Stoma Care Nursing Service – Hospital and Home
A Guide to the Stoma Care Nursing Service within Lothian

Stoma Care Nurse Specialists

At present there are 2.5 full time Stoma Care Nurse Specialists working within the Western General Hospital, Edinburgh. They are employed specifically to provide information, education and support to you and your family regarding stoma management.

Philosophy of Care

All patients who require surgery resulting in stoma formation will be provided with a quality holistic service, which, where appropriate, will involve their carers, to ensure that the optimum level of rehabilitation is achieved.

Pre–operative Care

Once the decision has been made by the Surgeon that surgery resulting in stoma formation may be necessary, referral is made to the Stoma Care Specialists. She/he will arrange to meet you, and your family/carer if required, either in the hospital or if preferred your own home. At this stage you will be given information and literature. This allows you to make an informed decision regarding the proposed surgery. On admission to hospital the nurse will place a mark on your abdomen which acts as a guide for the surgeon as to the position of the stoma.

Post–operative Care

After your operation the Stoma Care Nurse Specialist will be involved in providing you with education and support. Along with the ward nurses they will teach you how to care for your stoma in readiness for going home. You will be given unbiased product information and choice, together with dispensing options. Smooth transition from hospital to home is essential and the Stoma Care Nurse Specialist, together with the ward staff and any necessary support agencies, will ensure effective community support and follow–up.

Discharge Planning

Discharge planning for the person with a stoma involves much more than transferring from hospital into the community. A systematic plan is implemented and evaluated to ensure an optimum level of independence and care at home.

Recovery from the physical effects of surgery, and the development of practical stoma and appliance management, are the two criteria generally used to determine your readiness for discharge.

The role of the Stoma Care Nurse Specialist is to initiate and co–ordinate post–operative teaching and to assess each person's needs, concerns and individual circumstances. Realistic goals are set, focusing on enabling you to return home with the practical skills of every day management of both stoma and appliance. You will, for as long as required, receive continued care of a practical and supportive nature, in order to progress towards physical, psychological and social rehabilitation.

Working together with ward staff, the Stoma Care Nurse Specialist works to the discharge protocol in order to ensure that all aspects of stoma care management are met prior to discharge home.
Home Visits

The first home visit will take place within 7 days of discharge and you will routinely receive 1-2 home visits. Further visits and clinic appointments will be arranged as necessary.

Should you live out with the Edinburgh and Lothians area, a referral will be made to your local Stoma Care Nursing Service.

No stoma patient is ever discharged from the care of the Stoma Care Nurse Specialists, and even after many years, they will be available to give you advice, support or update on product information.

Clinics

Western General Hospital:
Monday morning – emergency clinic
Tuesday and Wednesday mornings

St John’s Hospital:
Thursday mornings

Outreach clinic:
Bonnyrigg Community Hospital
Roodlands Hospital

Appointments for these clinics can be made through the Stoma Care Nurse Specialists.

Dispensing Options

There are a number of ways in which you can obtain your supply of appliances. These options will be discussed with you prior to discharge and all relevant information given.

Contact Telephone Numbers and Associations

Colostomy Association

PO Box 8017, Reading.
Berkshire RG6 9DF

Tel. 0118 986 7597
Help Line 0800 587 6744
e-mail cass@colostomyassociation.org.uk
Web site www.colostomyassociation.org.uk

Ileostomy and Internal Pouch Support Group

Peverill House, 1/5 Mill Road, Ballyclare.
County Antrim BT39 9DR

Tel. 0800 018 4724
e-mail info@the–ia.org.uk
Web site: http://www.the–ia.org.uk
Urostomy Association

Central Office,
18 Foxglove Avenue
Uttoxeter
Staffordshire ST14 8UN

Tel. 0870 770 7931 or 0845 241 2159
e-mail info.ua@classmail.co.uk Web
site http://www.uagbi.org/

Colorectal/Stoma Care Nurse Specialists

The Stoma Care Nurse Specialists can be contacted directly by telephone on:

0131 537 2191 (voice mail is available) or by mobile phone:

David Lawson 07768 024371
Anne Haston 07747 788642
Mary Somerville 07717 862513

Western General Hospital Switchboard —0131 537 1000