

Ostomy (Focus on Empathy)

Instructor Resource

READ the following:

Merriam-Webster Dictionary defines an ostomy as “an artificial passage for bodily elimination.” People with ostomies have an external bag on the abdomen where feces or urine is collected (below). Imagine that you have an ostomy and answer the following questions.

REFLECT on the situation:

How would you feel about having an ostomy for the rest of your life?

Possible answers:

denial, shame, acceptance, embarrassment, anger

How would it affect:

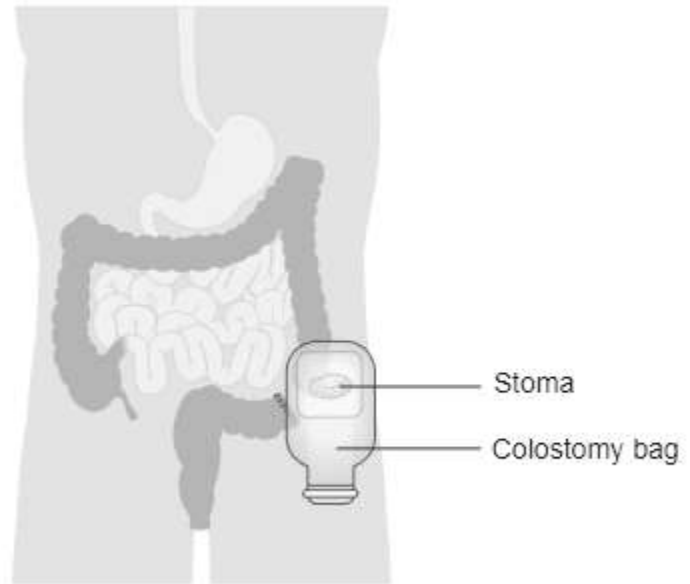
- The way you dress?
- Exercising?
- A day at the swimming pool?
- Dating/Intimacy?
- Friendships?

Possible answers: bulky clothing, decreased exercise, change in activities, lack of intimacy, loss of friends or knowing who accepting friends are

What would assist you in coping with your new body image?

Possible answers: time, supportive friends/family, support groups

SHARE your thoughts with a peer.



Cancer Research UK (Original email from CRUK) [CC BY-SA 4.0 (<https://creativecommons.org/licenses/by-sa/4.0/>)], via Wikimedia Commons. Retrieved from https://upload.wikimedia.org/wikipedia/commons/9/96/Diagram_showing_a_colostomy_with_a_bag_CRUK_061.svg

Merriam Webster (2018). Ostomy. Retrieved from <https://www.merriam-webster.com/dictionary/ostomy>