



## **Contributions of Nursing to the Education and Promotion of Self-Care in Patients with Intestinal Ostomy: an Integrative Review**

**Isadora Martins de Pereira<sup>1</sup>, Taiane de Oliveira Vieira<sup>2</sup>, Felipe Kohl Hemsing<sup>3</sup>, Elisiane de Oliveira Machado<sup>4\*</sup>, Rejane Silveira Campos<sup>5</sup>, Tatiane Gomes da Rosa Coelho<sup>6</sup>**

<sup>1,2,3,5,6</sup>Isadora Martins de Pereira, Formación en pregrado y último grado obtenido, Dependencia y afiliación institucional, Grupo o Semillero de investigación, Ciudad, País.

<sup>4</sup> Elisiane de Oliveira Machado\*, Mestre em Docência Universitária, Hospital de Clínicas de Porto Alegre, Parobé, Brazil.

**Correspondence:** [edomachado@hcpa.edu.br](mailto:edomachado@hcpa.edu.br)

### **Abstract**

**Purpose:** To identify in the literature the contributions of nursing in the education and promotion of self-care for patients with intestinal ostomy. **Methods:** This study is an integrative literature review conducted between April and June 2025, using the following databases: Virtual Health Library (BVS) and PubMed. To refine the search for studies, the descriptors "ostomy", "nursing care", and "self-care" were used, combined with the Boolean operators AND and OR. The inclusion criteria were: articles related to primary studies, published between 2020 and 2025, available in national and international journals, and that addressed the guiding question. Duplicate articles, literature reviews, experience reports, editorials, articles requiring payment for open access, and studies not aligned with the aim of this review were excluded. The guiding question of the study was: What are the contributions of nursing professionals in the education and promotion of self-care for patients with intestinal ostomy? **Results and Discussion:** A total of 15 articles were included in this review. The studies showed that the education provided by nursing professionals in the pre- and post-operative periods has a positive impact on reducing complications, improving autonomy, and developing self-care. It was found that there are still deficiencies in providing nursing guidelines for patient preparation in the pre-operative period. The use of virtual technologies was highlighted as an important ally for continuity of care after discharge, as hospital stays are becoming increasingly shorter. Additionally, nursing care combined with psychological interventions helps in the physical, emotional, and social adaptation process for patients with intestinal ostomy. **Conclusion:** This study revealed that nursing plays a key role as the main facilitator of education and promotion of self-care for patients with intestinal ostomy. Nurses, by providing not only practical guidance but also psychological and emotional support, help patients adapt to their new health condition.

**Keywords:** Ostomy; nursing care; self-care

## Introduction

The term “ostomy” is a word derived from Greek that means “mouth” or “opening.” An ostomy is a surgical opening created in an organ that establishes communication between the internal and external environments. There are several types of ostomies: those involving the digestive tract, urinary tract, respiratory system, and feeding ostomies. The most common intestinal ostomies are colostomy, the exteriorization of the large intestine, and ileostomy, the exteriorization of the ileum (the last portion of the small intestine). These intestinal ostomies, which may be temporary or permanent, divert the normal pathway of fecal elimination, making it impossible for feces to be eliminated naturally (Foà et al., 2019).

The main causes that lead patients to require this type of ostomy are inflammatory bowel diseases such as Crohn’s disease and ulcerative colitis (as they cause extensive intestinal damage) and malignant neoplasms, especially colorectal cancer (where tumor resection requires the removal of a large portion of the intestine). By diverting the intestinal transit in this way, it is possible to ensure the patient’s recovery and the maintenance of their health (De et al., 2019).

Individuals with an ostomy face profound changes that impact both physical and emotional aspects, requiring them to adapt and cope with this new health condition. This procedure requires a multidisciplinary approach and continuous patient education to support them throughout the process of physiological and psychological adaptation.

Nurses play a role as facilitators of knowledge, providing guidance on peristomal skin care, handling of equipment and specific materials, nutritional guidance, and other relevant information for daily ostomy management. Personalized guidance for each individual, taking into account the specific characteristics of each ostomy, can increase the patient’s confidence and competence in managing their own care (Josino et al., 2024).

