

Self-care in ostomy patients and their caregivers

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Mannarini M.¹, Della Giovanna G.¹, Boarin M.², Villa G.², Marzo E.³, Manara D.F.⁴

¹RN, School of Nursing, Vita-Salute San Raffaele University, Milan (Italy); ²RN, MSN, Dept. of Urology, San Raffaele Hospital, Milan (Italy);

³RN, MSN, PhD - ⁴RN, MSN, Associate Professor, School of Nursing, Center for Nursing Research and Innovation, Vita-Salute San Raffaele University, Milan (Italy)

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Introduction:

Patients with an **ostomy** have to face **great challenges**, not only just on **physical**, but also on **emotional, psychological, and social level**. Health professionals have a key role, **supporting adaptation, encouraging patients** to be involved in **stoma care** directly, and creating the best conditions to promote an effective **self-management**.

Aim:

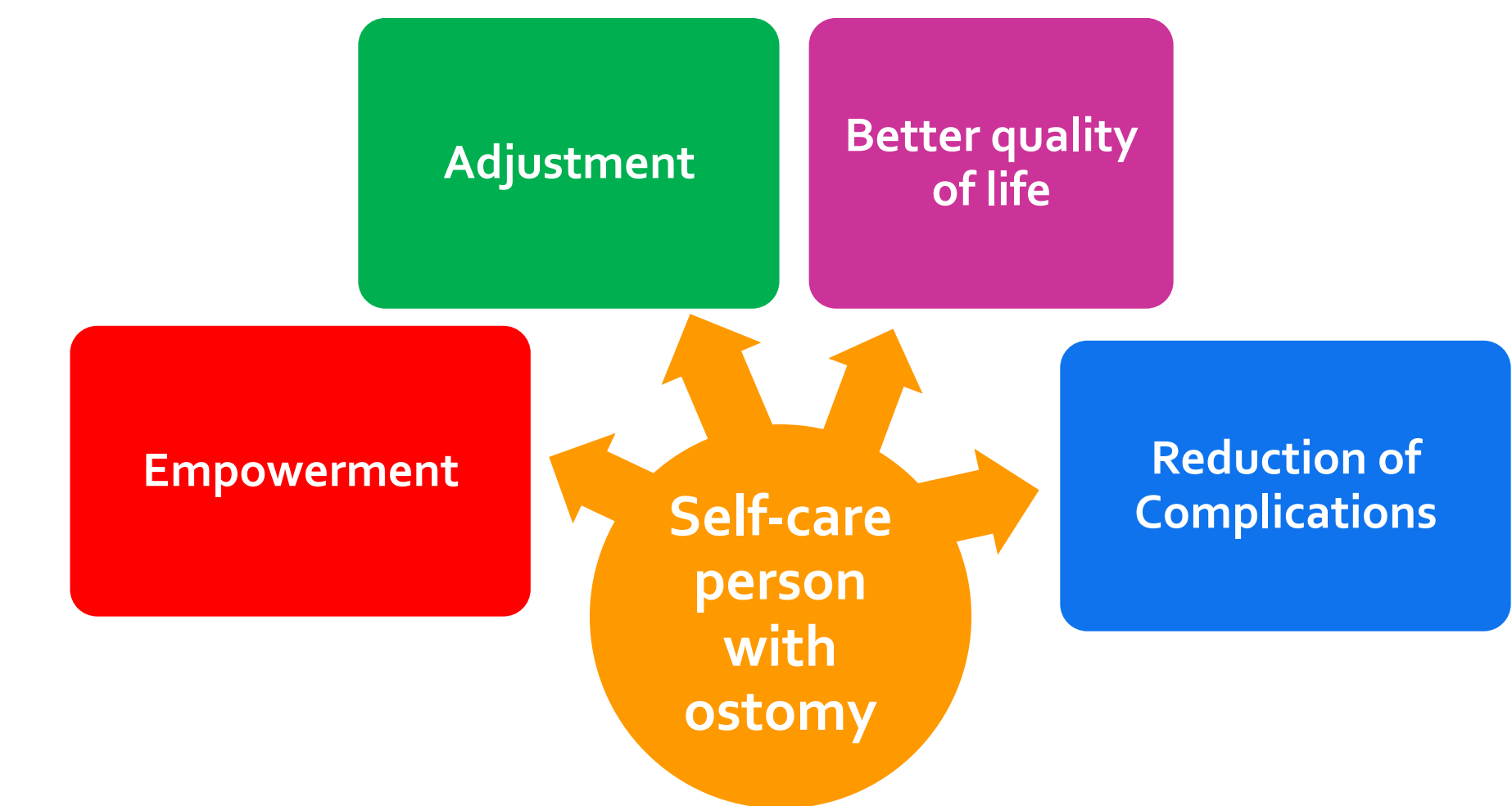
To describe the **self-care's (SC) levels** in ostomy patients and their caregivers using two new tools:

