

# Quality Of Life Case Study

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*This case study represents my experience in using Dansac NovaLife TRE soft convex barrier with this specific patient and may not necessarily be replicated.*

### Patient Overview

The patient is a male in his early sixties. He had a colostomy formation seven years ago following a diagnosis of bowel cancer. He requested a review as he recently found he could no longer tolerate his current stoma product due to irritated peristomal skin which was observed to be red and sore. This was painful and uncomfortable as reported by the patient and had an adverse effect on his quality of life.

### Patient History

The patient is a very social and active man who likes to cycle to keep fit. He was concerned that the edge of his current pouch was causing irritation to the skin from friction when cycling. This painful peristomal skin complication was affecting his quality of life. Lyon et al (2001) states that the skin's response to repeated friction triggers the basal keratinocytes to proliferate and increase the thickness of the epidermis.

On examination, I discovered that he had developed irritation to almost all of the peristomal skin located under the footprint of the barrier, however this also extended out beyond the barrier edge between 7 - 11 o'clock (Photo 1). I reviewed his past medical history, current medication, and assessed his skin using the DET score, which was 4.

This ostomy skin tool is a standardized measuring instrument for assessing the extent and severity of peristomal skin change in terms of discolouration (D), erosion (E), and tissue overgrowth (T) (DET) (Martins et al 2010).

During his consultation, he reported no changes to his stoma care management, including cleansing regime. His skin was clear of hair and he reported no changes to his diet. Internal and external factors were also explored and ruled out (including weight loss/gain).



Photo 1: Red and irritated skin affecting the patient's quality of life



Photo 2: Visual improvement in peristomal skin health after one week review using Dansac NovaLife TRE soft convex barrier

### References

- Lyon.C. Smith. A (2001) Hampshire. Thompson Publications. Abdominal Stomas and their Skin Disorders. P 198.
- Martins L; Ayello EA; Claessens I; Hansen AS; Poulsen LH; Sibbald RG; Jemec. (2010) The Ostomy Skin Tool: tracking peristomal skin changes. British Journal of Nursing. V 19. P960 – 964.
- Metcalfe. C. 2018. Managing moisture-associated skin damage in stoma care. British Journal of Nursing. V 27. No 22.

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### Intervention

Due to the irritation to the area directly in contact with the current barrier, I discontinued the use of the patient's current product. Instead, I decided to trial, and closely monitor, the Dansac NovaLife TRE soft convex barrier as I felt this product would be more comfortable for the patient due to its flexibility. I also felt that the pH buffering properties of the product may help to improve the patient's skin health (Metcalf 2018). The patient immediately reported that the pouch felt more comfortable to wear than his previous pouch, and was flexible on movement whilst still feeling secure.

“ The patient feels confident with the Dansac NovaLife TRE soft convex barrier which maintains his active lifestyle. ”

The patient was given one week's supply of the Dansac NovaLife TRE soft convex barrier and a review was arranged for the following week. However, the patient contacted the service the following day to request an order as he was so pleased with the comfort of the Dansac NovaLife TRE soft convex barrier. He also asked for his prescription to be changed so the product would be available on repeat prescription.

### Conclusion

As part of an overall care plan, the patient feels confident with the Dansac NovaLife TRE soft convex barrier. It maintains his active lifestyle and he has not reported any skin irritation when cycling. He finds the barrier comfortable and flexible to wear and is feeling much happier and positive. His skin is visually improved with a DET score of 2 (Photo 2).

### Key Learnings

- Be aware of the patient's quality of life and how stoma care nurses can make a direct and positive impact
- Keep up to date with new product technology and innovation. Selecting the right product at the right time can improve both physical and emotional outcomes
- Be mindful of the Importance of regular reviews and patient feedback (including comfort of stoma products and impact on quality of life)
- Educate and involve patients in their stoma care management (at a level appropriate to them)

### About Dansac NovaLife TRE

Living with a stoma does not have to mean accepting peristomal skin complications. Helping the skin around the stoma stay healthy goes a long way in enhancing the quality of people's lives.

The **Dansac NovaLife TRE** ostomy barrier is designed to help keep skin naturally healthy with 3 levels of protection:

**Adhesion, Absorption and pH Balance.**

**The best skin is healthy skin.**

For more information, contact your local representative.

