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associação brasileira de estomaterapia

Estomias
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Incontinências

ORIENTATION GUIDE FOR PEOPLE WITH STOMA IN THE AMAZON REGION



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International Data Cataloging-in-Publication (CIP)

M294m Manual de orientação a pessoa com estomia na região
Amazônica / Regina Ribeiro Cunha, Rafaelle Ribeiro
Rabello, Vanessa Vieira Lourenço-Costa, organizadoras. -
Belém, 2019.

21f.

Referências: f. 19-20.

1. Estomia/tendências 2. Estomia/reabilitação 3.
Estomia/educação 4. Região Amazônia I. Cunha, Regina
Ribeiro II. Lourenço-Costa, Vanessa Vieira, III. Rabello,
Rafaelle Ribeiro IV. Título

CDU 617.59811

Cataloging in publication: Luciene Dias Cavalcante - CRB 2/1076

SOBEST - Associação Brasileira de Estomaterapia

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TABLE OF CONTENTS

INTRODUCTION	2
1 KNOWING MY STOMA.....	3
2 ATTACHING THE POUCHING SYSTEM	4
3 HOW DO I EMPTY MY COLLECTION POUCH?	6
4 CHANGING MY COLLECTION POUCH	7
5 REMOVING THE COLLECTION POUCH.....	10
6 MY BODY, MY CLOTHES, MY SEXUALITY	11
7 LIFE IS MOVEMENT: I CAN EXERCISE!	12
8 HEALTHY FOODS: I WANT THEM, I CAN EAT THEM!.....	13
9 TEN STEPS FOR HEALTHY EATING	15
10 LEISURE AND ENTERTAINMENT	16
11 CHARTER OF RIGHTS FOR PEOPLE WITH STOMA	17
REFERENCES	19
ON THE EXTENSION PROJECT	21

INTRODUCTION

A decorative graphic consisting of two overlapping brushstrokes. The top stroke is light blue and the bottom stroke is light orange, both with a soft, painterly texture.

This guide is a product of the Extension Project: Dialogic Network for People with Stoma—supported by the Pro-Dean of the Universidade Federal do Pará Extension (PROEX-UFGPA). This network was developed through monthly meetings from 2013 to 2016 for people with stoma and their relatives, registered in the Care Services for People with Stoma (*Serviço de Atenção à Pessoa com Estomia*), at the Presidente Vargas Specialized Referral Unit (URE) linked to the Secretary of State for Public Health (SESPA/SUS-PA).

The main objective of this project was to promote a collective space of action-reflection-action and to foster a dialog between patients, family members, students, teachers, and health professionals, considering the needs of the people with stoma who participated in the activities. At each meeting it was possible to mediate the issues about basic care for the stoma and peristomal skin area, nutrition, physical activity, and rights of the person with a stoma, prioritizing the process of rehabilitation and improving the quality of life of this population, especially in the Amazon region.

1 KNOWING MY STOMA

A stoma is a surgically created opening on the wall of the abdomen for the elimination of feces or urine. Some people may have health problems that require surgery to create a stoma, such as colorectal cancer, inflammatory bowel disease (IBD), and accidents, among others.

A stoma can be permanent or temporary.

A stoma is a solution to a health problem, enabling the patient to resume the majority of the activities performed before surgery. Your stoma is just like the mucosa of the mouth and it must be pink, moist, shiny, and not painful to the touch. The use of a pouching system affixed to abdominal wall is essential to collecting feces or urine.



2 ATTACHING THE POUCHING SYSTEM

You can attach your pouching system after bathing and whenever there is a need. Check its usage period and avoid going more than 3 or 4 days past that before replacing it. It is important to keep the collection pouch adhering to the skin of the abdomen to prevent leakages and the onset of itching and lesions, called peristomal dermatitis.

1. Pay attention to your stoma and to the peristomal skin (around the stoma). If you have much body hair, that can be trimmed using a small rounded-tip scissors. Wash the scissors with soap and water before and after use.
2. Clean your stoma and peristomal skin with soap and lots of water, removing the soap completely.
3. Dry the peristomal skin gently with a small towel or a soft cloth (like a diaper or soft tissue paper) without rubbing.
4. With the tip of your fingers touch your peristomal skin and feel if it is smooth, soft, hydrated, and healthy.
5. Your stoma should be pink, moist, shiny, and healthy. Touch your stoma without fear, you won't feel pain.
6. Apply the skin protector (tissue or spray) on the peristomal skin after cleaning it, especially if you have an ileostomy or a urostomy. The skin protector forms a protective film, preventing itching and lesions.
7. Use the stoma measuring paper and find its size. Draw the shape of your stoma on the paper or plastic that protects the baseplate (the adhesive side) and cut the correct size in it with clean scissors. This is important to prevent itching and lesions and to keep feces or urine from depositing on your peristomal skin.



