

Name: _____ Date: _____

Competency: Colostomy Care

Procedure	Completed	Comments
1. Explain the reason and procedure to the resident.		
2. Gather supplies and close curtain to provide privacy for the resident.		
3. Perform hand hygiene and put on gloves		
4. Position a bedpan or basin near the resident, close to the stoma.		
5. Position the end of the appliance in the bedpan. Remove the clip at the bottom of the pouch and empty into the bedpan. (The ostomy pouch may be emptied into the toilet if the resident prefers/is able)		
6. Gently lift the appliance to release the adhesive. Apply gentle traction on the skin with one hand while slowly lifting the pouch with the other.		
7. Remove the old colostomy pouch and note drainage. Discard in plastic bag or put it to the side for cleaning and reuse, according to the type of device being used.		
8. Gently cleanse the stoma and surrounding tissue with gauze or washcloth soaked in warm soapy water. If some fecal matter is difficult to remove leave wet gauze or cloth on area for a few minutes before gently removing. Pat dry with a washcloth. Change gloves, if soiled with stool.		
9. Inspect stoma and surrounding skin for changes in the size, color, or presence of redness or skin breakdown.		
10. Measure stoma with measuring guide. (The flange wafer should be at least 1/2" larger than the stoma). Mark the paper backing.		
11. Leaving intact adhesive covering of wafer, cut out circle, allowing an extra 1/2 inch for placement over stoma.		
12. Check the opening in the new pouch to ensure that it is large enough to fit the diameter of the stoma. It should not fit tightly to the stoma, but should seal securely around the edges.		
13. Apply barrier cream or stoma adhesive to area around stoma. <i>* No sting skin prep may be applied to peristomal skin but must air dry.</i>		
14. Remove adhesive covering of wafer, and place wafer on skin with hole centered over stoma; hold in place for about 30 seconds. <i>*Applies to 1 and 2 piece appliance*</i>		

15. <i>(If using a 2 piece appliance)</i> Place the ostomy bag over the stoma. Center the ring in the pouch over the stoma, with the large part of the pouch hanging down. Gently press it down over the skin with the palm of your hand.		
16. Make sure the adhesive is wrinkle-free. Hold gentle pressure on the adhesive ring for a minute.		
17. If an ostomy belt is used, ensure that two fingers can be inserted beneath it to prevent pressure at stoma site.		
18. Check the end of the pouch to ensure that it is closed and clamped securely.		
19. Remove your gloves.		
20. Position the resident for comfort and safety with the call signal and needed personal items within reach.		
21. Perform hand hygiene.		
22. Sign off on treatment completion in the eMAR/eTAR.		

Employee Signature

Evaluator Signature