



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

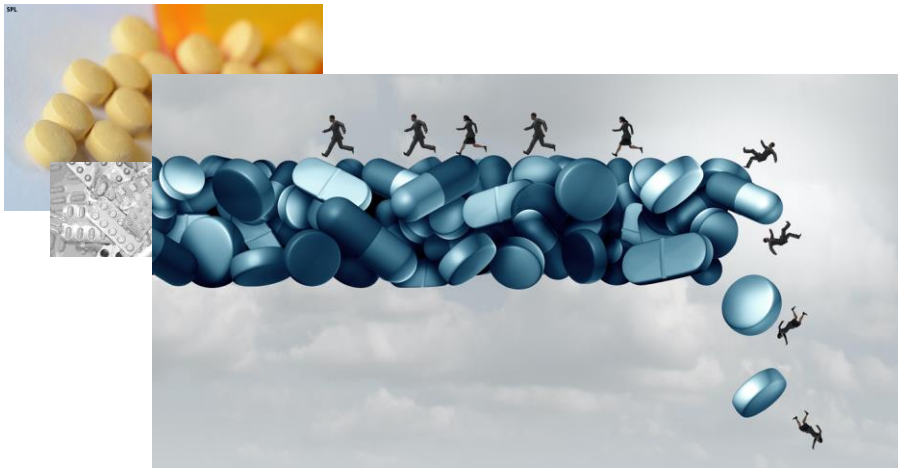
NHS

**Lancashire and
South Cumbria**
Integrated Care Board

Bitesize Education and Training Session

Stoma Care – part 1

Tuesday 16th
September 2025



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Speaker:

- Diane Sheard – Lead Stoma Care Nurse Specialist - LTHTr

Welcome & Housekeeping

Thank you for joining us today!

- ✓ The session is for 30-minutes (20-minute presentation and 10-minute Q&A session).
- ✓ Please switch off your cameras and put yourselves on mute.
- ✓ Please use the chat function if you want to ask a question or for comments.
- ✓ Please respect others' views and opinions. (We have prescribers from across the system on the call – primary, secondary care and community).
- ✓ Please use the chat function to network with your peers and share ideas.
- ✓ At the end of the session there will be a short online poll (live!).

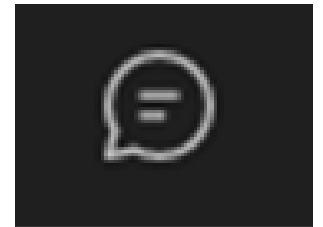
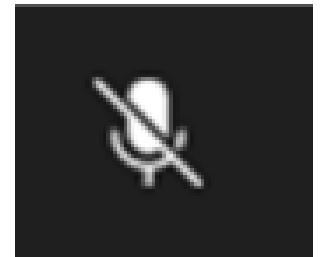
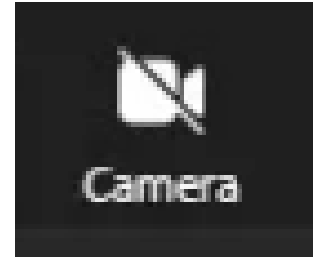
Please note the 20-minute presentation will be recorded, and the slides and the recording will be uploaded to the LSC Training Hub website for you to download.



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Disclaimer

- If you do access the slides and recordings to the bitesize sessions using the following link: [Independent Prescribing – Lancashire and South Cumbria Training Hub](#), please be aware that the sessions were intended to support Non-Medical Prescribers in their development and understanding of the subject area, however these sessions should not be considered the sole source of your learning. Please ensure that you also refer to your Trust/Employer guidance, up-to-date national guidance e.g. NICE guidance and professional body standards alongside these bitesize sessions.
- The information in the sessions are current and accurate at the time of creation.



**Lancashire Teaching
Hospitals**
NHS Foundation Trust

Lancashire Teaching Hospitals Stoma Care Service

Meet The Team

Lead Stoma Care Nurse Specialist Diane Sheard

Stoma Care Nurse Specialists

Carol Prescott

Lottie Kaye

HealthCare Support worker

Debra Paxton

Caroline Watson

Community Stoma Care Nurses



Oakmed/Goldcare

Kate Benson

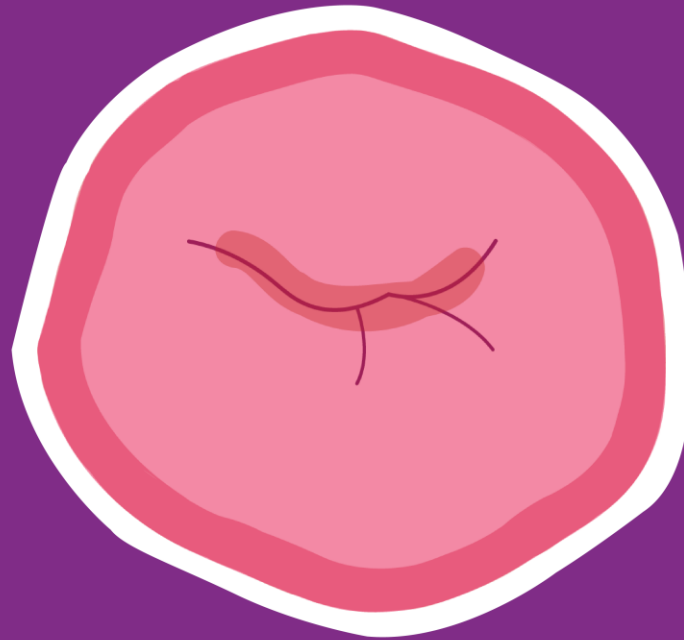
Tracey Beckett


Respond Healthcare

Samantha Mirfin

Ivy Zormelo

What is a Stoma?





