

# **LIVING ACTIVE LIVES**

**CONSERNS & CONSIDERATIONS  
FOR OSTOMATES**

**BY: MICHELLE BEST BSN, RN, CWOCN**



# WHAT WE WILL COVER

- QUALITY OF LIFE
- COMMON THOUGHTS & FEELINGS
- COPING
- ACTIVE LIFESTYLES
- CONSIDERATIONS
- EXERCISE
- TRAVEL
- SEXUALITY
- ADAPTIVE EQUIPMENT & CLOTHING
- RESOURCES



**Health**



**Work**

**Social Relationships**

**Emotional Wellbeing**



**Financial Material Wellbeing**



**Quality of Environment**

**Belonging**



**Personal Safety**



**Quality of Life**



# COMMON THOUGHTS & FEELINGS

# COPING



Confrontational



Distancing



Escape –  
avoidance



Self-control



Social support



Accepting  
responsibility



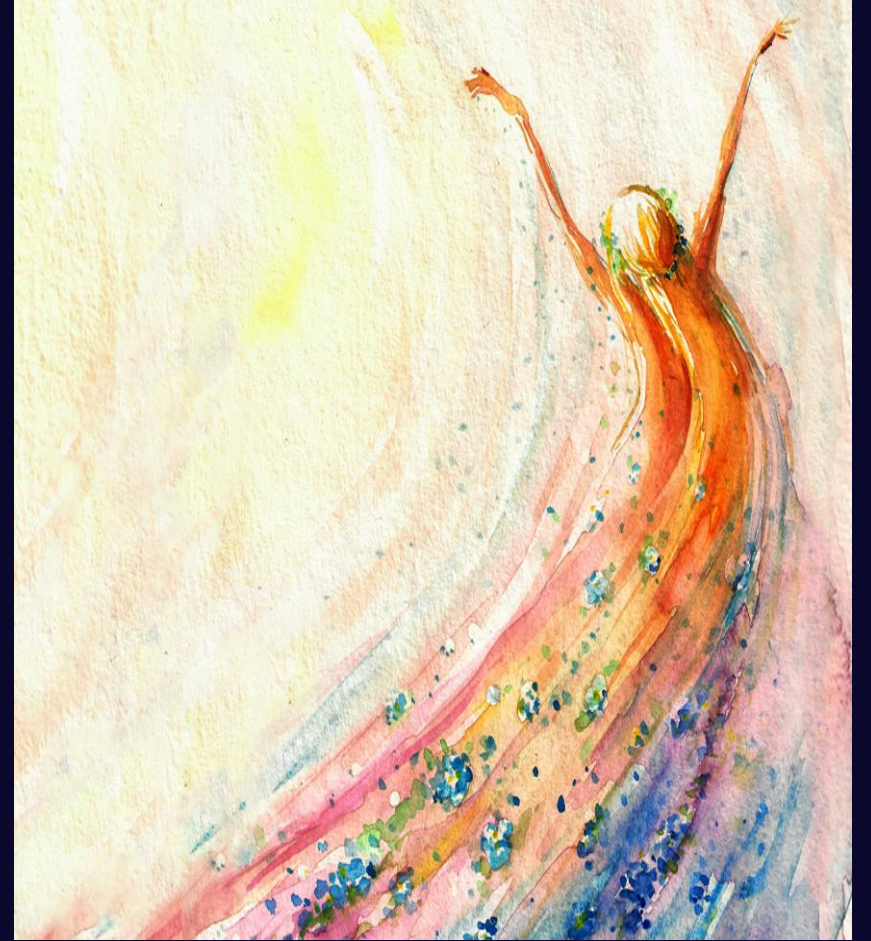
Planful problem  
solving



Positive  
reappraisal

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences.”

Eleanor Roosevelt





# ACTIVE LIFESTYLES

FAMILY & FRIENDS

INTIMACY

WORK

EXERCISE

LEISURE

TRAVEL

## **CONSIDERATIONS**

- Purposeful planning!
- Be sure to have extra supplies and clothes handy in case of a leak.
- Empty your pouch before you start activities.
- Diet modification.
- Stay hydrated.
- Consider adaptive or camouflaging clothing, belts, alternate pouches, additives, covers, guards, etc. for your event or activity.

# EXERCISE



# **BEGIN SLOW: AS EARLY AS POST-OPERATIVE DAY 3-4**

- Light core connection
- Pelvic tilts
- Knee Rolls

Before starting any exercise program, get your physicians approval.



# MUSCLE STRENGTHENING EXERCISES

Increase your  
activities as you  
are able!

