

YOU Inc. Educational Seminar 19/02/2022

Care of Parastomal Hernias

Presented by Wendy Sansom, Stomal Therapy Nurse @Box Hill Hospital

Venue: Nurses Memorial Centre

What is a Parastomal Hernia? A Parastomal Hernia is weakness in the abdominal wall around the stoma creating a bulge

Para stomal Hernias are common occurrence and may not be preventable. When a stoma is formed the surgeon has to cut through the abdominal muscle wall, this weakens the area and may increase the chance of developing a parastomal hernia.

Parastomal hernias may cause discomfort, and the effects of physical appearance with an increasing bulge around the stoma may be distressing for some. People may complain of a backache, "dragging" feeling and stoma function may change. If pain is severe, stoma changes colour or stoma ceases to function please seek immediate medical attention. *Do not ignore these concerns.*

As the size of the parastomal hernia increases the size of the stoma may also increase.

The size of the parastomal hernia can impact stoma appliances adhesion hence ongoing review with a Stomal Therapy Nurse is very important.

Increasing age, obesity, chronic cough (smokers), poor nutrition, stoma site, some medications and existing medical conditions may all contribute to the chance of developing a hernia.

Maintaining healthy lifestyle habits is very important for all of us to try and limit potential complications. In trying to limit chances of parastomal hernia development it is recommended to consider the following

Weight reduction,

Stop Smoking

Support the abdomen when coughing, sneezing or vomiting. This can be done by using a rolled up towel and holding firmly against the abdomen. Trying to prevent an increase in intra abdominal pressure is important.

When getting out of bed roll onto your side and gently push up using arms to assist.

Regular exercise to improve core strength and abdominal tone may help. Seek guidance from a Physiotherapist or exercise Physiologist on how to perform exercises appropriately.

There is also valuable written information available to assist with these.

Post operatively gradually increase exercise, seek surgical advice before resuming exercises and Gym membership.

In some instances a Parastomal hernia may impact stoma function and cause great discomfort and a discussion with a Colorectal Surgeon is recommended to discuss surgical options. This discussion varies from individual to individual and needs careful consideration as any surgery may result in another hernia.

Hernia Support Garments: May provide comfort but need to be professionally recommended and measured to ensure correct size.

If your stoma is causing you any concerns or you have questions re your stoma function or management please seek advice from a Stomal Therapy Nurse

YOU Inc. sincerely thanks Wendy for her informative presentation, which was Zoomed and recorded.

***Summarised by Lilian Leonard OAM
Committee member and founder of YOU Inc.***

Trade displays were asked to briefly describe and display how they assist with parastomal hernias.

Salts/Ainsworth - Perri

Aloe Vera is exclusively used in their base plates and seals which mould around the bulge of a hernia. Boxer pants and briefs available in 2 way stretch in nude or black.

Coloplast - Thea

Have no support garments or booklets but concentrating more on research with ostomates and management. Demonstrated the 'Concave' not 'Convex' base, *wing strips* to prevent leakage rather than prevention. In addition have an app to support patients with a stoma.

Hollister /Dansac- Denise

Dansac have a useful poster of pelvic exercises that is available to view on the YOU Inc. website, plus other informative literature on hernias. Support garment 'Evie' all in one onesie.

Hollister have no support garments but all their products are flexible containing Ceremine, Denise entertained the audience by fitting an Ostomy bag onto her knee which moulded beautifully.

Omnigon/ Eakin/Welland /Braun - Kerrie

Concentrated on support garments, pants, boxers, waistbands and belts all available in different sizes and rated accordingly. Jess one of our young members demonstrated the belt she wears for her parastomal hernia. Omnigon also demonstrated the base plates blended with manuka honey, black pouches now available on the stoma appliance scheme.

Future Environmental Services/FES - Sandy

Have a variety of products to help control odour, they are all non odorous products, not available for commercial use. Ostomy no gas, Odour Be Gone are some of the varied products made in a small factory in Rosebud, Victoria. All available on the Stoma Appliance Scheme, in addition FES can make an individual product if required.

Thanks to all the companies for their continued support to YOU Inc. over 30+ years

Summarised by Lilian Leonard OAM,

Committee member and founder of YOUNG OSTOMATES UNITED Inc.