To obtain further information or help with any stoma questions, contact your Stomal Therapy Nurse

Name: .................................................................

Phone: .................................................................

Hours: .................................................................

What is a Stomal Therapy Nurse?

Prepared as a guide by the:

Australian Association of Stomal Therapy Nurses Inc.
Education and Professional Development Subcommittee

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www.stomaltherapy.com
What is a Stomal Therapy Nurse?
- A registered nurse who has taken recognised further study specialising in Stomal Therapy Nursing
- The Stomal Therapy Nurse is responsible for the care and teaching of people who are anticipating or have had surgery resulting in the creation of a stoma
- The Stomal Therapy Nurse educates people in the pre and post operative periods to manage their stoma and will discuss any issues important to you and your family
- Stomal Therapy Nurses are located in most major hospitals and some community nursing services
- Stomal Therapy Nurses may also care for people requiring wound, drain, breast and continence care

What is a stoma?
- A stoma is an artificial opening created by surgery
- The stoma acts as an opening into the body for the exit of body wastes such as urine or faeces
- The most common type of stoma is an opening into the large or small bowel
- A stoma may be permanent or temporary

Why do people need a stoma?
- Trauma to the bowel
- Cancer
- Congenital abnormalities
- Inflammatory bowel conditions
- Radiation damage
- Protection of an anastamosis (the joining of two pieces of bowel)

Who has a stoma?
- Anyone from a newborn baby to the very old
- People come from all walks of life
- Australia has over 25,000 people with a stoma at any given time
- A person with a stoma is not a different person, but has a different way of going to the toilet
- A stoma should not keep people from enjoying a family life, social activities, sport and business life

Stoma types
Colostomy
- An opening into the large bowel (or colon)
- May be temporary or permanent

Ileostomy
- An opening into the small bowel (or ileum)
- May be temporary or permanent

Urostomy (Ileal Conduit)
- A stoma made from a piece of small bowel (ileum) to divert urine