OSCI: Ostomy Self-Care Index

Measuring self-care in people with ostomy
32 items
Likert scale (1-5)

CC-OSCI: Caregiver Contribution to Self-Care in Ostomy Patient Index

Measuring caregiver contribution to self-care in people with ostomy
22 items
Likert scale (1-5)



Materials & Methods:

A **descriptive study** was conducted on a sample of **adult ostomy patients and caregivers** in the Dept. of Urology (San Raffaele Hospital, Milan), from Jan. to Sept. 2018. The **patient questionnaire** was composed of a sociodemographic-clinical data form, to collect information about demographics, living, family and work conditions, clinical information about ostomy, the **OSCI**, and the **Stoma Care Quality of Life scale (SQoL)**. The **caregiver questionnaire** was composed of a sociodemographic-clinical data form, to collect information about demographics, living, family and work conditions, and the **CC-OSCI**.

Results:

Out of 107 questionnaires, **105** were returned and analyzed (**98.13%**). The considered sample was composed of **105 patients** (average age: 68 y/o; mostly male) and **75 caregivers** (180 subjects). In almost the 82% of cases, patients did not live alone; the 46.67% had a colostomy. The predominant **causes of stoma creation** were **oncological (90.48%)**. The **average time of stoma creation was 22.35 months** (range 1-60). Almost half of the sample declared to be **autonomous in stoma management (48.57%)**. Regarding the caregivers, the 76% was composed by women (average age: 59 y/o), mainly **husbands/wives/partners (65.33%)**, the 73.33% living with the patient. The average **time spent** on caregiving was about **19 hours/week**. The **31.43%** of patients' sample had **one or more complications** and the **25.71%** had **readmissions**.

Conclusions:

The characteristics of our sample appear similar to ostomy patients described in literature. Each scale reaches a **similar average score towards patients**; the scores indicated a **good level of SC** and an **average level of quality of life**. The **OSCI** and **CC-OSCI** are two important tools for support nurses in their practice. An **objective assessment** of ostomy patients' and caregiver's SC levels is an essential starting point willing to guarantee an **evidence-based educational support**. This might contribute a significant **reduction of readmissions and ostomy complications**.

Results of SC levels in patients/caregivers

SCALE	MEAN (SD)	MEDIAN	MAX	MIN
OSCI A	34.76 (11.47)	41	45	11
OSCI B	30.45 (9.42)	34	40	13
OSCI C	16.99 (3.69)	18	25	4
OSCI D	36.40 (10.29)	37	50	10
CC-OSCI A	32.44 (13.32)	40	45	9
CC-OSCI B	22.89 (13.75)	31	40	8
CC-OSCI C	12.69 (6.96)	16	25	5
SQoL	57.30 (17.72)	63	80	22

A: self-care maintenance
B: self-care monitoring
C: self-care management
D: self-care confidence

Reference: Riegel B., Jaarsma T. & Stromberg A. (2012). A Middle-Range Theory of Self-Care of Chronic Illness. *Advances in Nursing Science*. 35(3), 194-204.

Contacts: boarin.mattia@hsr.it villa.giulia@hsr.it