The use of an ostomy can cause emotional and social challenges for patients. From a psychological perspective, changes in body image may lead to feelings of shame, inadequacy, decreased self-esteem, and difficulty accepting the new condition.

Mental health may be negatively affected, leading to conditions such as anxiety, depression, and stress. Socially, people with an ostomy may face stigmatization, isolation, and barriers in social interactions, affecting their relationships and daily and sexual life, such as dealing with constant concern about the stoma and fear of leakage (Davis et al., 2020).

Undergoing an ostomy has a significant impact on all areas of a person’s life. In addition to the physiological change in the body, social, psychological (self-perception and body image), and sexual changes occur. This situation makes it necessary for the person to receive support in adapting to this new health condition. During this period, the contribution of nurses is essential so that the patient is educated and encouraged to perform self-care (Bujalance et al., 2023).

Being able to perform one’s own self-care can profoundly influence a person’s life in several physical, emotional, social, and even spiritual aspects. The Self-Care Theory by Dorothea Orem, originally published in 1971, is a care model that focuses on the individual’s ability to perform their own self-care activities in order to maintain health.

It proposes that the nurse, in partnership with the patient, identifies the factors that prevent the individual from performing self-care. Orem believes that nursing should assist the patient in developing the skills necessary to manage their own health. Thus, the nurse acts as a facilitator of self-care and performs for the individual only what they are unable to do on their own, allowing them to achieve greater independence. The theory consists of three sub-theories: the Theory of Self-Care, which addresses the activities a person performs to maintain health; the Self-Care Deficit Theory,

which explains situations in which the individual is unable to perform these activities independently; and the Theory of Nursing Systems, which guides the role of the nurse in providing care, partially or totally, when necessary. Therefore, the nurse should support the patient in achieving the highest possible level of independence, promoting autonomy and the ability to care for themselves (Bujalance et al.,2023)..

This study aims to identify in the literature the contributions of nursing professionals in the education and promotion of self-care among patients with intestinal ostomies.

**Methods**

This study is an integrative literature review, developed following the six methodological steps: (1) identification of the theme and formulation of the research question; (2) literature search in the selected databases; (3) data collection; (4) categorization and analysis of the findings; (5) discussion of the results; and (6) synthesis of the available evidence (Orem, 1980). To define the research question and guide and refine the database searches, the PICO strategy was used to organize the research object as follows: P (population) – the descriptor “ostomy”; I (intervention) – the descriptor “nursing care”; O (outcome) – the descriptor “self care”<sup>8</sup>. The databases selected for the search were the Virtual Health Library (VHL) and PubMed. The descriptors used, as well as the details of the search strategies applied in each of the databases, are illustrated in Table 1. The descriptors were combined using the Boolean operators AND and OR. The studies were selected through an advanced search, and the data collection took place from April to June 2025. The inclusion criteria were: articles referring to primary studies, published between 2020 and 2025, available in national and international journals, and that answered the guiding research question. The exclusion criteria were: duplicate articles, literature review articles, experience reports, editorials, articles requiring payment for open access viewing, and studies that did not correspond to the objective of this review.

The guiding research question of this study was: What are the contributions of nursing professionals in the education and promotion of self-care among patients with intestinal ostomies?

