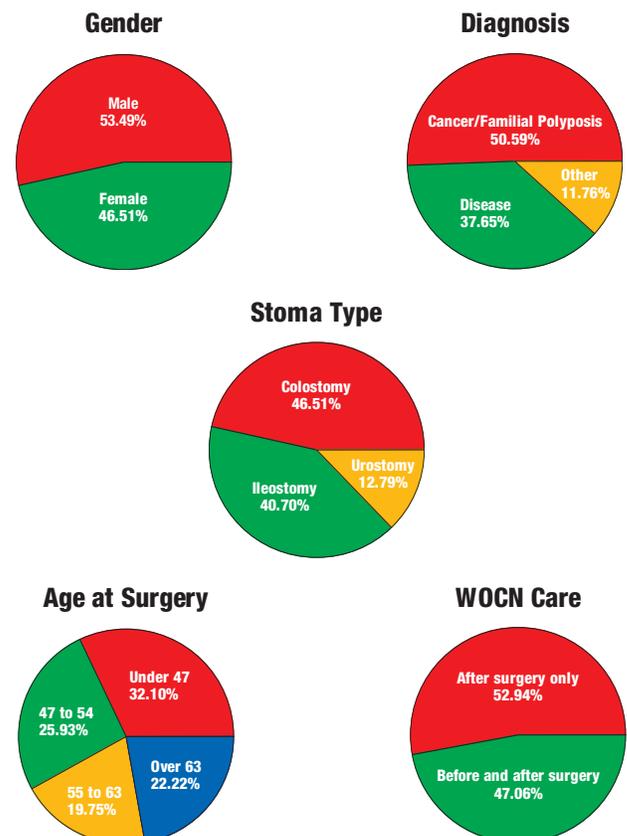
Single colostomy, ileostomy, or urostomy stoma  
Less than three years post-operative  
Reported WOCN Care before and after surgery or after surgery only

### Strata

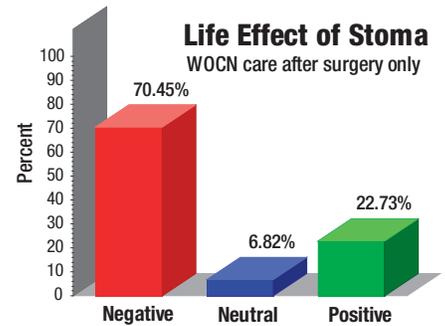
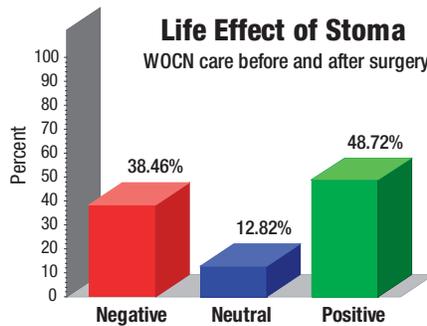
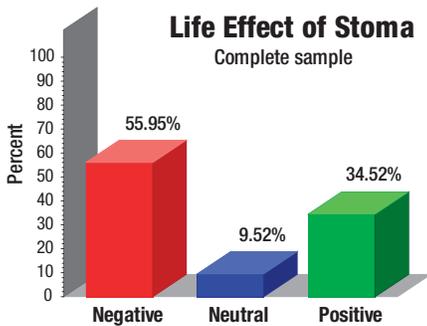
Gender  
Diagnosis leading to surgery  
Stoma type  
Age at surgery

## Profile

An overview of characteristics of the sample is shown in the graphs below.



Attention to Detail. Attention to Life.



## Results

Overall, the perception of life with a stoma was found to be more positive for the group receiving WOCN care both before and after surgery compared to those receiving care after surgery only (Fisher's exact test,  $n = 83$ ,  $p = .01$ ).

Further analysis was required to test whether the difference in perception between the groups could be explained by another factor. Using the extended Mantel-Haenszel mean score statistic, evidence was found to support the hypothesis that the perceptions of the groups remained different even while controlling for gender ( $p < .01$ ), stoma type ( $p = .02$ ), diagnosis leading to surgery ( $p < .01$ ), and age at surgery ( $p < .01$ ).

## Conclusions

The data suggest that the addition of WOCN care before surgery provides a significant beneficial effect for ostomates compared to care after surgery only. These results underscore the importance of WOCN care in meeting the physical, social and psychological challenges necessary for successful adaptation following ostomy surgery.

**Note:** Assessments of the perception of life with a stoma are based on responses to the question, "How much do you think having a stoma affects your life?" The responses, Has greatly affected my life for the better or, Has somewhat had a positive effect on my life were categorized as positive, Does not affect my life at all was classified as neutral, and, Has somewhat had a negative effect on my life or, Has greatly affected my life for the worse were classified as negative.

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