A stoma is a surgically created, small, mouth-like opening on the abdomen that diverts waste (faeces or urine) from the body into a collection bag, known as a stoma bag. It appears as a pink or red, moist, and somewhat protruding piece of flesh but lacks nerve endings, meaning it does not cause pain when touched. Stomas can be temporary, used to allow the bowel to heal after surgery, or permanent, depending on the individual's medical situation.

Why a stoma ?

- ▶ Cancer – bowel/rectum/anal/bladder
- ▶ Inflammatory Bowel Disease – Crohn's/ulcerative colitis
- ▶ Diverticular Disease
- ▶ Congenital abnormalities
- ▶ Bowel ischaemia
- ▶ Radiation damage
- ▶ Fistula formation
- ▶ Bowel dysfunction

Types of Stomas

- ▶ An estimated 165,000 to 205,000 people in the UK living with a stom
- ▶ Colostomy
- ▶ Ileostomy
- ▶ Urostomy
- ▶ Fistulas
- ▶ Loop or end, permanent or temporary
- ▶ 250- 300 stomas formed at LTH per year



End Colostomy



Loop Colostomy



End ileostomy



Loop ileostomy



Urostomy

Site of abdominal stomas



Appliances



Closed Pouches

Patients using closed pouches usually require 90 pouches per month



Drainable pouches

Patients who use a drainable pouch usually require 30-40 pouches per month



Urostomy
30-40 pouches
per month

Plus night drainage
bags 10-15 per
month



Wound Manager

May require 5 per month

Stoma Complications you may see in the hospital

- ▶ High output – above 1000mls
- ▶ Sore Skin
- ▶ Dehiscence
- ▶ Stenosis

High Output Stoma

- ▶ Normal ileostomy output is 500mls – 1000mls/24 hours
- ▶ A persistent output >1000mls/24 hours is termed as a high output stoma

COMPLICATIONS

- ▶ Dehydration
- ▶ Acute Kidney Injury
- ▶ Electrolyte imbalances
- ▶ Malnutrition due to malabsorption

Management

▶ "Multidisciplinary Team Management of A High Output Stoma Guidelines"

Detailed history before giving advice:

- ▶ Dietary adjustments – Low Fibre
- ▶ Isotonic fluids (Dioralyte (Potassium) St Mark's Solution
- ▶ Loperamide – 30 mins pre meal, can be high doses
- ▶ Codeine Phosphate if tolerated
- ▶ PPI – Lansoprazole – reduce gastric secretions

Skin Complications

Sore Skin

- ▶ Allergic dermatitis
- ▶ Irritant dermatitis
- ▶ Folliculitis

MANAGEMENT

- ▶ Refer to the stoma care nurse for clinical review of stoma and product usage



Mucocutaneous Separation

- ▶ Superficial at the skin level or deeper down to the fatty layer.

TREATMENT MAY INCLUDE:

- ▶ Orahesive powder
- ▶ Cohesive seal
- ▶ Paste
- ▶ Soft convex appliance
- ▶ Refer to the Stoma Care Nurse for assessment



Enterocutaneous Fistula

- ▶ Electrolyte/fluid repletion
- ▶ Provision of nutrition
- ▶ Control of fistula drainage
- ▶ Local skin care and protection
- ▶ Delayed surgical reconstruction



Management

- ▶ Low output fistula (<1000mls/day) is expected to heal spontaneously, provided there is no distal obstruction.
- ▶ High output fistula (>1000mls/day) is difficult to manage and less chance of spontaneous healing.

Stoma Problems in the Community

Parastomal Hernia

- ▶ Incidence 50%
- ▶ Bulge at the stoma site
- ▶ Leakage, skin rashes
- ▶ Ill fitting pouches
- ▶ Obstruction and strangulation

MANAGEMENT

- ▶ Attempt to manage conservatively
- ▶ Manage psychological impact
- ▶ Measure for support garment/Prescription from GP
- ▶ May need to keep stools loose
- ▶ Possible surgical intervention/not always successful



Prolapse of the stoma

Stoma longer and wider than normal

Management

- ▶ Colour, temperature and function?
- ▶ Blood supply to the stoma can be compromised
- ▶ Refer to the Stoma Care nurse
- ▶ Sugar!!!
- ▶ A larger stoma appliance may be required
- ▶ Psychological support- Distressing
- ▶ Refer to the surgical team for assessment of revision



Stenosis

- ▶ Narrowing of the lumen of the stomal outlet

MANAGEMENT

- ▶ Refer to stoma nurse for clinical review
- ▶ Patient may be taught to dilate
- ▶ Laxatives
- ▶ Secure appliance
- ▶ Painful
- ▶ Surgical revision



Skin Care Management

- ▶ Problems with the skin around the fistula
 - Wetness
 - Excoriation
 - Pain
- ▶ Goals of skin care
 - Contain the effluent
 - Patient independence

Thank you



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Question and Answer



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Thank you for listening

Please complete our short online poll!



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Next session: 21st October 2025

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