

# The high output stoma and intestinal failure

Julian Hayes

Colorectal Surgeon

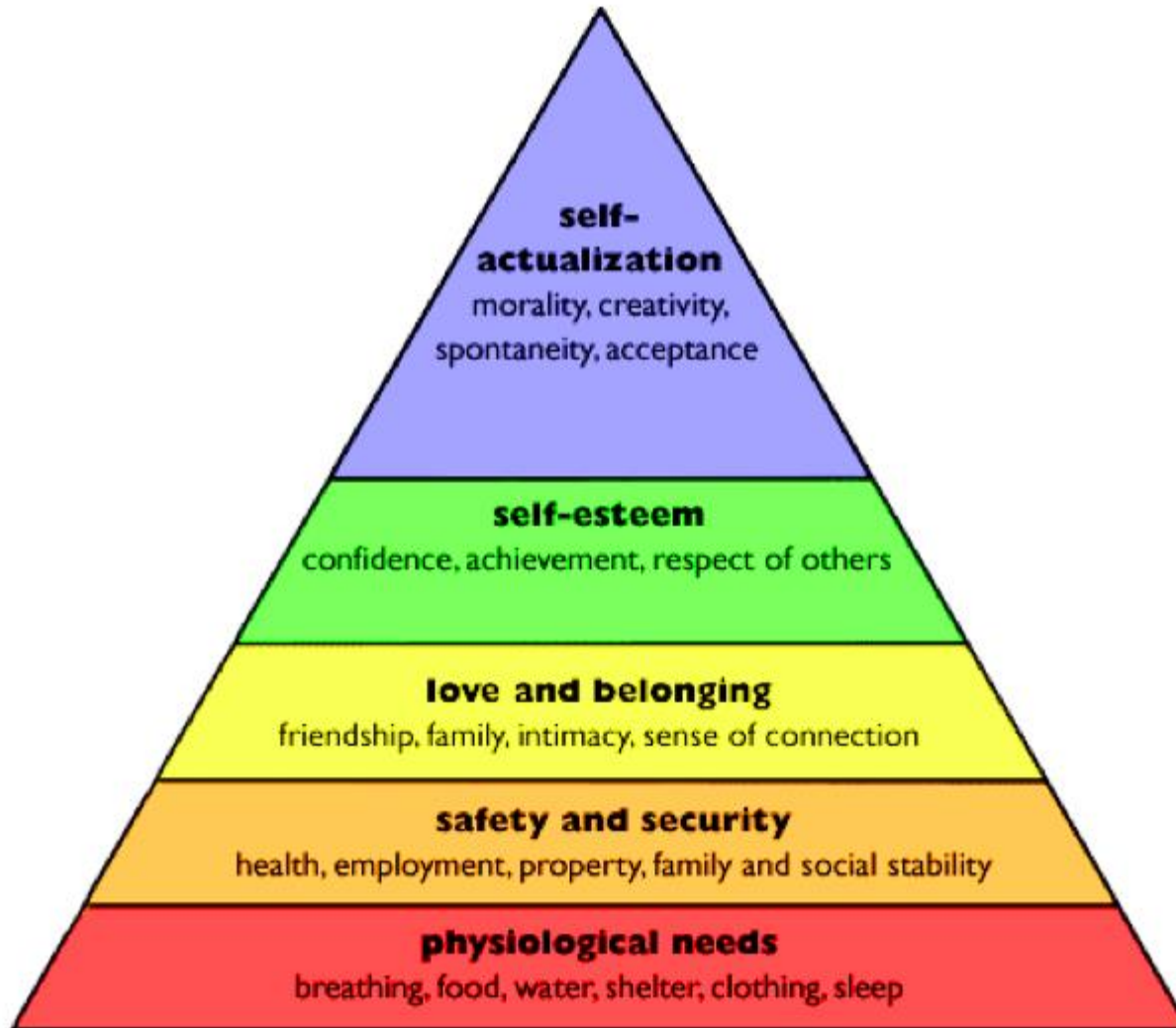
Auckland City Hospital

**“DON’T ANTICIPATE DISASTER”**



Actually it is a disaster

What's really important?



