THE ROLE OF THE NURSES IN THE STOMATHERAPY SERVICE¹

SOUZA, Nathalia Zinn de²; GOMES, Giovana Calcagno³; XAVIER, Daiani Modernel⁴; MOTA, Marina Soares⁵; ALVAREZ, Simone Quadros⁶; SOUZA, Jociel Lima de⁷

ABSTRACT

Introduction: Some patients have difficulty accepting the estomização, requiring professional help for your face. This study aimed to present an experience report on the role of nurses in service Stomatherapy from the perspective of patients with stomas. Methodology: This was the first half of 2011 through the experience report of seven patients with stomas registered with the Service Stomatherapy Hu to participate in group activities each month. The experiences of patients with stomas in the group will be presented Results: Data were analyzed by the technique of thematic analysis, generating the following categories: Access to the Customer Service Stomatherapy of HU; Stomatherapy The relevance of the service to the client's knowledge and ostomy acquired in Stomatherapy Service. Conclusion: It is believed that through their work in the Department of enterostomal therapy nurse helps patients with stomas and their family caregivers in coping with their disease process and recovery after surgery.

Keywords: Colostomy, Nursing Education, Nursing.

¹ Job Search. Federal University of Rio Grande (FURG).
² Presenter. Nursing Course of Universidade Federal do Rio Grande (FURG), Rio Grande, RS, Brazil. E-mail: nathyzinn@hotmail.com
³ Nursing Course of Universidade Federal do Rio Grande FURG, Rio Grande, RS, Brazil.
⁴ Nursing Course of Universidade Federal do Rio Grande FURG, Rio Grande, RS, Brazil.
⁵ Nursing Course of Universidade Federal do Rio Grande FURG, Rio Grande, RS, Brazil.
⁶ Nursing Course of Universidade Federal do Rio Grande FURG, Rio Grande, RS, Brazil.
⁷ Municipal Health Secretary of São José do Norte, RS, Brazil.
The word Ostomy is derived from Greek stoma, meaning mouth or opening. It is usually performed when a stoma surgically want to create a communication from one organ to the external environment. Depending on the location to be externalized, receive various settings, eg tracheostomy, ileostomy, esophagostomy, gastrostomy, colostomy, jejunostomy, nephrostomy, ureterostomias.1-2. The realization of an ostomy brings physiological and psychological consequences that affect the lives of their patients and family caregivers. This procedure involves bodily changes, revising habits, values and beliefs; incorporation of professional knowledge, access to services in the public health system, devices need to collectors, as well as changes in their daily life, family and work3. Only with the passage of time the person is able to accept his new condition. In addition to the physical and psychological, the individual shall be considered disabled, due to loss of sphincter control, bowel or urinary4. The estomização causes major changes in the process of life of their patients, sometimes destabilized the life of ostomy patients, who need support, especially his family, to face this situation5. The individual who lost a part of the body needs help to address this source of stress, because for most people, the loss of urinary or fecal continence can cause various imbalances thus leading, in addition to problems in the surgical and physical problems psychological, social and spiritual6-7. An adequate nursing care, aimed at rehabilitation of ostomy patients, minimizes the physical and psychological consequences resulting from a stoma. Enterostomal Nurses is the professional able to assist these clients and the goal of your attention should be promoting their independence and self-esteem, for a better life.

The Service Stomatherapy (SE) has the role play activities to plan, implement and evaluate health activities through experiential exchanges of knowledge among healthcare professionals, patients and their relatives8. Nurses must assist the client in ostomy their reintegration into society, highlighting strategies that facilitate this adaptation, so that this does not feel left out and accept their new condition of life.
The basis of group work is in dialogue, exchange of experiences and information, enabling the understanding of the situation experienced.

It is critical to the success of the intervention to build a foundation of trust between nurses and clients. To this end, its effectiveness depends on a continuous approach. In addition, health professionals, as health educators, need to instruct the family to provide care of his family dependent carrier ostomy and stimulate the patient with ostomy able to carry out self-care, as long as we walked to regain their autonomy. In this context, the objective was to present an experience report about the role of nurses in service Stomatherapy from the perspective of patients with stomas.

**METHODOLOGY**

This is an experience report of work performed by a nurse enterostomal therapy service (SE), a university hospital (UH) of southern Brazil from the perspective of patients with stomas. Was performed in the first half of 2011 and involved seven patients with stomas who participate in monthly group activities. The SE that HU has 17 years experience with clients of ostomy patients and their families being served weekly in previously scheduled days and times. The nursing consultations occur in the ambulatory nursing. In groups ostomy patients live with their peers, gain knowledge about self-care, renew your hope, are a group cohesion by altruism and universal, and gradually, if ressocializam in society.

**RESULTS AND DISCUSSION**

Some of the customers participating in the study reported that the main reason that led them to participate in the Service Stomatherapy is their need for knowledge acquisition. Commenting that the Service acquired knowledge about the disease that resulted in the stoma, the stoma with the necessary care and how to get better quality of life through self-care. The quality of life stomized and, in particular, the colostomy should be seen as a greater good to be maintained and / or recovered, so that they can live happily and in harmony in their life context. For a stoma causes visible and significant physical alteration of the body and turn it into a body deprived of its integrity, dynamism and
autonomy, causing conflicts and internal imbalances. The Service Stomatherapy enables the customer to acquire the ability to self-care gradually, until the same feel as in self-care\(^9\).

An adequate nursing care, aimed at rehabilitation of ostomy patients, minimizes the biopsychosocial consequences arising from a colostomy. The rehabilitation process developed by the professional should seek to develop the learning capacity for self care. Rehabilitate means to prepare the ostomy to handle all the fears, fantasies and anxieties, restoring them to life conditions, this can be achieved by implementing educational programs\(^{10}\).

One participant noted that the Service Stomatherapy learned to use activated carbon for removal of gases from inside the bag, and stressed the importance of this knowledge, it is common the occurrence of embarrassing situations due to disruption of the bag and elimination of odors.

In this context, it is for nurses to understand these changes, to develop a plan of care appropriate to the patient preparation for living with an ostomy. Caring implies an interaction between the caregiver and who is being cared for exchange of knowledge and experience, providing a positive outcome of care. We need to develop educational activities in meetings with ostomy patients and to create greater incentives for attendance to these queries, such as interactive dynamics between patients, to encourage the exchange of experiences\(^5\).

Another commented that considers very important the knowledge acquired in the participation of nursing visits and group activities in the SE, as well as learning strategies to disguise the presence of the bag, as if embarrassed and think it unnecessary for outsiders to know your estomatizados condition. Due to the use of equipment pickup, customers are looking to change their clothes, clothes using wider, longer, in order to disguise the presence of the device, thus ensuring your privacy\(^6\).

**CONCLUSION**

The study showed that in patients with stomas SE acquire knowledge about the
disease that resulted in the stoma, the stoma with the necessary care and how to get better quality of life through self-care. Find it very important to the knowledge acquired in the nursing appointments and group activities. Reported that they learned to use activated carbon for removal of gases from inside the bag and strategies to disguise the presence of the bag under his clothes.

We noticed that SE presents itself as an important strategy for health promotion and self care of patients with stoma. The Enterostomal nurses, using the nursing consultation and group activities as tools for building a more effective patient care ostomy. We conclude that, like other health professionals, nurses, operating this type of service, must be able to assist the ostomy and their families in coping with their disease process and recovery after surgery. Through his work in SE nurses can help these patients to reframe their living, rebuilding their self-image, regaining their self-esteem, building a social support network able to give you support.

REFERENCES


