



CLINICAL ASSESSMENT IDENTIFYING RISK FOR PARASTOMAL HERNIA

1 - low risk 2 - medium risk 3 - high risk

Predisposing consideration	Risk factor	Value	Total
Age	Age 5-15	1	
	Over 70	3	
BMI	Obese	3	
Occupation/ lifestyle	Manual *	3	
	Young family	2	
Activity	Fairly active	2	
	Gym/physical exercise	3	
Surgery/Stoma site	Robotic / laparoscopic surgery	2	
	Transverse colostomy	3	
	Colostomy	2	
	Stoma out of rectus muscle	2	
	Previous parastomal hernia repair	3	
	Trephine stoma	2	
	Aperture >35mm	3	
	Open wound	1	
	Multiple stoma	1	
Diagnosis	Malignancy	2	
	Diverticular	2	
	Existing hernia (any)*	3	
	Previous hernia	3	
	AAA	1	
	Connective tissue disorders	2	
	Diabetic on assessment & within 6months of surgery	3	
Smoking	Smoker	3	
Medication	Taking Steroids on assessment & within 1 year of surgery	3	
	Steroids long term	1	
	Currently having Chemotherapy	1	
	Currently undertaking Pelvic radiotherapy	3	
Raised intra abdominal pressure	COPD/Emphysema	3	
	Ascites	3	
	Acute constipation (colo/uro)	1	
	Existing hernia and heavy manual work and physical exercise are high risk irrelevant of score.	Total	

Total risk score: Low risk: 0-15 High risk: 16 and above

Recommendation - Light weight support garment Firm support garment.

Comments

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