



## **Scottish Stoma Care Nurse Guidelines for Prevention of Parastomal Hernia**

### Statement:

Patients with a stoma referred to the stoma care specialist will be assessed and an individualised prevention of parastomal hernia plan will be formulated.

### Structure:

The patient and nurse agree on the appropriate prevention of the parastomal hernia plan to minimise the risk and consequent complications.

### Process:

1. Ensure a private, confidential and safe environment where the patient can be examined, assessed and information provided.
2. Describe to patient what a parastomal hernia is and how one develops.
3. Explain the consequences of parastomal hernia including the appearance, discomfort, complications and possible surgical intervention supported by evidence based research.
4. Using clinical expertise undertake a clinical history to ascertain predisposing factors for parastomal hernia development ( appendix 1a ).
5. Advise all post operative patients to purchase lightweight support underwear from high street store. If clinical assessment dictates a firm fitting garment a prescription may be organised.
6. If assessment dictates a firm garment is required refer to trained fitter.
7. All post operative patients should be provided with relevant information to help prevent hernia formation. This should be supported with written information including appropriate exercises.
8. Discuss activities that increase the risks of parastomal hernia formation e.g. lifting, strenuous, exercise, and gardening.
9. Inform patient that driving after surgery should be avoided until after 4 weeks, if laparoscopic surgery and six weeks, if after open surgery. Driving should also be avoided if the patient has an open wound. Advise to confirm against patients insurance providers.
10. All patients who require measured for a firm support garment should be seen three months after they have received the support garment to ensure they are wearing it properly and reviewed in one year to assess compliance and to reiterate information.
11. Inform general practitioner of the referral for fitting of a firm support garment.
12. Involve family and carers where appropriate and with patients permission.
13. Evaluate patients understanding.
14. Document all outcomes in appropriate patient record.
15. Feedback information to appropriate health care professionals

Outcome – The patient states the nurse offered advice on the prevention of parastomal hernia.