**Table 1. Search strategies applied in the database**

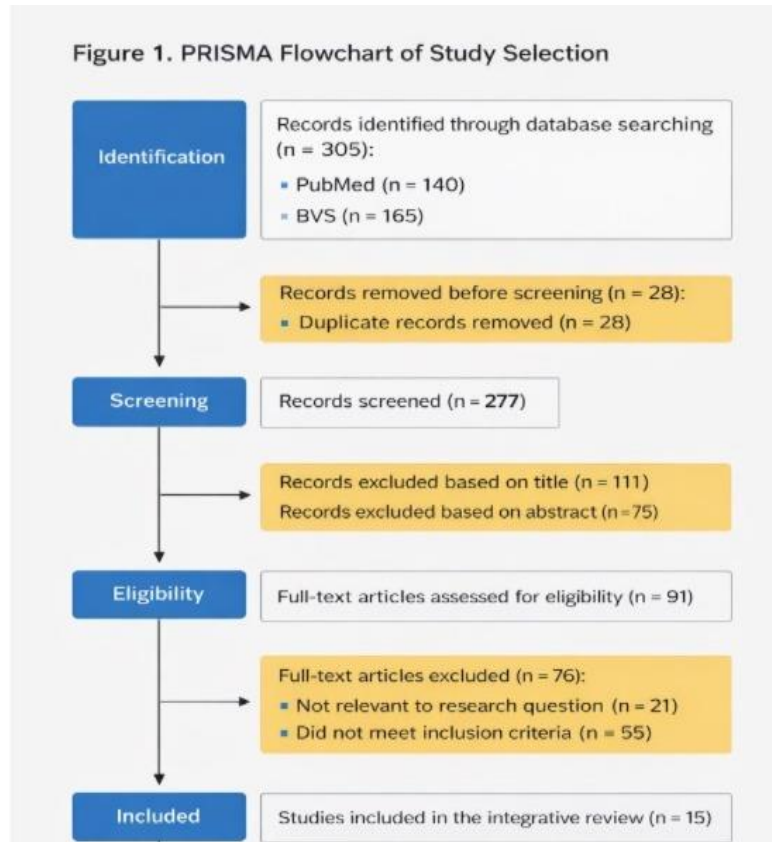
	BVS	PUBMED
Descritores	Estomia OR Estomía OR Ostomy AND "Cuidados de Enfermagem" OR "Atención de Enfermería" OR "Nursing Care AND Autocuidado OR Autocuidado OR Self Care	Ostomy OR Ostomies AND Nursing Care AND Self Care

**Results**

To systematize the article selection process, the methodology of the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) was adopted (Santo et al.,2007). The steps that compose this process are represented in the flowchart shown in Figure 1.

Considering the search strategy conducted in the previously mentioned databases, a total of 305 articles were identified, with 140 found in PubMed and 165 in the Virtual Health Library (VHL). Of these, 28 duplicate articles were removed. After reading the titles, an additional 111 studies were excluded.

Subsequently, after reading the abstracts, another 75 studies were discarded, totaling 214 removed articles. After applying the inclusion and exclusion criteria, a further 55 articles were eliminated. Finally, 21 articles were excluded for not corresponding to the guiding research question of this review, leaving a total of 15 articles for full-text reading, which were included in the final sample.



Source: Prepared by the authors (2026)

Title and authors of the study, objectives, methodological design of the research, and main results obtained

	TITLE	AUT HOR -RES	OBJECTIVES	METHODOLOGY	RESULTS
A1 10	Consultations Nursing of Care of Stoma Related to Leaks and Complications Skin Peristomal During the First Year After  Creation of Ostomy: A Review by Medical records.	Pers are E. I. et. al. (202 5)	Describe the number consultations to an nurse stoma therapist, a occurrence of leaks and complications with the peristomal skin and the use of products for ostomy for preventing these complications among  people who consulted an nurse specialized in stoma care during the first year after surgery.	Descriptive study and observational, with an approach incidental, based on data retrospective medical records doctors. This study complemented a study national study conducted by a group of researchers in 2023, which extracted data from civil and health records of Sweden. The study used data from the medical records of 240 people with colostomy or ileostomy from seven clinics ostomies in Sweden.	People with ileostomy presented more episodes of leakage and peristomal skin complications (CPS) in the first year after ostomy than those with colostomy and made more visits and calls first-year nurse.  This professional has a role essential in education and support for people with ostomies, addressing issues such as leakage, odors, care with the skin and choice of devices.  Reducing leaks and complications peristomal skin improves quality of life and reduces costs for the healthcare system.
A2 11	Impact of Model of Nursing Continuing Ahmadi na capacity of self-care, in complications of the stoma and quality of life of patients with colostomy	Hui min g Y. Ying S. Lina W. (202 4)	Analyze the effects Ahmadi Continuing Nursing Model (ACNM) in capacity of self-care, in complications of stoma and in quality of life of patients with colostomy.	The study included data of 120 patients in postoperative colostomy, in a hospital in China. They were divided into a group control, which received nursing care routine and a group of observation, which received the education method with ACNM. The recovery of function gastrointestinal function, adaptation,	The ACNM intervention improved effectively recover nursing function gastrointestinal after surgery, also improving the process of adaptation to the stoma, the ability to self-care and quality of life, when compared to the group that received conventional guidance. It was evident that the intervention Continuous nursing care can promote physical function recovery, reduce psychological stress and emotions and improve the quality of life of ostomates.
				Self-care and quality of life before and after the intervention were compared.	