The baseplate must be cut to the size of the stoma with no gaps, preventing the feces or urine from coming into contact with the skin around it.

8. Standing in front of a mirror, stick the adhesive side to your clean and dry skin. If you need someone to help you, it is best if you lie down.



9. Then attach the closed collection pouch onto the stoma with the clamp, applying slight pressure on the baseplate with your fingers moving from the bottom to the top. Remember that each type of baseplate has a specific pouch it fits with.



**When you receive your two-piece system, check that the baseplate fits perfectly into the collection pouch.
If not, replace it immediately!**

3 HOW DO I EMPTY MY COLLECTION POUCH?

1. Standing beside the toilet bowl or in the outhouse or sitting on it, open the bottom of the pouch and empty all the contents into the opening.
2. In the case of feces, you should wash the pouch by filling it with water using a toilet sprayer, small plastic bottle, or bowl and empty it. Dry the outlet of the pouch with paper or cloth and close it.
3. If you are in an inside bathroom, close the lid of the toilet and flush it.
4. If you are in an outhouse with a dry sump use lime, ashes, or sawdust to reduce odors and, when the sump is full, a new one can be built.
5. Wash your hands with soap and water very well before and after you use the bathroom.



6. When you leave the house always bring your hygiene materials: the pouching system, small bottle with water, plastic bag for garbage, soft tissue paper or cloth, pre-cut baseplate, and a collection pouch.

4 CHANGING MY COLLECTION POUCH



1. Your daily bathing routine should be maintained.
2. Always empty your collection pouch before bathing.
3. If you take a shower, you can wash yourself with or without the collection pouch on, but this is a good time to change it.
4. If you are bathing in a river or stream, always keep your collection pouch on. Remember that the adhesiveness of the collection pouch baseplate may diminish due to direct and prolonged contact with water.
5. Drainable pouches can be washed, left soaking in a solution of soapy water and left to dry in the shade. After drying completely, dust common talc into it and store it in a special location that is clean and airy, away from direct sunlight.



It is worth remembering that reusing the pouch is not ideal, even if it is clean and stored properly. Unfortunately that is not the reality of a person with a stoma in Brazil.

6. If there is bleeding in your stoma due to direct contact with the water from the shower, lightly press the area and usually the problem is solved.



If bathing in rivers or streams, spend less time in the water to prevent the detachment of your collection pouch. After leaving the water, dry your collection pouch. If necessary, replace it with a clean, dry one.

7. Empty the effluent (feces or urine) from your pouch into the toilet or the outhouse and discard the pouch in a garbage bin with a lid for proper disposal. Pouching systems, although made of plastic, cannot be recycled.



The pouching system is made of plastic, but because it contains feces/urine, it cannot be recycled. Plastics take hundreds of years to degrade, cause blockages in sewage systems, pollute rivers, lakes, and oceans, and contribute to flooding.

**DO NOT THROW YOUR COLLECTION POUCH INTO
THE RIVERS AND STREAMS.**

Let's preserve our environment and keep it clean.

5 REMOVING THE COLLECTION POUCH



1. Schedule time to empty your collection pouch in accordance with your elimination habits, doing it before it reaches half of its capacity to avoid possible leakages.



2. Empty your collection pouch into the toilet or outhouse. With a soft cloth damp with water, carefully remove the baseplate, which can be done during your bath or shower. If you have hair on the abdomen, it can be painful to remove it, so to avoid trauma to the peristomal skin, remain calm and use lukewarm water to facilitate the removal.
3. In the event of leakage before the scheduled changing day, immediately replace your collection pouch to prevent itching and lesions in your peristomal skin.



Store your collection pouch and appliances for protection and safety in a special, clean and airy location, away from direct sunlight.

Pay attention to the usage period.



6 MY BODY, MY CLOTHES, MY SEXUALITY

A decorative graphic consisting of two horizontal brushstrokes. The top stroke is light blue and the bottom stroke is light orange, both with a soft, painterly texture.

You can adjust your clothes according to the location of your stoma. Your pouching system can be used below the underwear (panties, briefs, or boxers), contributing to comfort in your movements and activities.

