

An investigation into patient's experience and medication management of their high output stoma.

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Background

A high output stoma is classed as an output of over 1200ml in 24h.

This increases risk of : dehydration and electrolyte depletion.

4 ways to decrease stoma output:

- Anti-motility agents (Most common)
- Anti-secretory agents
- Corticosteroids
- Fibre supplementation. [2]



Results:

Overall most patients were satisfied on how to manage their stomas.

“How comfortable do you feel managing your high output stoma?”



- 23% of patients did not understand the roles of all their stoma medications
- 53% of patients took codeine (the next step on the guidelines)
- 3 patients were on fluid restrictions

Conclusion

18%

of the patients were fully compliant with the trust guidelines

The results show raising awareness with health care professionals of the guidelines is needed - an audit on this could be done.

Main limitation: small sample size.

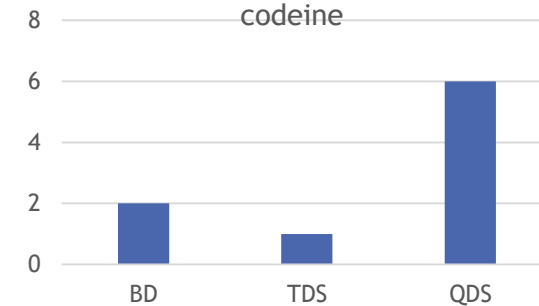
References

1 - NUTH, *High output Stoma Management Flow Chart*, Date accessed: 10/03/21.

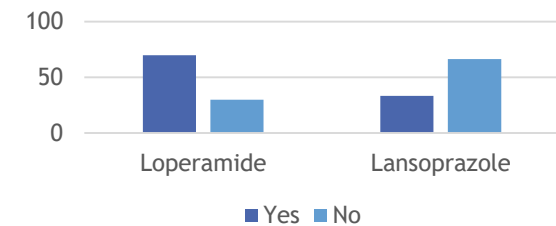
2 - Rowe K M, Schiller L R, Ileostomy diarrhea: Pathophysiology and management, *Baylor University Medical Centre Proceedings*, 2020, Vol 33, Issue 2, Pages: 218-226, Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7155987/> Date accessed: 10.3.21.

3 - Woolf S H, Grol R, Hutchinson A, Eccles M, Grimshaw J, Potential benefits, limitations, and harms of clinical guidelines, *The British Medical Journal*, 2020, Volume:318, Pages: 527-530, Available from DOI: [10.1136/bmj.318.7182.527](https://doi.org/10.1136/bmj.318.7182.527)

A graph to show the frequency at which patients take their codeine



A graph to show the number of patients taking the two first line drugs as stated on the guideline



PATIENT CARE: Clinical guidelines have been proven to improve quality of care received by patients - there is currently limited guidance on stoma management [1,3]

NUTH's guidance:

1ST Line: Anti-motility agent
Anti-secretory agent

Methodology

17 structured interviews were carried out in the trust over 28 days. Thematic analysis of open ended questions were used Primary data was compared to existing guidelines.