---

## General Health Recommendations:

- 150 minutes of *moderate* exercise weekly.
- Strength training 2 x weekly.



# EXTREME SPORTS CONTACT SPORTS

- There are no absolute contraindications for ostomates regarding physically demanding sports.
- But... use precautions! They are necessary to protect your stoma.
- Consult with your surgeon or ostomy nurse about your chosen sport.



# TRAVEL

**International  
or  
Domestic**



- Murphy's Law... Plan ahead!
- Your luggage may get lost, plan ahead!
- Put extra ostomy supplies and extra clothing in your carry-on.
- Take more than you need.
- Pre-cut your wafers as most airlines will not allow scissors in carry-on bags.
- You may consider mailing products & clothing to your destination.
- When possible, have contact information for an ostomy nurse at your destination... just in case.



- How do I view myself? Am I even “me” any more?
- How will my partner, or future partner see me?
- Can I still get pregnant/have children?
- Will I be able to perform sexually?
- Will the pouch get in the way of intimacy?
- Role confusion: patient/caregiver vs. lover.

## SEXUALITY

Much more than the act of sex.

Sexuality is a complicated human phenomenon that is influenced across the life-span by individuals biological, psychological and social aspects.



# **ADAPTIVE CLOTHING & EQUIPMENT**

**THERE ARE MANY TYPES OF PRODUCTS  
AVAILABLE. THIS IS NOT AN  
ADVERTISEMENT OR RECOMMENDATION  
FOR SPECIFIC PRODUCTS OR BRANDS.**

# CLOTHING & COVERS



# BELTS AND GUARDS



# RESOURCES



- Association for the Bladder Exstrophy Community (ABC)  
6737 W. Washington St. Suite 3265  
West Allis, WI 53214  
[admin@bladderexstrophy.com](mailto:admin@bladderexstrophy.com)  
US: (414) 918-9002  
CAN: (519) 679-8774  
[www.bladderexstrophy.com](http://www.bladderexstrophy.com)
- Coloplast US Headquarters  
11601 W. River Road North  
Minneapolis, MN 55411  
[usmedweb@coloplast.com](mailto:usmedweb@coloplast.com)  
(800) 533-0464  
[www.us.coloplast.com](http://www.us.coloplast.com)
- ConvaTec Inc.  
Professional Services  
100 Headquarters Park Drive  
Skillman, NJ 08558  
[CIC@Convatec.com](mailto:CIC@Convatec.com)  
(800) 422-8811  
[www.convatec.com](http://www.convatec.com)

- Chron's and Colitis Foundation of America, Inc. (CCFA)

386 Park Ave. South

17<sup>th</sup> Floor

New York, NY 10016

[info@ccfa.org](mailto:info@ccfa.org)

(800)932-2423

[www.ccfa.org](http://www.ccfa.org)

- Hollister Inc.

Consumer Programs Team

2000 Hollister Dr.

Libertyville, IL 60048

(888)740-8999

[www.Hollister.com](http://www.Hollister.com)

- United Ostomy Association of America, Inc. (UOAA)

PO Box 525

Kennebunk, ME 04043-0525

[info@ostomy.org](mailto:info@ostomy.org)

(800)826-0826

[www.ostomy.org](http://www.ostomy.org)

- Wound, Ostomy and Continence Nurses Society (WOCN)

1120 Route 73 Suite 200

Mt. Laurel, NJ 08054

[wocn\\_info@wocn.org](mailto:wocn_info@wocn.org)

(888)224-WOCN (9626)

[www.wocn.org](http://www.wocn.org)

# REFERENCES

- Conseqüência de Gouveia Santos, VL., Corrêa, E., & Kimura, M. (2006). Quality of Life and Coping of Persons with Temporary and Permanent Stomas. *Journal of wound, ostomy, and continence nursing*. 33(5);503-509.
- Junkin, J. & Beitz, J. (2005). Sexuality and the Person with a Stoma. *Journal of wound, ostomy and continence nursing*. 32(2);121-128.
- Russell, S (2019). Exercise after Ostomy Surgery and Peristomal Hernia: A view from here. *Journal of wound, ostomy and continence nursing*. 46(3);215-218.
- WOCN (2013). Teen chat: you and your ostomy. Retrieved on April 28, 2020 from [https://cdn.ymaws.com/www.wocn.org/resource/resmgr/Publications/Teen\\_Chat\\_You\\_&\\_Your\\_Ostomy\\_.pdf](https://cdn.ymaws.com/www.wocn.org/resource/resmgr/Publications/Teen_Chat_You_&_Your_Ostomy_.pdf)