As you resume your activities and feel secure with the pouching system, you can also resume your intimate life. The stoma does not preclude intimacy, cuddling, or a sex life.

- The use of T-shirts or tank-tops can be an alternative for use on a day-to-day basis.
- Always empty your collection pouch before having intercourse, or change it, depending on how long you have been using it.
- Choose positions that do not stress your collection pouch and that are comfortable for you and your partner.

7 LIFE IS MOVEMENT: I CAN EXERCISE!

The practice of regular physical activity improves your mood and daily disposition, and promotes a sense of well-being.

You can practice light, moderate, or intense physical activity.

Light: take a bath/shower, washing dishes, driving.

Moderate: walking fast, cycling, dancing.

Intense: climbing stairs, jumping rope, swimming, running.

Before that, see your doctor and choose a physical activity that fits your health condition and that does not hurt your stoma.

Always empty your collection pouch before starting any physical activity.

In working activities avoid carrying weight. Picking acai or other fruit is not recommended, because injuries and trauma can occur while climbing up or down a tree.



You need to be careful with some contact sports such as football and combat sports (judo, karate, jiu-jitsu, etc.).

8 HEALTHY FOODS: I WANT THEM, I CAN EAT THEM!



- You can eat the same way you did before your surgery and can have three main meals per day (breakfast, lunch, and dinner), with snacks between meals.
- When introducing new foods to your diet, pay attention to those that cause unpleasant symptoms. Try them again some other time.
- Stress, anxiety, and emotional problems can interfere with the functioning of your bowel.
- Avoid industrialized seasonings such as: soy sauce, Worcestershire sauce, ketchup, and ready-made spices (powder, cubes, tablets). Use natural and regional spices such as parsley, cilantro, chives, basil, chives, chicory, sorrel, garlic, and onion.
- Avoid some foods that produce intestinal flatus and increase the odor of feces, such as: corn, broccoli, cauliflower, hard-boiled eggs, beans, raw onions, green bell peppers, cabbage, turnips, red beets, kale, radishes, cucumbers, garlic, canned foods, and smoked meats. Still, you can eat these as long as the portions are small. Also avoid carbonated drinks and alcohol, especially beer.
- Foods such as natural yogurt, parsley tea, apple peel tea, guava peel tea, and mint tea can decrease the smell of feces. Fennel tea helps eliminate flatus.
- Typical dishes such as *maniçoba*, *caruru*, and *vatapá* can be eaten with moderation, for they can also lead to a change in the appearance of feces and even cause diarrhea.
- *Tacacá* is another typical dish that is nutritious, healthy, and complete, and can be consumed because it has protein, carbohydrates, vitamins, minerals, and fiber, that is, everything that a full meal should have. Avoid adding too much pepper.
- Be moderate when eating foods rich in sugar such as: cakes (cassava, tapioca fridge cake, among others), sugarcane candy, peanut brittle, cupuassu bonbons, and coconut candy.

- You can eat game meats such as: paca, tapir, turtle meat from jabuti and tracajá, armadillo, and alligator, but with moderation.
- Increase your consumption of fruits rich in fibers, such as: pupunha, mango, pineapple, orange, because they promote the proper functioning of your digestive system.
- Avoid eating canned foods and fried foods such as: deep fried salty pastries, salted fish, fried beef jerky, canned meats, sausages, and mortadella. Remember, if you eat salt-cured meat or fish, always desalt them first (remove the excess salt).
- Increase your ingestion of water, juices, and other liquids daily to replenish lost nutrients and maintain hydration. Remember that you live in one of the warmest regions of the country, therefore, it is necessary to always drink enough fluid to keep the body hydrated.

ATTENTION, IF YOU HAVE AN ILEOSTOMY!

You can ingest foods rich in fibers, such as: pupunha, mango, pineapple, orange with the pulp, but in MODERATION. Sometimes, fibrous foods can cause obstruction of the ileum (part of the small intestine) blocking the passage of feces through the stoma.



9 TEN STEPS FOR HEALTHY EATING



Adequate and healthy nutrition is a basic human right that involves permanent access from both the physical and financial points of view in terms of quantity and quality, considering the principles of variety, balance, moderation, and pleasure.

