

“The Young Ones”

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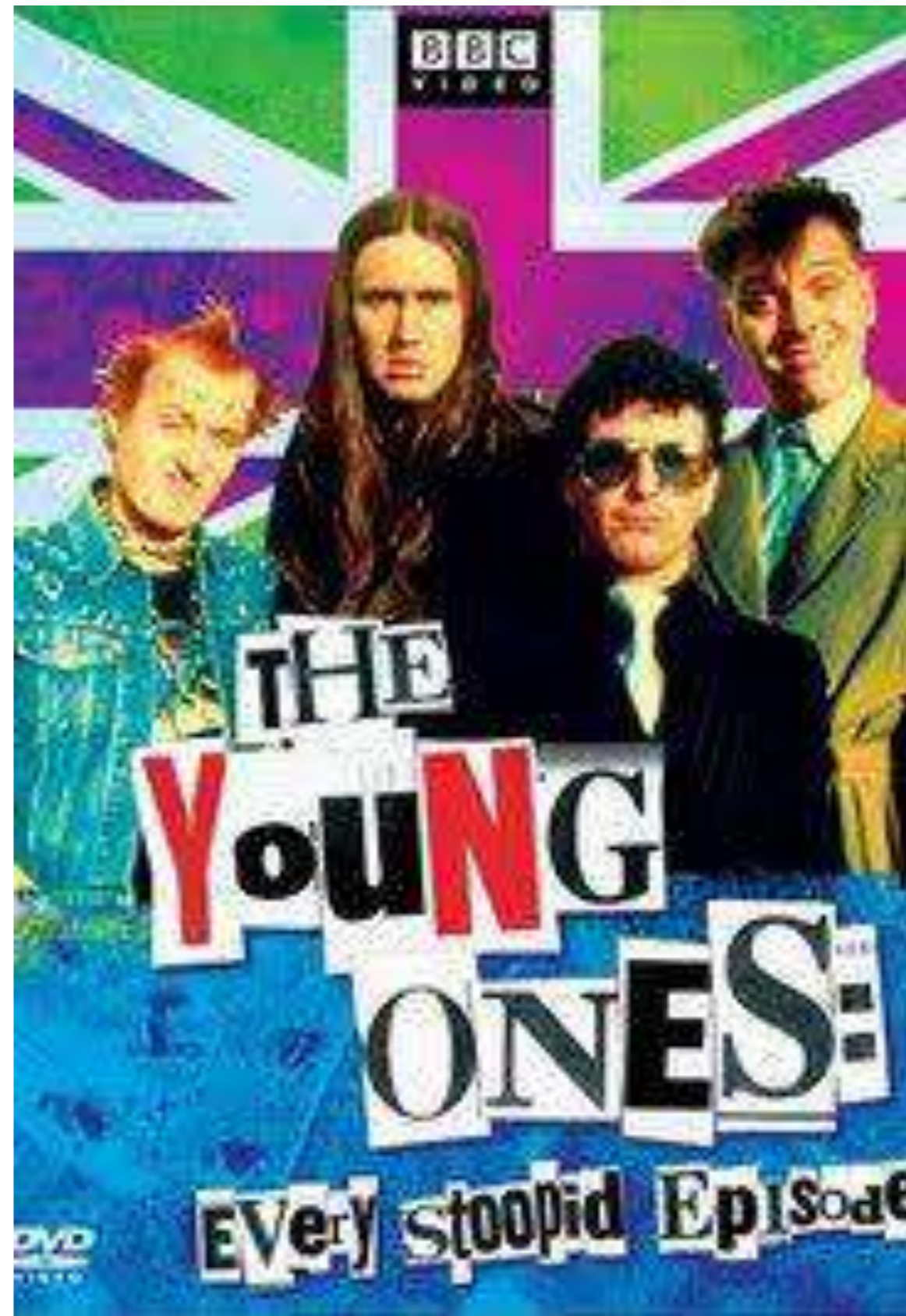
Me:

- Stoma care nurse for more than 13 years
- ET-education, Australia
- Master degree in clinical nursing
- SOON 42 - NOT SO YOUNG!
- This presentation is my experience working with young people with a stoma



You:

- Crohn's disease
- Ulcerative Colitis
- Not so common ;
Cancer (haematology,
sarcoma, intra-
abdominal tumors)
- Rare; Trauma (gun
shot, knife stabbing,
traffic accidents)



The first meeting - How do YOU react?

- Often not the first time YOU have met the threat and fear of having a stoma created.
- Physical condition: weight loss, fatigue, frequent visit to the toilet, influenced by medication
- Mental condition: state of shock, having spend a lot of time in hospital/missing out on parties, friends, YOUR life

Have YOU been seeking info on the internet?

- NO!!!
- ... some have..on Google, Net Doctor
- Most have rejected the thought of having a stoma - that goes for some parents as well
- Other with a stoma - their experiences, varies blogs
- Guide for the young people from the Ostomy Association (Unge Stomi Guide)???? Still a very good initiative!

Parents!

- Annoying!!! if YOU wish to talk about YOUR private life
- Fear YOUR life and future
- The best support and the greatest love



Seeking Info before surgery

- Does a pamphlet appeal to YOU?
- Used to look up info OF INTEREST!!!!
- You ask what YOU need to know
- Facebook - can be supportive but has many sad stories.



Seeking info after surgery

- Benefit from talking to other young persons with a stoma
- The Stoma Care Nurse - doesn't know how it is to have a stoma, but provides good support!
- Networking on social platforms - small and limited groups
- Ostomy Association?????? For old people?????
- More proactive to get stoma care products???

Post operative recovery

- Quick recovery!
- When feeling just a little better = discharge
- Resume daily - normal - life
- Feeling different because of the stoma and bag
- Rare guest in the outpatient clinic



Major set backs!

- Complications! - recurrence of eg. Crohns disease, fistulas, abscess
- Need to use some types of appliances, which does NOT suit YOU - eg. a convex base plate



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- YOU need the appliances that fit your stoma; shape size, out put
 - MAYBE younger person are more reluctant to try out new bags - If it ain't broken- Why fix it??



Perception of the body post surgery

- Focus on THE PERFECT BODY- focus on a better health
- Choosing a bag that are less visible
- Fear reactions from friends and lovers
- Sex and stoma is not an obstacle!!!
- Once again - the feeling of being different!

Life after stoma creation

- Reorientation - finding YOUR way back to YOUR circle of friends. YOU have an experience with a constrained disease or a life threatening condition
- Going back to school/resume studies - dedication to the choice of education
- Considerations about children - often it will influence a removal of the stoma

“YOU are not that different from other people with a stoma - YOU are just younger”.