

Ostomy Check-Off

Instructor Resource

PREPARATION:

Supplies:

- Training Tool
- Clean gloves
- Hand sanitizer
- Ostomy pouching system (wafer and pouch)
- Pouch closure device
- Ostomy measuring guide
- Washcloth
- Towel (2)
- Basin with warm tap water
- Scissors
- Pen
- Bag for pouch disposal

After the demonstration, have students practice ostomy care on the training tool using the following steps:

Optional: Evaluate the student's ability to complete ostomy using the following steps. May score via points or satisfactory/unsatisfactory.

1.	Gather all necessary supplies	
2.	Knock, enter the room and provide for privacy	
3.	Identify yourself by name and title (nurse aide, etc.)	
4.	Wash your hands with sanitizer or soap/water	
5.	Identify the client by asking their name and date of birth; verify this information	
6.	Explain the procedure to the client and ask if they would like to watch or assist	
7.	Verify when the last pouch change was and ask if there were any problems, such as leakage	
8.	Position client semi-reclining or supine and provide a mirror to the client if they wish to observe	
9.	Place a towel over the client's abdomen and keep supplies within reach; fill a basin with warm water if it wasn't done previously	
10.	Wash your hands with sanitizer or soap/water, then wear clean gloves	
11.	Assess pouch, effluent and effluent amount by removing the used pouch; empty the pouch and measure it if needed	
12.	Gently remove the wafer by pushing skin away from the barrier; use adhesive remover or warm water if needed	
13.	Dispose of pouch and skin barrier appropriately	

14.	Assess peristomal skin for any breakdown	
15.	Moisten a washcloth with warm tap water, then wring out and gently clean the stoma and peristomal skin	
16.	Dry the area with a towel	
17.	Measure the stoma; allow for a 1/8-inch gap between the stoma and the guide	
18.	Use a pen to trace stoma measurement onto the skin barrier (do not use the pen on the trainer)	
19.	Follow your marking to cut an opening in the wafer	
20.	Remove the backing, apply wafer and attach the pouch	
21.	Close the end of the pouch with a closure device	
22.	Remove the towel and dispose of supplies	
23.	Remove the gloves and wash your hands	
24.	Provide client comfort and safety	
25.	Wash hands and document the session prior to leaving the room	