

Home Health Agency New Ostomy Patient Discharge Checklist

UOAA recognizes the challenges faced by home health nurses who have not been specifically trained or certified in ostomy care. Bring value to your home health agency for your patients with new bowel or bladder diversions by having your clinical staff utilize this checklist of evidence-based minimal discharge criteria to ensure positive outcomes. This criterion is based upon a WOCN Society consensus panel¹.

- Patient/caregiver is able to identify when to empty gas or effluent from the pouch.
- Patient/caregiver is able to demonstrate the correct way to empty the pouch.
- Patient/caregiver is able to verbalize when to change the pouching system based on an established wear time. Wear time should be established for patient-specific situations prior to discharge.
- Patient/caregiver is able to provide a return demonstration of how to change the pouching system including removal, cleansing, and replacement application.
- Patient/caregiver is able to identify the appearance of normal peristomal skin.
- Patient/caregiver is able to identify the normal appearance of the stoma.
- Patient/caregiver is able to describe changes in stoma appearance that require the patient to seek medical attention.
- Patient/caregiver is able to describe changes in the skin surrounding the stoma that require the patient to seek medical attention.
- Patient/caregiver is able to describe or demonstrate the management of skin irritation surrounding the stoma.
- Patient/caregiver is able to describe the expected volume, consistency, and character of the stoma output.
- Patient/caregiver is able to describe changes in stoma output that require the patient to seek medical attention.
- Patient/caregiver is able to verbalize the importance of and demonstrates measuring the stoma and altering the skin barrier opening to accommodate changes in the stoma size.
- Patient/caregiver is able to describe a plan for obtaining their appropriately fitted ostomy supplies.
- Patient/caregiver is able to discuss issues related to living with an ostomy and identify resources (e.g., UOAA Affiliated Support Group Finder, *New Ostomy Patient Guide*).
- Patient/caregiver is able to describe diet and fluid guidelines according to the type of stoma and able to identify resources (e.g., UOAA's *Eating With An Ostomy* or a Registered Dietitian).
- Patient/caregiver is able to identify resources to access a certified WOC nurse.

For more helpful ostomy patient resources for home health providers visit www.ostomy.org and www.wocn.org for free resources on care of the ostomy patient.

¹ Colwell, J. C., Kupsick, P. T., & McNichol, L. L. (2016). Outcome criteria for discharging the patient with a new ostomy from home health care: A WOCN Society consensus conference. *Journal of Wound, Ostomy and Continence Nursing*, 43(3), 269–273.