

Introduction to Ostomy Care Curriculum

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Table of Contents

Table of Contents.....	3
About the Author.....	4
Curriculum Structure.....	5
Lesson Structure.....	6
Lesson One - Introduction to Ostomy Care.....	7
FOCUS: Empathy - Developing Awareness of Patient-Focused Care.....	8
LEARN: Ostomy Slide Presentation.....	11
REVIEW: Practice and Assessment.....	14
Sources.....	20

Lesson One - Introduction to Ostomy Care

FOCUS: Empathy - Developing Awareness of Patient-Focused Care

10 minutes

Purpose:

To help students develop awareness of patient-focused care.

Materials:

- *Ostomy (Focus on Empathy) worksheet*
- *Ostomy (Focus on Empathy) Instructor Resource*

Facilitation Steps:

1. Distribute the *Ostomy (Focus on Empathy) worksheet* prior to or at the start of the class.
2. Have the *Ostomy (Focus on Empathy) Instructor Resource* available.
3. Have students read through the information and complete the worksheet.
4. Have students pair up upon completion and share answers.

Name: _____ Class: _____

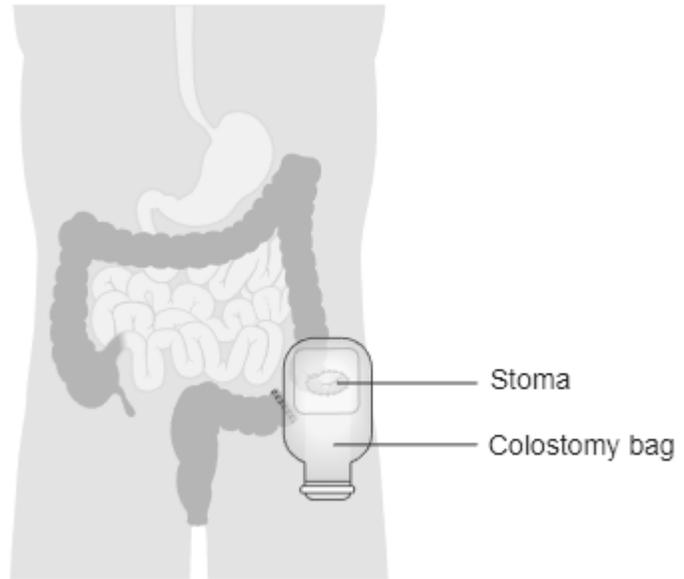
Ostomy (Focus on Empathy)

READ the following:

Merriam-Webster Dictionary defines an ostomy as “an artificial passage for bodily elimination.” People with ostomies have an external bag on the abdomen where feces or urine is collected (below). Imagine that you have an ostomy and answer the following questions.

REFLECT on the situation:

How would you feel about having an ostomy for the rest of your life?



How would it affect:

- The way you dress?
- Exercise?
- A day at the swimming pool?
- Dating/Intimacy?
- Friendships?

What would assist you in coping with your new body image?

SHARE your thoughts with a peer.

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Merriam Webster (2018). Ostomy. Retrieved from <https://www.merriam-webster.com/dictionary/ostomy>