

Basic paediatric stoma care guidelines: kids

These guidelines provide basic information on paediatric stoma care for nurses and other healthcare professionals working with children. The topics covered include peristomal skin care, product selection, pouch application, and information on discharge of the paediatric patient. As a rule, adult stoma care principles also apply to children.

However, when it comes to skin characteristics and body profiles, this particular patient group is unique and call for special care. We hope you will find these basic guidelines helpful. If you need more in-depth information, please consult Paediatric stoma care. Global best practice guidelines for neonates, children and teenagers.¹

Basic stoma care

Removing the stoma product

Gently release the adhesive, using a gauze and lukewarm water, and gently peel it off

Be careful when choosing adhesive removers, as they may contain noxious substances. As a rule, the use of adhesive removers should be limited and only used if:

- The epidermis would otherwise be damaged; and/or
- The removal of the product cannot be postponed

Document the reason(s) for changing the pouching system

Assessing the peristomal skin and the stoma

The skin around the child's stoma is fragile. So, it's important to conduct a thorough assessment of the peristomal skin as well as the stoma to identify what kind of intervention is necessary. Use the following questions to direct your assessment:

Intact

Macerated

Red

Eroded

In case of leakage, document the area of leakage and the skin involved:

Assess whether there is leakage on the skin and/or on the back of the adhesive. Use a skin assessment tool to identify the are and the severity of peristomal skin complications

Use image documentation or keep track of any improvement or deterioration of the peristomal skin

Remember to document all interventions

If you see peristomal skin complications, identify what the cause may be:

Observe Leakage of stomal output on the skin and/or on the back of the adhesive

An allergic reaction

Mechanical damage (caused by stripping or pressure)

A pre-existing disease or condition

An infection

Assess and document the child's stoma in terms of:

Size

Protrusion (above, in level with, or below skin level)

Shape

Colour

Appearance

Peristomal bulge/ hernia

Assess whether the muco-cutaneous junction (stoma at the suture line) is:

Intact

Separated

Identify the characteristics of the child's effluents:

For stool, assess consistency, quantity, and colour

For urine, assess clarity, presence of mucous, and odour

Cleansing the peristomal skin

Cleanse thoroughly with lukewarm water and a soft cloth

Dry gently by dabbing without causing friction

Avoid commercial wipes, as they may cause skin irritation and/or allergic

Selecting the right product

When choosing a pouching system for the child, always consider:

The child's age, weight and the shape/form of the abdominal area around the stoma (body profile)

The location and type of the stoma:
• ileostomy, colostomy, urostomy
• stoma above, in level with, or below skin level

The consistency and daily volume of the effluent

The child's mobility and activity

Applying the pouching system

Warm the pouch adhesive with your hands, but do not heat the product with an external heat source (e.g. hair dryer)

When the baseplate has been applied, provide gentle pressure to the adhesive to fully activate the adhesion to the skin

Ensure a tight seal around the stoma. If necessary/possible, use a template to get the right size hole in the adhesive

If it's difficult to obtain a tight seal, consider using stoma product accessories such as a thin hydrocolloid mouldable ring or strip.

Wear-time of stoma product

A minimum of 24 hours, to prevent disrupting the integrity of the peristomal skin.

Up to four days, depending on the integrity of the peristomal skin.

Discharge of patient

Pre-discharge

Make sure to provide all necessary information on:

Training in stoma care	Stoma and peristomal skin complications	The selected pouching system/ accessories	Prescription for the pouching system
Contact with a supply company	Financial resources	How and when to reach the stoma care nurse or surgeon (provide relevant phone number(s) and email address(es). • The date/time for the follow-up appointment	Inform parents specifically on: • which clinical signs of complications to watch out for (for example, prolapse of the stoma or peristomal skin complications such as eroded skin)

Post-discharge

Recommendations for follow-up contact:

Start with weekly follow-up calls with the parents	At the follow-up appointment with the surgeon, it is advised that the stoma care nurse is present	Use online applications – such as Skype or FaceTime – if the family lives far away from your healthcare centre (remember to check that local regulations allow for this)
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¹ Source: Paediatric stoma care. Global best practice guidelines for neonates, children and teenagers. www.ColoplastProfessional.com