



# Colostomy Irrigation

Clinical Champion: Promoting Colostomy Irrigation and its benefits



# Objectives

- Which stoma is suitable
- Understanding colostomy irrigation
- Critical Thinking of a STN
- Impact of Funding
- How to irrigate



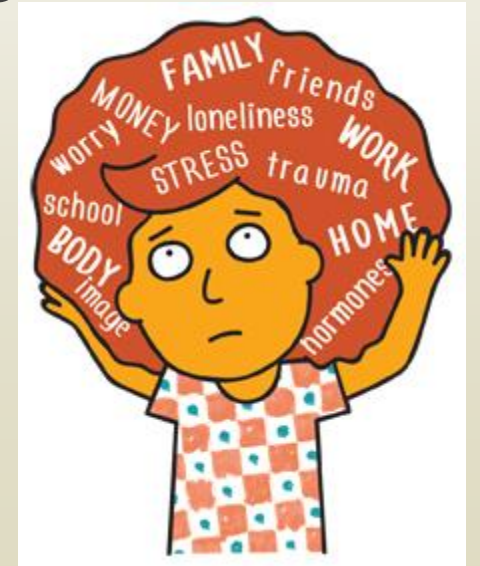
# Statistics

- Bowel Cancer is the most frequently diagnosed in New Zealand (Shah, Sarfati, Blakely, Atkinson & Dennett, 2012)
- Is the 2<sup>nd</sup> most highest cause of cancer death
- Bowel cancer is still increasing
- Bowel Screening



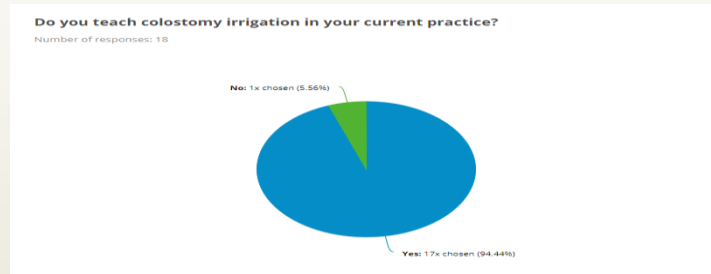
# Impacts of Stoma Formation

- Significant changes to quality of life
- Challenges and anxieties
- Psychological and Physical impacts
- Colostomy Irrigation is a way of helping

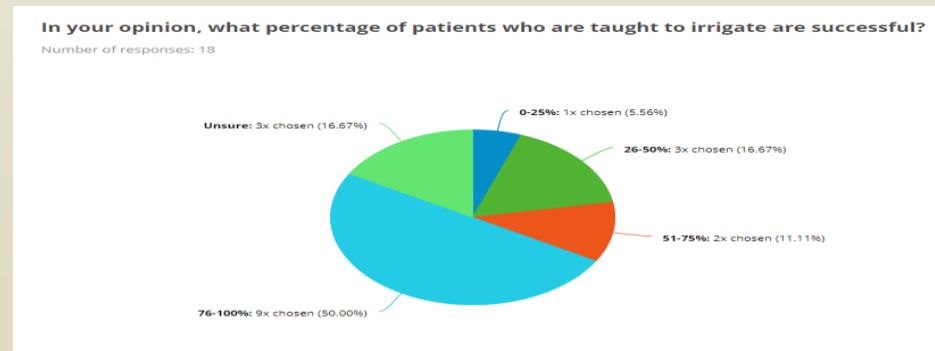


# Survey Findings – Masters paper 2018

- ▶ 17 out of 18 STNs currently teach irrigation in their current practice = 94%



- ▶ The majority of STNs felt that 76-100% of their patients are successful at irrigation



# Colostomy Irrigation Explained

- The suitable colostomy
- What is Colostomy Irrigation





# Ideal Candidates of Irrigation

- ▶ Stoma positioned in descending or sigmoid colon
- ▶ No residual disease in remaining colon
- ▶ Patients need to be motivated
- ▶ Able to maintain strict routine until pattern is formed
- ▶ Takes one month to train bowel to form a pattern for irrigation



