

# Special Care Needs: Oxygen, Ostomy, Catheter & Skin Breakdown

## Learner Workbook



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## **SPECIAL CARE NEEDS: OXYGEN, OSTOMY, CATHETER, AND SKIN BREAKDOWN**

This course provides you with real-world, step-by-step advice on caring for residents with these challenging health conditions and needs. Many state regulations require that caregivers receive appropriate training when providing care to residents. This course along with the video provides an excellent resource to assist you in meeting those requirements.

First, let's take a look at colostomy care.

What is a colostomy?

- A colostomy is a surgical procedure that involves connecting a part of the colon onto the anterior abdominal wall, leaving the resident with an opening on the abdomen called a stoma.

Can a colostomy be reversed?

- Some colostomies are temporary

### **Caring For A Resident With An Ostomy**

Keys to caring for a resident with an Ostomy include Ostomy bags and other supplies, working with medical professionals, care and guidelines, and changes in condition.

- Ostomy bags are typically worn underneath clothing
- The stoma is not painful
- Ostomy care supplies
  - Ostomy "pouch" or "bag"
  - Adhesive Barrier (a.k.a. "wafer")
- Some of your residents may work closely with medical professionals
  - Physician
  - Enterostomal nurse
  - WOCN (wound, Ostomy, continence nurse)
- Always follow client specific information regarding colostomy care

- Ostomy care guidelines
  - The pouch/bag prevents feces from touching skin
  - The pouch/bag is changed every 4-7 days or more often as needed
  - Should not affect activities of daily living
  - Ensure privacy
  - Socialization should not be impaired
  - Provide appropriate and comfortable clothing
  - Assist with bathing as you normally would
  - Residents may continue to be sexually active
  
- When to seek medical attention
  - Stoma changes color
  - Bleeding from stoma opening
  - Bleeding between stoma and skin
  - Bulging around stoma
  - Abdominal pain
  - Nausea
  - Vomiting
  - Significant change in amount of feces output
  - Skin irritation
  
- Have your supplies ready
  - Wafer (adhesive barrier)
  - Pouch/bag
  - Scissors
  - Washcloths
  - Towel
  - Other client-specific supplies
  - Paste or powder
  - Gloves
  
- Change an Ostomy bag
  - Detach the bag from the wafer
  - Do not dispose of the ring clamp
  - Clean/remove excess feces
  - Inspect the wafer
  - Carefully remove the wafer if needed
  - Be careful not to tear the skin
  - Dispose of the wafer
  - Use a towel to provide privacy
  - Gently cleanse the stoma and surrounding skin

- Rinse the area thoroughly
- Gently pat dry
- You are ready to apply the new wafer and bag
- Apply the wafer/adhesive
- Cut the wafer to fit, if needed
- Apply the wafer/adhesive on skin
- Fit around the stoma carefully
- Attach the pouch to the wafer
- Secure the clip
- Tuck the pouch into the client's clothes
- Ensure clothing is comfortable

## **Oxygen Administration**

Some residents may require continuous oxygen administration. For example, the following are reasons for using administered oxygen:

- Congestive Heart Failure
- COPD (Chronic Obstructive Pulmonary Disease)
- Emphysema
- Asthma
- Always follow physician's orders

When assisting a resident with oxygen care, here are precautions to follow:

- Resident's ability to self-administer
- Skin breakdown
- Tubing safety and fall risks
- Difficulty breathing
- Hydration

Below are essential oxygen care tips to keep in mind when assisting a resident with Oxygen:

- Fear and/or apprehension
- Finding a good location for the equipment
- Anxiety
- Noise
- Maintaining equipment and filling tanks

When assisting with a nasal canula, you want to make sure the nasal prongs bend down. Gently wrap tubing behind the resident's ears, and pull draw cord snug, but comfortable.



## **Catheter Care**

There are various reasons a person may need catheter care. For example, he or she may have neurogenic bladder, reoccurring infections, various medical problems, or prostate disorders.

There are different types of catheters. For instance: Straight catheters and Indwelling (Foley) catheters. It is vital to ensure the privacy of the resident.

The process of cleansing a catheter is as follows:

- Cleanse with soap and water in a downwards gentle motion
- Clean the tubing using a gentle motion
- Be careful not to pull on the catheter
- Always clean from the insertion point away
- When cleansing the male resident, clean in a gentle circular motion
- Start at the head of the penis then clean in a gentle outwards motion
- Use your non dominant hand to hold the catheter in place when cleaning the tubing

The process of emptying a catheter bag:

- The catheter bag must be lower than the resident for proper drainage
- Allow urine in tubing to flow into bag
- Place the appropriate container under the drainage valve
- Open the drainage valve
- Make sure all tubing allows proper drainage

It is important to inspect the urine for the following:

- Cloudy
- Red or white streaks
- Strong or different odor
- Significant change in the amount of urine
- Significant change in the amount of urine
- Report any changes to your supervisor

When changing a catheter bag:

- Most residents will use a leg bag during the day
- Never touch the ends of the catheter tubing
- Disconnect the tubing from the catheter
- The new bag is attached to the catheter
- Attach the bag to the leg

If an accidental removal of a catheter occurs:

- Follow community protocol
- Report to physician immediately
- Stay clam
- Reassure the resident
- Do not attempt to reinsert

## **Skin Breakdown**

It is vital to take care of the resident's skin and protect against skin breakdown. There are four stages of decubitus ulcers:

- Stage 1 – Redness
- Stage 2 – Redness and Peeling
- Stage 3 – Deeper Sore
- Stage 4 – Tunneling to Muscle and Bone

These are also referred to as: pressure ulcer; pressure sore; and bed sore. Essential skin care tips include:

- Check the skin regularly
- Ensure good nutrition and hydration
- Keep the skin clean and dry
- Assist/encourage physical activity
- Reposition regularly
- Always follow your state regulations