# Fluid and electrolyte balance

If you dehydrate, you die

# Protein/calorie Nutrition

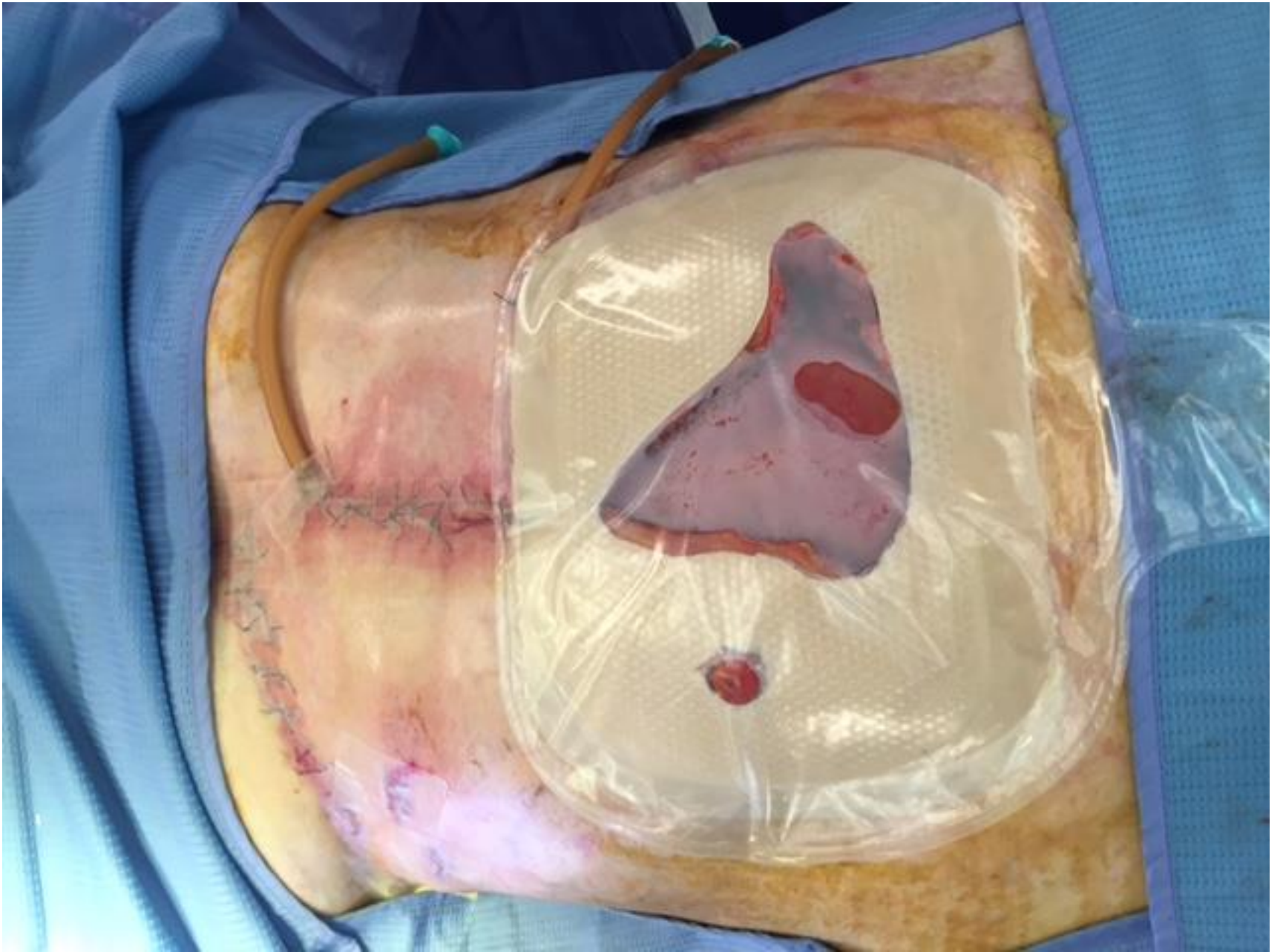
if you don't absorb enough food, you  
will get sick and eventually die



What about quality of life?

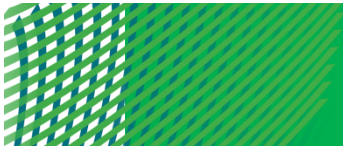
# **SKIN PROTECTION**

Where does intestinal failure fit in?



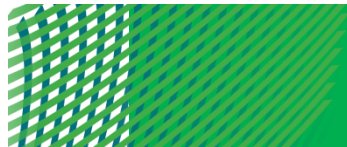
# What is IF?

- Intestinal failure (IF) is *“the reduction of gut function below the minimum necessary for the absorption of macronutrients and/or water and electrolytes, such that intravenous supplementation (IVS) is required to maintain health and/or growth”* (ESPEN 2016).



# Pathophysiology of IF

- Short bowel
- Intestinal fistula
- Intestinal dysmotility
- Mechanical obstruction
- Extensive small bowel mucosal disease



# What can we do about it?

- Don't drink too much water
- Eat lots of carbs
- Take your medicines  
(dissolve loperamide)
- Replace losses IV
- If possible rejoin the gut  
(intestinal continuity)

# Loperamide

- Specific to gut mu opioid receptors
- Slows gut transit/increases fluid & salt absorption
- Titrate max dose up to around 40-50mg/day
- 2mg capsules (break open) or tabs (dissolve)



# Other medicines

- Codeine- dependence/ other issues
- Fibre supplements
- Bile salt/pancreatic enzyme replacements
- Vitamins/micronutrients

# Re-establish intestinal continuity

(doesn't mean you won't have a stoma)

# What kind of patients

- All ages; 19-70+ years
- Males>>females 8:1
- Trauma/iatrogenic injury predominates
- Psychological/dependence issues
- Underlying comorbidity is often subsequent cause of death

# What is involved?

- 9 patients, > 16 operations over 7 years
- Usually 5-12 months in hospital each op
- Huge use of multidisciplinary resources
- High complication/ mortality rate

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- 48 yo man, death after 3 x ops over 2 years



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# It takes a team

- Dietitian
- TPN CNS
- Pharmacist
- Stoma nurse specialists
- Ward nurses
- Psychologist
- Doctors (Gastro/Surgeon/Psych)

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