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# Colorado River Ostomy

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coriverostomy.com

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## ***Message from Desiree!***

Dear Ostomates, it seems like COVID19 is here to stay and we are now focusing our efforts on having online meetings by using ZOOM. You are most likely familiar with ZOOM. It is an online cloud meeting company that allows users to meet via computer. You have to be on WiFi but you do not need to be a ZOOM user. This is how it works. I will set up our meeting time and you will receive a link in your email that will connect you to our meeting. You have to be using a smartphone, tablet or computer that has a camera so you can be seen in the group. The first 40 minutes are free. If we go over 40 minutes our meeting will disconnect.

We can discuss more about meeting on ZOOM when we are actually using it. Let us continue to meet at our usual time which is the second Monday of every month at 1:00. So, our first meeting on ZOOM will be August 10th at 1:00!!!

I hope you are all well! How I miss seeing you and sharing in your journey as Ostomates!

## ***Parastomal Hernia!***

### **How common is it?**

Parastomal hernias are actually very common, occurring in up to 30-50% of all ostomates. These hernias are most common in those

individuals with colostomies and usually occur within the 1<sup>st</sup> two years after surgery.

### **How does this happen?**

Generally it is believed that hernias are due to surgical technique either because the stoma is located outside of the abdominal muscle or because the fascia around the stoma isn't fully secured. The intestine then moves through the muscle and resides around the stoma just below the skin.

### **Who is at risk?**

People who are: obese, elderly, with weak abdominal muscles, malnourished, on steroids, have a chronic cough, or have a history of abdominal hernias.

### ***Parastomal Hernia! Continued...***



### **How do I prevent this from happening?**

Avoid lifting over 10lbs after surgery and if any lifting is required afterwards wear a hernia belt/binder at all times. Avoid gaining weight and having a stoma marked over the abdominal muscle prior to placement also decreases the chances of developing a hernia.

### **How is this treated?**

Surgical repair is an option however the chance of re-occurrence is high therefore surgery is considered as a last resort. It is usually recommended to wear a hernia belt which must be applied lying down. When lying down the intestines tend to withdraw back into the abdomen therefore applying the binder/belt while lying down helps to hold the intestines in

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place. A light weight girdle may be used in substitution of the binder/belt. Those individuals that irrigate may need to discontinue the practice.

### **How do I prevent pouch leakage with a hernia?**

In order to prevent leakage, it is usually recommended wearing a 1-piece flat, flexible appliance. Using this type of barrier allows for flexibility between the hernia and the stoma and/or the hernia and the abdomen. The barrier will need to be sized to fit the base of the stoma rather than the stoma itself. Avoid use of convexity.

*Teresa Gentry C-NP, CWON*

*Shellito, Paul 1998, Dec. Complications of abdominal stoma surgery. Dis Colon Rectum Vol 41.*



### **What products are available to prevent the hernia from enlarging?**

- Hernia belts
- Abdominal binders
- Light weight girdles



There are several companies specializing in ostomy hernia belts including Nu-Hope, Coloplast, and Amazon. These companies are available by phone or online and some will

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custom fit you for proper use. There are several different sizes and shapes available.

Other options include the department store light weight girdle or an abdominal binder with a hole cut into it for the pouch to hang out. Always discuss with your physician prior to use.



### **Seat belts in cars can ride right over the stoma site and are uncomfortable.**

**Solution:** Try using a clothes peg at the top of the seatbelt where it slides into the door. This will enable you to wear the seatbelt looser than normal but still protect you in case of an accident. Use a small cushion or pillow between you and the seatbelt. Remember, a broken stoma is much easier to put back together than a whole person!  
*Excerpted from an article in the Huntsville, Alabama "Re-Route"*