A3 12	Impact of planning at discharge combined with "platform of care with ostomy in internet" in patients with colostomy permanent after surgery rectal cancer.	Min g Y. L. et. al. (2024)	Investigating the impact of planning combined with to the "permanent ostomy care home care in Internet" in post-complications skills self-management, quality of life and satisfaction patients with colostomy.	Retrospective study with 72 patients with rectal cancer those who underwent colostomy permanent in a hospital in China, between January and December 2021. The group control (n = 36) received nursing care for routine, while the group with study (n = 36) received discharge planning associated with the "rectal cancer platform" home care for ostomy on the Internet."	The study group presented six months after discharge, high scores significantly higher in domains evaluated, including: adherence medical, nutrition, management of symptoms, psychosocial aspects. A intervention proved to be effective in reducing complications in patients with colostomy.
A4 13	The importance the nurse stomach therapist for the care with children with stoma intestinal: optics maternity care.	Guedes et al. (2024)	Analyze, through mothers' perceptions, the importance of guidelines provided by nurses stoma therapist for the care of children with ostomized.	qualitative study, of descriptive nature exploratory, with data obtained through semi-structured interviews. Nine mothers of children with intestinal ostomies, residents of the municipality of Rio de Janeiro.	Two thematic categories emerged during the lines: take care of your skin peristomal, the importance of nurse guidance and guidelines on managing collection equipment.

A5 Needs Jiem Explore Outline of methods Health system and needs of Guedes (2024) health care needs an needs mixed, convergent, and information and care needs support HU, support care parallel, in which data and support were identified in the analyses patients with et. of patients in quantitative and qualitative qualitative and quantitative analyses, such as ostomy al. scope of the new were collected in a most significant needs were not temporary in surgical model, the simultaneous. The component met the participants' needs.

	recovery improved after surgery: a study of methods mixed.	(2024)	in order to provide a reference for the preparation of care plans nursing ERAS.	quantitative consisted of an cross-sectional study, conducted through the application of a questionnaire, with the objective to identify the content and level of needs nursing care in to patients with rectal cancer ostomy patients temporary, included in the ERAS protocol. The qualitative component involved semi-structured interviews with the same patients, with the same patients, in order to deepen understanding of the content of SCNs.	The increase in improved perioperative care and hospital admissions more short hospital stays, due to the guidelines of ERAS protocol, reduce opportunities for patients receive specific instructions and transfer a large part of the education about healthcare outside the hospital. This reality requires greater attention from nurses to ensure quality of care.
--	--	--------	---	---	---

**A6** Analysis of the Fang Investigating the impact Retrospective study that Three months after discharge, group of <sup>15</sup> effect of L. the combination of involved 78 patients observation presented scores nursing MM care divided into 2 groups of 39 significantly lower in the psychological , nursing each. The control group Combined Depression Assessment Scale combined Kun psychological with received care from Hamilton and the Quality of Life Index with care Y. care standard nursing care, Pittsburgh Sleep, and higher scores extended MM scores in while the group high on the Resilience Scale to improve , relief of emotions observation benefited from Connor-Davidson and the Emotional Scale emotions Xiao and in psychological nursing and Self-Care Capacity and xian increase in prolonged. Enterostomal, compared to capacity of g L. skills of The evaluation focused on the control group. These findings suggest self-care MM self-care in anxiety, depression, that the integration of nursing in patients cancer, patients sleep quality, psychological with long-term care with cancer (202 colorectal after mental resilience and significantly improves mood, colorectal and 4) enterostomy, self-care skills. sleep quality, resilience enterostomy. psychological resilience and A study in these patients.

