STUDY GUIDE
ENEMA AND OSTOMY

Directions: Print and complete the study guide. Turn it into your professor prior to the laboratory practice session.

In Lab: Administer enema; Measure stoma size (to select correct pouching system); Pouch an ostomy (one and two-piece pouching systems); Irrigate a colostomy; Empty ostomy pouch; Pouching an ileal conduit; and Discuss important patient teaching.

Enema
1. Explain four types of cleansing enemas and the mechanisms of action to evacuate the bowel.
2. Explain the rationale for positioning of the patient. And how far is the tip of the enema tubing inserted into the rectum of adults, children, and infants?
3. What height should the enema bag be raised above the anus? And what should you do if the patient develops cramping?
4. What information needs to be recorded after administration of the enema?
5. Explain important bowel training interventions. Also include diet and fluid intake information to prevent constipation.

Ostomy
6. Define the following types of ostomies: ileostomy, ascending colostomy, transverse colostomy, descending colostomy, and sigmoid colostomy. And describe the consistency of the output from each.
7. Describe the following types of colostomies: loop, end, and double-barrel.
8. Define incontinent and continent ostomies.
9. Describe the appearance of a “normal” stoma.
10. Describe the procedure for changing an ostomy pouch.
11. Explain the importance of cutting the pouch opening 1/16 to 1/8 inch larger than the stoma, and using a skin barrier (paste) around the stoma.
12. Explain how to empty an ostomy pouch.
13. Describe the procedure for performing ostomy irrigation.
14. Explain why the nursing diagnostic label: Risk for impaired skin integrity is a high priority for the patient with an ostomy and explain the appropriate nursing interventions.

15. Which type of ostomy is the patient at greatest risk for impaired skin integrity?

16. Define an ileal conduit. Describe the different pouching systems and skin integrity concerns.

17. Define the following continent urinary diversions: Kock continent ileal reservoir and ileocecal (Indiana) pouch.

18. Explain nursing interventions for the patient with an ostomy or ileal conduit experiencing the nursing diagnoses: ineffective individual coping.

19. Describe important patient teaching for a patient with the following: colostomy, ileostomy, and ileal conduit.

20. Explain important information to record regarding the patient’s ostomy.