# Unsuitable Candidates for Irrigation

- ▶ Patients who have some form of irritable bowel syndrome
- ▶ Crohns disease
- ▶ Diverticulitis disease
- ▶ Colostomy positioned in the ascending or transverse colon
- ▶ Poor bowel habits resulting from radiation or chemotherapy damage
- ▶ Prolapse
- ▶ Parastomal Hernia
- ▶ Poor Vision
- ▶ Altered vision
- ▶ Poor manual dexterity



# Critical Thinking

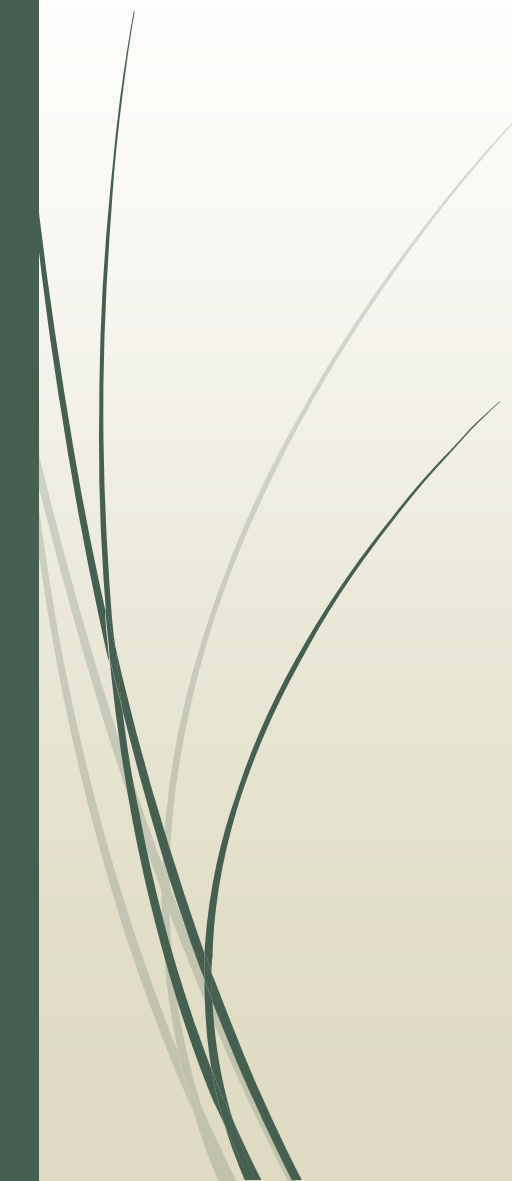
Need to be aware of potential risks when teaching irrigation

- Fluid Overload
- Patients with renal or cardiac impairment
- Breakthrough bowel activity due to
  - Volume of water instilled
  - Slow transient time
  - Diet
  - Gastrointestinal infection



