



Post-Operative Care for Gastrointestinal Stomata: Types, Indications, and Management

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Description

Gastrointestinal stomata, also known as gastrointestinal stomas, are surgically created openings in the abdominal wall that provide an alternative route for the passage of intestinal contents. These openings are needed for patients who have undergone surgery involving the digestive tract, providing a means to manage waste or bypass obstructed or diseased segments of the gastrointestinal system.

Types of gastrointestinal stomata

Types of gastrointestinal stomata are given below:

Colostomy: A colostomy involves creating an opening from the colon large intestine to the abdominal wall. It is commonly performed to treat conditions such as colorectal cancer, diverticulitis, inflammatory bowel disease, or traumatic injury. During the procedure, a segment of the colon is brought through the abdominal wall and sewn in place. The stoma allows fecal matter to exit the body and is usually covered with a colostomy bag.

Ileostomy: An ileostomy is an opening created from the ileum the last part of the small intestine to the abdominal wall. It is typically performed when the colon and rectum are removed or need to be bypassed, such as in cases of Crohn's disease, ulcerative colitis, or colorectal cancer. A segment of the ileum is brought to the surface of the abdomen and secured in place, allowing digestive waste to be collected in an ileostomy pouch.

Urostomy: A urostomy involves creating an opening from the urinary system to the abdominal wall. It is used when the bladder is removed or non-functional, often due to bladder cancer or severe bladder injury. The surgeon reroutes the ureters (tubes from the kidneys) to a stoma on the abdominal wall. Urine is then collected in a urostomy bag.

Gastrostomy: A gastrostomy creates an opening

directly into the stomach. It is used for long-term feeding patients who are unable to swallow food conditions like neurological disorders, head and neck cancers, or severe dysphagia. A tube is placed through the abdominal wall into the stomach, allowing for the direct delivery of nutrition and medications.

Jejunostomy: A jejunostomy is an opening into the jejunum part of the small intestine. It is often used when feeding through the stomach is not possible or effective, such as in cases of severe gastric dysfunction or high-risk patients. A feeding tube is inserted through the abdominal wall into the jejunum to provide nutrition.

Indications for gastrointestinal stomata

Gastrointestinal stomata are indicated for a variety of conditions and situations.

Cancer: To divert waste away from affected areas or manage complications following cancer surgery.

Inflammatory bowel disease: For conditions like Crohn's disease or ulcerative colitis when other treatments fail.

Obstruction or trauma: To bypass or manage obstruction due to injury or disease.

Feeding and nutrition: In patients who are unable to swallow food because of a medical condition or surgery.

Surgical techniques

The creation of a gastrointestinal stoma involves several steps are given below.

Preparation: The patient is prepared for surgery, and the stoma site is carefully chosen based on anatomical and functional considerations.

Incision and formation: An incision is made, and the affected segment of the intestine or urinary tract is brought through the abdominal wall. The stoma is formed and secured.

Stoma management: A pouch or bag is attached to

collect waste, and the stoma is monitored for proper function and healing.

Post-operative management

Effective post-operative care is important for the success of gastrointestinal stomata.

Stoma care: Regular cleaning and maintenance of the stoma and pouch are essential to prevent infection and skin irritation.

Diet and nutrition: Patients may need dietary adjustments and nutritional support depending on the type of stoma.

Complication management: Monitoring for complications such as stoma prolapse, retraction, or blockage is important.

Patient education: Patients and caregivers should receive education on stoma care, management, and signs of potential issues.

Gastrointestinal stomata are vital for managing various medical conditions and ensuring that patients can maintain quality of life despite significant changes to their digestive or urinary systems. Understanding the types of stomata, their indications, and proper management techniques is essential for healthcare providers to deliver effective care and support to patients undergoing these procedures. As surgical techniques and stoma management continue to evolve, ongoing advancements potential to improve patient outcomes and overall quality of life.