<p><b>A7</b> 16</p>	<p>Status and content of preoperative education in outpatient clinics for patients with rectal cancer undergoing stoma surgery by Japanese nurses specializing in wounds, ostomy, and continence: a cross-sectional study transversal study.</p>	<p>Yasumi M. Azusa H. (2024)</p>	<p>To assess the current status of preoperative outpatient education for rectal cancer patients undergoing enterostomy surgery, according to the perception of nurses.</p>	<p>A cross-sectional study that included 1,716 wound, ostomy, and continence nurses (WOCNs) responsible for stoma clinics in Japanese hospitals. Participants completed an anonymous questionnaire whose main questions included: an overview of the participants and their facilities, the provision of outpatient preoperative education, the status of implementation, and the components of preoperative education.</p>	<p>The survey revealed a low prevalence of outpatient preoperative education in Japan. The percentage of rectal cancer patients awaiting enterostomy surgery who received outpatient preoperative education was low (24%). The main guidelines provided by stoma therapists in the preoperative period were on: stoma care, daily life, social security, stoma clinics, travel and outings, quality of life after stoma surgery, and precautions during medical treatment.</p>
<p><b>A8</b> 17</p>	<p>Post-discharge health education for enterostomy patients: a national intervention study.</p>	<p>Zhou, L. et al. (2023)</p>	<p>To evaluate the impact of post-secondary education, delivered through a WeChat health management program, on the ability to self-care with an ostomy and on the level of psychosocial adaptation of patients after enterostomy surgery.</p>	<p>A national, quasi-experimental study was conducted with 4,201 enterostomy patients. Through the WeChat health management program, we provided ongoing education in the first, third, seventh, eleventh, and twenty-third weeks after discharge. Data were collected using the Ostomy Adjustment Inventory-20 (OAI-20) and a self-care capacity questionnaire, a list of ostomy adjustment checklist.</p>	<p>The study showed that, after the intervention, there was a significant improvement in self-care scores (from 15.23 to 17.71) and psychosocial adjustment scores (from 44.59 to 50.25), both with a statistically significant difference. Health education via WeChat for enterostomy patients after hospital discharge can promote self-care and psychosocial adaptation.</p>

A9 18	Effects of a perioperative educational program on ostomy self care, level of independence, and need for home nursing services: a comparative observational cohort study.	K. A. J. Van Pelt, et. al. (2023)	To determine whether a perioperative educational program on ostomy increases the level of independence and reduces the need for home nursing services in new ostomy patients.	A prospective longitudinal study was conducted in a hospital in the Netherlands, including patients who underwent colostomy or ileostomy and were treated in the surgical ward. Patients who followed a perioperative educational program on ostomy were compared to a historical control group.	After discharge, 67.6% of the intervention group was able to perform care independently, without the need for home nursing, and only 15.2% of the control group showed the same autonomy. The demand for home nursing was higher in elderly patients, patients with cognitive impairment or a previous history of transient ischemic attack, and those who did not participate in the preoperative practical session. The intervention through the preoperative educational pathway effectively increased the level of independence and reduced the need for nursing services in ostomized patients ostomies.
A1 0 19	A randomized controlled trial: The effectiveness of multimedia education on self-care and quality of life in patients with enterostomy	Hsing Fang Ko, Mei Feng Wu, Jian Zhang Lu. (2024).	To evaluate the effectiveness of a multimedia educational intervention in improving self-care and QoL in patients with postoperative stoma and to develop a practical tool for assessing self-care.	A randomized, single-blind clinical trial comparing the self-care ability and quality of life of ostomates who underwent a continuing education program with those who participated in a conventional educational service.	Three months after the intervention, the group that received the multimedia software intervention showed significantly higher levels of self-care and quality of life compared to the group that received conventional education.
A1 1 20	The Value of Applying a Continuous Nursing Model	Ju Hao, BS, Yan Yan Xu,	Exploring the potential for applying continuous nursing training based on a virtual platform	Cross-sectional study conducted in China with 100 patients. Two groups were randomly divided according to the date of surgery, with 50 participants in the	The experimental group, which received training through the virtual platform, had significantly better scores in the first week after discharge and in the third month after discharge, in different domains. In addition, the
	Virtual Platform-Based Training for Patients with Colostomy or Ileostomy	BS, Huiyan Li, MS. (2023).	comprehensive in patients with colostomy or ileostomy.	experimental group (received standard care associated with continuous training software) and 50 participants in the control group (who received only routine care).	The incidence of complications in the experimental group was significantly lower.