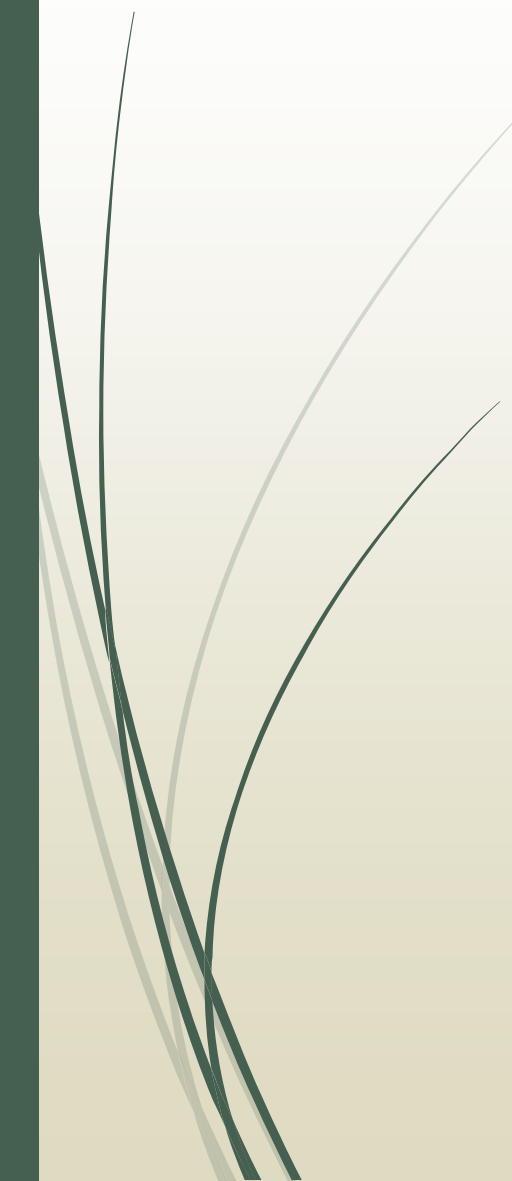


# Possible Complications

- ▶ Historically colonic perforations, now considered a rare complication
  - ▶ Minor bleeding
  - ▶ Abdominal Cramps
    - ▶ Instilled water too hot or cold
    - ▶ Water inserted too quickly into the bowel
  - ▶ Incomplete emptying of the instilled water
  - ▶ Obesity
  - ▶ Hydration
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# Challenges and Obstacles

- ▶ Patients need to be motivated and committed to learn
  - ▶ Have good manual dexterity and eyesight
  - ▶ Not cognitively impaired
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# Impact on Funding



- Healthcare facilities are more focused on cost effectiveness
- Irrigation is proven to be cost effective method
- Reduction in pouch usage compared to spontaneous evacuation

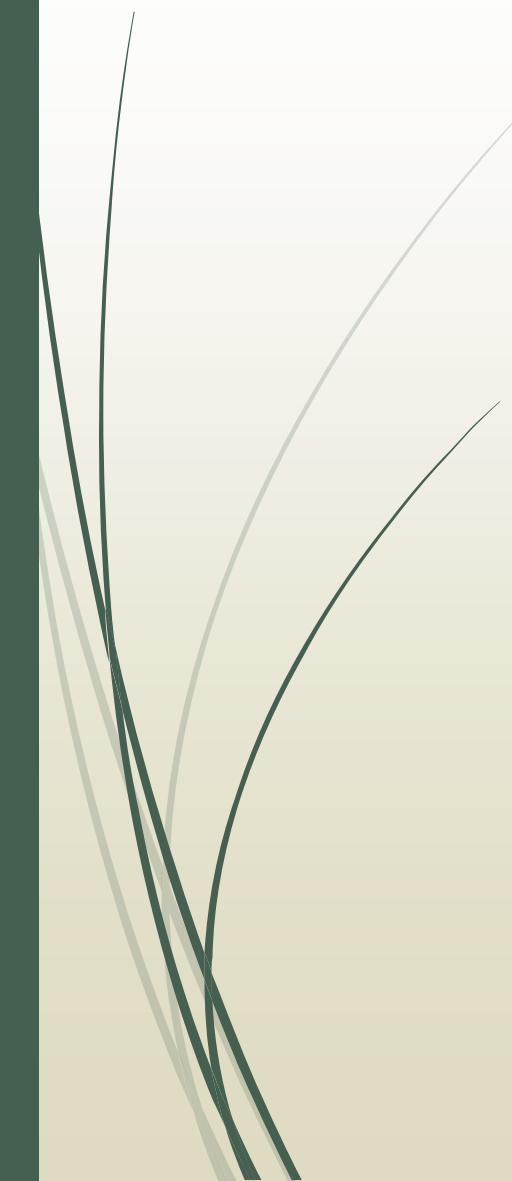
Annual cost when not irrigating                      \$2980

Annual cost when irrigating                              \$880

Cost savings per person annually                      \$2100



## In summary – Irrigation is.....

- A well established technique that assists permanent colostomy patients to regain bowel control
  - Seen as a safe and effective alternative for bowel evacuation
  - Has significant benefits to improve quality of life for patients
  - Can reduce stress and anxieties when having a stoma
  - Cost effective to healthcare facilities
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# How do we irrigate – lets do a practical demonstration