The Dietary Guidelines for the Brazilian Population (2014), proposes 10 steps to a proper and healthy nutrition:

1. Foods *in natura* or minimally processed should be the basis of your diet. Peel more and unpack less.
2. Minimize the consumption of oils, fats, salt, and sugar in your culinary preparations.
3. Limit the consumption of processed products.
4. Avoid consuming ultra-processed products.
5. Eat regularly and with attention.
6. Shop in places that offer a variety of natural, minimally processed foods.
7. Develop, practice, and share culinary skills.
8. Take the time to give your meals the attention they deserve.
9. When you eat out, look for places that serve freshly-made food.
10. Think critically about the information, guidance, and messages on nutrition that you see in commercial advertisements.

10 LEISURE AND ENTERTAINMENT

- When you bathe/swim in the river/stream/beach/pool, give preference to wearing a patterned shirt or swimsuit for women and shorts for men. A patterned fabric is the best option to disguise the pouching system.
- When you go traveling (boat/speedboat/ferry/ship, bus, car, plane, or train) plan for the necessary quantity of pouching system appliances to take along with you.
- Don't forget to bring your hygiene material containing the pouching system, a small bottle with water, a plastic bag for garbage, soft tissue paper or a cloth, a pre-cut baseplate, and a collection pouch. Plan for how long you will be away from home and take enough appliances for your use.
- When traveling by boat/speedboat/ferry/ship use the bathroom of the vessel. Unfortunately, the Amazon rivers until now receive all human waste. Therefore it is necessary to reduce this problem, taking care of our "navigable streets" and protecting the environment.



11 CHARTER OF RIGHTS FOR PEOPLE WITH STOMA



It is a declared goal of the International Ostomy Association that this declaration of rights be recognized in all countries around the world. Persons with a stoma have the right to:

1. Receive preoperative counseling to ensure that they have full knowledge of the surgery benefits and the essential facts to survive with a stoma.
2. Have a well-made and well-located stoma, with full and appropriate consideration for the patient's comfort.
3. Receive medical support and specialized nursing care in the pre- and postoperative periods, both in the hospital and in their community.
4. Receive support and information for the benefit of their family, caregivers, and friends, in order to increase the understanding of the conditions and adjustments that are necessary to achieve a satisfactory quality of life with a stoma.
5. Receive full and impartial information about all relevant supplies and products available in their country.
6. Have unrestricted access to the variety of products available for stomas.
7. Receive information about the National Association of People with Stoma, especially on the services and support that are offered.
8. Be protected from any form of discrimination.
9. Be sure that all personal information related to their stoma surgery will be treated with discretion and confidentiality to maintain their privacy; no information about their medical condition shall be disclosed by any person who has access to it, for entities involved with the manufacture, trade, or distribution of materials related to stomas; nor can it be disclosed to any person who will benefit, directly or indirectly, because of their relationship with the stoma products market, without the express consent of the person with an ostomy.

Issued by the Coordinating Committee of the International Ostomy Association (IOA) in June 1993. Reviewed in June 1997. Reviewed by the World Council in 2004 and 2007.

IMPORTANT TIPS:

- If your stoma changes color (healthy: pink/red) to dark purple, brown or black, or if there is bleeding from inside the stoma, immediately go to your Stoma Therapist or Nurse from the nearest health service to verify the possible causes of these changes.
- Pay attention to the peristomal skin and always pay attention to any itching, redness, or lesions.
- Observe the coloration, quantity, and smell of feces or urine.
- In the event of diarrhea or watery stools, you need to empty your collection pouch more frequently and drink lots of water.
- Seek guidance from a health care professional in case of intestinal constipation (difficulty in evacuating) lasting more than 48h.
- If some of the situations above occur or in case you perceive any other alteration, immediately look for the Specialized Referral Service or Health Service nearest to your home.



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ON THE EXTENSION PROJECT



Dialogic Network of People with Stoma

The main objective of the extension project is to promote a collective space of action-reflection-action, which fosters the interests of users, health professionals, teachers, and students from the perspective of these subjects, taking participative research as their reference.

Belém (PA), Brazil.

ON THE GROUP ENFESTA



Group of Teaching, Research, and Extension in Stoma therapy in the Amazon - ENFESTA

The ENFESTA group aims to develop teaching, research, and extension activities, with a focus on health promotion, rehabilitation, and technologies for equipment and devices for the health care of people with stomas, acute and chronic wounds, fistulas, and urinary and anal incontinence in the Amazon region. The insertion of this subject in undergraduate and graduate Nursing studies and related areas, the guidance of students in undergraduate and graduate programs, and in scientific initiation, their professional development, continuing education courses, extension activities, scientific events and publications, are among the main activities developed by the group through shared experiences and the commitment to a more qualified scientific, technological, and artistic production.

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