<p><b>A1</b> <b>2</b><sup>21</sup></p>	<p>The effects of nursing process-based education on knowledge and performance of personal ostomy care in elderly patients with surgical stoma.</p>	<p>R. M. Pour , et. al. (2023)</p>	<p>To determine the effect of education based on the nursing process on the knowledge and self-care performance of elderly patients with surgical stomas.</p>	<p>A quasi-experimental study was conducted in a hospital in Iran, involving 52 elderly patients over the age of 60 with intestinal ostomies. Sampling was performed using a simple random method. The intervention group received an educational program based on the nursing process, while the control group received traditional training.</p>	<p>The means of knowledge and performance in ostomy self-care increased in both groups. However, the intervention group showed a significantly greater improvement compared to the control group. The intervention led to improvements in knowledge and performance of self-care in elderly patients with ostomies.</p>
--	---	------------------------------------	---	--	---

<p><b>A1</b> <b>3</b><sup>22</sup></p>	<p>Use of psychological interventions in nursing care for patients with rectal cancer</p>	<p>S. Wan g, H. Tian , R. Xue. (2021)</p>	<p>To explore the importance of psychological interventions in the nursing care of rectal cancer patients undergoing ostomy surgery.</p>	<p>A study conducted in China recruited 120 patients with rectal cancer and ostomies as a study cohort, who were divided equally and randomly into a control group and an observation group. The control group received routine nursing care, and the observation group received routine nursing care combined with psychological nursing care. The patients' conditions were assessed using the Self-Rating Anxiety Scale (SAS), the Self-Rating Depression Scale (SDS), the MOS Short Form Health Survey (SF-36), and their defecation.</p>	<p>After treatment, anxiety and depression scores decreased in both groups, with significantly greater reductions in the observation group. Quality of life scores, bowel function, satisfaction with nursing care, and sleep duration were higher in the observation group compared to the control group. There was also a lower incidence of postoperative complications in this group. Psychological interventions associated with nursing care improved the emotional and clinical status of ostomy patients with rectal cancer.</p>
--	---	---	--	---	--

A1 4 <sup>23</sup>	Perceptions of colostomy patients regarding nursing care in oncology inpatient units	Perin, et. al. (2021)	To analyze the perceptions of colorectal cancer patients with colostomies regarding nursing care in oncology inpatient units at a hospital in western Santa Catarina.	Descriptive-exploratory study with a qualitative approach, conducted through a questionnaire and semi structured interview, applied to 20 ostomy patients in an oncology inpatient unit.	Study participants recognize that nurses provide essential care for the bag and stoma during hospitalization, in addition to offering important guidance and promoting health education.
A1 5 <sup>24</sup>	Effectiveness of a personalized educational package for colostomy patients in their adherence and psychosocial adaptation	A. M. K. Seno, E. A. I. Elha et al. (2021).	To evaluate the effectiveness of a personalized educational package for colostomy patients in terms of their adherence and psychosocial adaptation.	A quasi-experimental study conducted in a hospital in Cairo, Egypt. One hundred and twenty colostomy patients were selected for convenience. Data collection was performed using three instruments: a sociodemographic and clinical questionnaire, a questionnaire on biopsychosocial needs, and an observational checklist.	After the implementation of an educational program, more than three-quarters of colostomy patients adhered to lifestyle changes, in contrast to less than a quarter before the program. Adherence to medication and psychological acceptance increased after the program. Two-thirds of patients showed a reduction in physical needs, and half demonstrated high levels of acceptance and social engagement. Educational programs have a positive impact on treatment adherence and psychological adjustment in colostomy patients.

