

# Ostomy Check-Off

Practice ostomy care on the training tool using the following steps:

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| Gather all necessary supplies                                                                                                     |
| Knock, enter the room and provide for privacy                                                                                     |
| Identify yourself by name and title (nurse aide, etc.)                                                                            |
| Wash your hands with sanitizer or soap/water                                                                                      |
| Identify the client by asking their name and date of birth; verify this information                                               |
| Explain the procedure to the client and ask if they would like to watch or assist                                                 |
| Verify when the last pouch change was and ask if there were any problems, such as leakage                                         |
| Position client semi-reclining or supine and provide a mirror to the client if they wish to observe                               |
| 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 |
| Wash your hands with sanitizer or soap/water, then wear clean gloves                                                              |
| Assess pouch, effluent and effluent amount by removing the used pouch; empty the pouch and measure it if needed                   |
| Gently remove the wafer by pushing skin away from the barrier; use adhesive remover or warm water if needed                       |
| Dispose of pouch and skin barrier appropriately                                                                                   |
| Assess peristomal skin for any breakdown                                                                                          |
| Moisten a washcloth with warm tap water, then wring out and gently clean the stoma and peristomal skin                            |
| Dry the area with a towel                                                                                                         |
| Measure the stoma; allow for a 1/8-inch gap between the stoma and the guide                                                       |
| Use a pen to trace stoma measurement onto the skin barrier (do not use the pen on the trainer)                                    |
| Follow your marking to cut an opening in the wafer                                                                                |
| Remove the backing, apply wafer and attach the pouch                                                                              |
| Close the end of the pouch with a closure device                                                                                  |
| Remove the towel and dispose of supplies                                                                                          |
| Remove the gloves and wash your hands                                                                                             |
| Provide client comfort and safety                                                                                                 |
| Wash hands and document the session prior to leaving the room                                                                     |