THE VISIBILITY OF PROFESSIONAL NURSES IN THE SERVICE OF THE STOMATHERAPY OF THE UNIVERSITY HOSPITAL IN SOUTHERN BRAZIL: AN EXPERIENCE REPORT

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ABSTRACT: This study aimed to present an experience report about the role of the professional nurse in a Service of the Stomatherapy. This is an experience report conducted by nursing students at a University Hospital in southern Brazil. They followed the work of nurses in the Service of the Stomatherapy March 2009 until the year 2012. It was found that nurses need to master the technological scientific knowledge to provide care to patients with stomas having as main strategy the nursing consultations and the support groups where educational activities are developed in health by improving the quality of life of patients and their family caregivers. It is concluded that for establishing the actions health in the service of the Stomatherapy, the nurse become a reference in caring with patients with stoma, increasing your work visibility in this community.

Keywords: Ostomy; Role of the professional nursing; Professional competence; Nursing.

1.INTRODUCTION

The ostomy of the elimination is a surgical procedure where an opening is made an opening in the abdomen to the utterance of a portion of the intestinal system and / or

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urinary output of yours effluents. Being collected in the equipment called collection bag that is attached to the peristomal skin. This surgery requires to the patient one important change body causing changes in their daily lives and in their self-image leads often to the social isolation, may have significant impact on your process of living as a social being and those that living with it, challenging the professionals assist them to develop strategies of care that are more efetivas(1).

With the change in the body the mind needs to absorb this impact and, therefore, is must create a mental space to solve the new and real physical experience. Than, the Services Stomatherapy arise as spaces of health promotion and rehabilitation of patients with stoma. This Service have the nurse that, besides providing direct care to the stoma, has an educational role in health of both the patient and his family(2).

Educational strategies are shown as a valuable instrument to facilitate nursing care aimed at the quality of their interventions. These actions of health education are developed normally during nursing consultations and support groups allowing the nurse to establish both a strong link with the bearer of ostomy as well as provide the necessary guidance so that it moves to take care of if (re)entering into society with more confidence.

The nursing consultation, more than that a capable resource of the managing the informations of the rational way, contributes to quality care, favors interventions consistent with the reality of the patient and required to resolve the problems identified nursing as well as provide visibility to the profession(3). The nurse to become a reference in stomal can increase its visibility in the community in general was identified as having the knowledge to solve the dificults past by people with stomas, either in the physical, psychological, emotional and / or social.

Faced by this reality concerns arise about: What is the visibility of the professional nurse in a Service Stomatherapy of a university hospital in southern Brazil?

2. OBJECTIVE

Presenting an experience report about the role of the nurse in a Service of the Stomatherapy.

3. METHODOLOGY
The present study it is an experience report generated from the experiences of nursing students during an internship in a Service of the Stomatherapy belonging to a university hospital in southern Brazil. The academic accompanied the actions of the nurse of the March 2009 until the year 2012. The Service of the Stomatherapy was created there 17 years ago and currently serves about 96 patients with stomas and their families, working in education, research and extension.

4. RESULTS AND DISCUSSION

The data discussed: the professional nurse that cares for patients with ostomy and actions of care of the nurse for patients with ostomy.

4.1 The professional nurse that care for patients with ostomy

Monitoring, such as nursing students, the actions of nurses, it was observed that to care of the patients with stomas need to master a range of scientific knowledge involving since individual guidance, as well as technological innovations such as new protective skin, collection bags, and other care products that promote the health of the ostomy carriers fostering their autonomy and quality of life. From the diagnosis of disease and making a stoma there is a necessity that the carrier receiving a support and counseling\(^{(4)}\). So, watching the bearer of ostomy, the nurse, provides continuing education strategies for their needs are addressed, as well as their families, focusing both their rehabilitation and the promotion of their health and quality of life, giving him support emotional for the optimization of the adaptive process.

The nursing consultation, at this time, becomes an ally of the nurse, since during this can be worked with ostomy care, as well as the emotional aspects and nuances of being a carrier of ostomy. The nurse can use the guidance with the therapeutic regimens to reduce the negative impact on your ostomyzation about your living\(^{(5)}\). So, for that this assistance is quality there are the necessity that the professionals are prepared to treat these patients. The objective of the assistance is to provide all the professional help possible to promote a better adaptation and rehabilitation, both the bearer of the ostomy and their families.

4.2 Actions of care of the nurse for patients with ostomy.
The nurse who acts in this service starts the teaching-learning process of patients with stoma preoperatively. Right now, he can establish the necessary connection with the bearer of ostomy and their families, to help them grasp the moment and what will happen in the future in order to better adapt to changes in your life. The bearer of the ostomy which is addressed in the preoperative period, usually recover more quickly because it has awareness of what is occurring, and may have wiped out their doubts and anxieties.

Interventions by nurses in the pre and postoperatively influence significantly the social reintegration and quality of life of patients with estomia\(^5\). It is necessary to evaluate the immediate reactions of the patient after surgery and the possible complications of ostomyzation facilitating the adaptation of patients with stoma, providing relevant information for that moment and support to confront the dificuldades\(^6\).

Reasalta that the integration of patients with stoma in a "Program for Health Care of People Ostomized" shows up as a tool facilitating the process of social reintegration. These are provided the materials needed for the care and outpatient, as well as contribute to a better understanding and coping with the disease, adaptation to the new body image, providing a contact with other patients with stomas, stimulating the exchange of experiences, showing that is possible a live with quality being the bearer of ostomy. Thus, nursing care for patients with ostomy should target the skills of life of patients, performing actions that promote their social reintegration and development potential.

Initially, we observe that even the guidelines provided by health professionals about the necessary precautions with the stoma, by ignorance, can generate feelings of fear and uncertainty. However, the look and the nursing needs to be rethought day-to-day. It is necessary to provide a contextualized care that meets the individualities of the subjects based on scientific knowledge and sensitivity of the professional, building strategies of care for patients with ostomy and their families that coexist with the stoma.
Note that the goal to be achieved by the professional nurse is the (re)integrating social, family and productive working of patients with stoma, as well as activities that promote recreation and welfare of this. It is public knowledge of the difficulties with stoma patients return to their previous activities: sports, travel, parties, among others under the new conditions of life and the fear of pass for embarrassing situations in these circumstances. However, dealing with eventualities such as the leaking of the collection bag or questions about the ostomy and / or collection bag, is a strategy constantly worked by nurses, for that the patients with stoma have necessary components of the confront and deal with the situation a less traumatic.

The feel-good and autonomous in their living and the return to previous activities is the ultimate representation of the quality of life of patients with stoma. The evaluation of this quality should be made by the carrier of ostomy. Its range necessarily mean reinsert it socially, identifying and overcoming the difficulties that may hinder or impede your adaptation^{7}.

5. CONCLUSION

We note that the living of patients with stoma is permeated by the dependence of an equipment, loss of sphincter control, for bodies deformed and scarred surgical intertwined with the depression, difficulty in adapting and interaction with society. And that the nurse accompanies the day-to-day life of patients with stoma, and overcoming their difficulties may intervene on their needs. Thus, the nurse has a crucial role in the rehabilitation and social reintegration of patients with stoma treated, becoming reference assistance with stomal therapy, increasing your professional visibility.

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