## Discussion

The analysis of the articles included in this study showed that the contributions made by nursing professionals are fundamental in the education of patients with intestinal ostomies, especially with regard to promoting self-care and adaptation to their new living conditions. To discuss the results, three thematic categories were developed to better understand this topic.

### The role of nurses in the pre- and post-operative education of enterostomy patients: combining care and the use of digital technologies

The quality of care for ostomy patients is directly related to early access to guidance. Health education provided by nurses before and after enterostomy surgery can contribute positively to the patient's adaptation process to their new living conditions.

A personalized approach for each patient, according to their own risk factors, type of surgery (e.g., ileostomy or colostomy), gender, and ASA classification, can potentially reduce postoperative complications and the use of healthcare resources. The nurse has the role of providing training and support to patients, especially those with ileostomies, as they have more consultations with the stoma therapist nurse due to frequent episodes of pouch leakage and a higher occurrence of peristomal skin complications during the first year after ostomy creation (Moher et al., 2009).

Ostomy patients have less and less time to receive nursing care guidance while still in the hospital. Much of this education process occurs outside the hospital setting. Developing a nursing care plan to be implemented at home can directly impact self-care capacity, reduce colostomy-related complications, and improve the quality of life of ostomy patients with rectal cancer.

The results showed that the intervention contributed positively to the recovery of gastrointestinal function, self-care capacity, and adaptability to the stoma, also improving the quality of life of individuals after the education provided by nurses. In addition, the education process developed in the study used virtual platforms, such as WeChat—a communication app which enabled continuous and remote monitoring of patients' health conditions. This tool proved effective in facilitating communication between patients and the healthcare team, promoting closer and more personalized follow-up (Persson et al., 2025).

With the advancement of the internet and the widespread use of smartphones, various health management applications have gradually been incorporated into patient care outside the hospital environment. In this context, the internet can help ostomy patients in several ways, allowing for teleconsultations, remote monitoring, participation in support groups, and quick access to reliable health information.

The literature indicates that an individualized discharge plan, which assesses the level of knowledge of patients and caregivers about the health condition and includes guidance on emptying the bag, handling the collection bag, peristomal skin care, purchasing supplies, nutritional guidance and exercise, medication use, and psychological support, is most effective when combined with 24-hour online assistance provided by stoma care nurses through digital platforms. These online services allow patients to report symptoms and send images of the stoma, enabling remote assessment by a specialized team of nurses. This virtual care model has shown a significant reduction in complication rates, as well as improved autonomy and quality of life for patients. These findings reinforce the importance of nurses in health education and in promoting self-care for ostomy patients, as well as the contribution of the internet in this process (Yan et al. 2024).

Several hospitals are reducing patient hospitalization times through protocols aimed at improving surgical outcomes and reducing the risk of infection. Due to the shorter hospital stays promoted by this new model, patients have less time and fewer opportunities to receive specific guidance while still in the hospital.

This scenario requires stoma therapists to pay extra attention to ensure the quality of care provided to ostomy patients. There are still significant gaps in the health education process, especially with regard to preparing patients for enterostomy surgery. Preoperative education provided by stoma therapists is still limited. There are still few places that offer patient preparation before surgery (Guedes et al., 2024 ; Hu et al.,2024; Liu et al.,2024).

When patients acquire the necessary knowledge about their enterostomy and learn how to handle the collection equipment, they become less dependent on nursing consultations and postoperative complications related to stoma care are significantly reduced. Multimedia resources are a very effective way to optimize these nursing guidelines remotely (Zhou et al., 2023; Van Pelt et al., 2024).

One of the main reasons for performing an enterostomy is the presence of colorectal cancer. These patients have reduced immunity not only due to surgery, but also due to the combination of radiotherapy, chemotherapy, and other treatments, which makes them more susceptible to infections.

Continuing nursing education through virtual platforms not only alleviates the waste of health resources and unnecessary hospitalizations, but also reduces face-to-face interaction between patients and professionals and the transmission of diseases (Ko et al., 2023).

