

BÖLÜM 11

STOMALI HASTA EĞİTİMİ VE İZLEMİ

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GİRİŞ

Stoma, lümenli bir sistemin doğrudan ya da bir tüp aracılığıyla cerrahi olarak cilde ağızlaştırılması işlemidir. Barsak içeriğinin dışarıya atılmasını sağlamak amacıyla kolostomi ve ileostomi (1), idrarın doğrudan dışarı çıkışını sağlamak için ürostomi ve/veya üriner diversiyon oluşturulur (2). Stomalı hastalar kanser süreciyle baş etmeye çalışırken, stoma çevresinde tahriş ve kızarıklık gibi peristomal deri komplikasyonları (3-5), uykusuzluk, koku ve gaz sorunları gibi fiziksel sorunlar, bilişsel ve mental sorunlar, sosyal aktivitelerde azalmayla birlikte ailesel sorunlar, ekonomik açıdan zorlanma, fiziksel aktivitelerde azalma, cinsel hayatla ilgili sorunlar (3,4), anksiyete, depresyon, stoma torbasının boşaltımı ve değiştirilmesinde (5) ve bakım malzemelerinin temininde zorlanma (6) gibi sorunlar yaşamakta ve yaşam kaliteleri olumsuz etkilenmektedir (3,7,8). Stomalı hastaların eğitim ihtiyaçları da sorun yaşadıkları bu konularda olmaktadır (9). Stomalı hastalara yönelik eğitim sürecinin temel amacı, hastaların bağımsızlıklarını, öz-bakım güçlerini ve uyumlarını arttırmak (6,10), anksiyetelerini azaltmak (10,11), en kısa sürede günlük aktivitelerine başlamalarını sağlamak (9), yaşam kalitelerini (10,11) arttırmak olmalıdır. Hastaların yaşam kalitelerini arttırmak için hasta eğitimi ve danışmanlık verilmesi, izlem sırasında destek gruplarının planlanması, ameliyat sonrası stoma ve peristomal alan komplikasyonlarının yönetimi gibi girişimler önerilmektedir (8). Eğitim almalarına rağmen hastalar, taburculukları sonrası bakımla ilgili sorunlar yaşayabilmekte ve ilerleyen zamanlarda uyumları azalabilmektedir. Bu nedenle planlı ve bireyselleştirilmiş eğitim verilmesi önem taşımaktadır (12). Eğitimler stoma bakımı uzmanı hemşire ve doktorların yer aldığı multidisipliner bir ekiple verilmeli (13,14), hasta eşleri/yakınları eğitimlere katılmalıdır (14).

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