The elderly population, due to the risk of developing chronic diseases as a result of advanced age, tends to visit health services more frequently. However, among the elderly who experience a decline in physical and cognitive functions, the role of nursing becomes even more essential.

The role of nurses is fundamental in ensuring targeted health education that promotes functionality and active aging, helping these individuals to preserve, as far as possible, their independence in activities of daily living (Hao et al., 2023).

### **The association of nursing care with psychological interventions and the impact in the mental health of patients with intestinal ostomies**

Accepting an ostomy is a major challenge for patients. It is very difficult to accept the drastic change that occurs in the physiological process of fecal elimination, especially when this condition will last for the rest of their lives. In addition, patients must simultaneously cope with the primary disease itself (most often colorectal cancer and inflammatory bowel disease).

Psychological and emotional support is essential in the adaptation process after enterostomy surgery, as ostomy can lead to low self-esteem, shame, social isolation, and reduced quality of life. By providing comfort and encouragement to the patient, nurses help reduce and alleviate negative emotions about ostomy (Yan et al., 2024).

Combining mental health care with nursing care can contribute to better mental resilience and a reduction in negative emotions related to the ostomy.

Emotional support, together with practical guidance on the stoma, helps patients face their new reality in an active, positive, and optimistic way. In addition, this support provided by nurses has a positive impact on sleep quality, mood improvement, physical rehabilitation, and functional recovery (Liu et al., 2024).

Being able to self-manage their ostomy makes patients more independent and confident in facing their new reality, directly impacting their mental health. In the first few months after the procedure, patients with enterostomy have a great need to acquire knowledge about their condition. Post-discharge education programs can promote psychosocial adaptation, increasing autonomy and self-management skills.

Psychological interventions can help ostomy patients regain confidence in their treatment and help them see the ostomy as a way to maintain their lives, society with greater confidence. This type of approach can alleviate depression and anxiety and improve the quality of life of ostomy patients. Educating and training ostomy patients increases social engagement, facilitates the acceptance process, and ensures better psychological adjustment (Wang et al., 2021; Perin et al., 2021; Muhammad & Ahmed, 2022).

## **The perception of patients and family members regarding the importance of nursing care in the process of adapting to intestinal ostomy**

In the context of children undergoing enterostomy surgery, it is common for the mother to assume the role of primary caregiver. The specialized support of the stoma therapist nurse is considered essential, especially given the families' lack of knowledge about the clinical and surgical conditions related to the procedure.

A study revealed that, in the perception of these mothers, nurses are seen as the professionals responsible for training them to provide quality care. This professional is seen as the main educator in this process, guiding the family on the characteristics of the ostomy such as skin and mucosal coloration, the choice and proper fitting of the collection equipment, and teaching measures to prevent and treat peristomal dermatitis and avoid leaks. The specialized support of the stoma therapist nurse is considered essential, especially given the families' lack of knowledge about the clinical and surgical conditions related to the procedure (Guedes et al., 2024).

The creation of an intestinal ostomy causes profound changes in the lives of patients and their families, requiring physical, emotional, and social adaptations on both sides. Patients report that nursing support in the process of developing autonomy and self-care is essential, as nurses teach them about pouch hygiene, leak management, and skin care around the stoma.

However, some patients point out that, while still in the hospital, some professionals assume that they already know how to use the collection system, without often confirming whether there are still doubts. This finding highlights the need for nursing care that provides comprehensive care, that is, care that goes beyond technical care and considers the human being in their individual adaptation process (Perin et al., 2021).

### **Conclusion**

This study revealed that the contributions of nursing in the education of patients with intestinal ostomies are an essential element in promoting self-care, in the process of psychological adaptation, and in improving the quality of life of patients undergoing enterostomy. The educational actions developed by nursing professionals in the pre- and post-operative periods are fundamental tools for the physical and emotional preparation of the patient and for better coping with this new life condition. In addition, the integration of virtual technologies and care actions has proven to be an effective strategy for expanding the scope and continuity of care after discharge, given that hospital stays after surgery are becoming increasingly shorter.

The perceptions of ostomy patients and their families reinforce the central role of nursing as one of the main sources of support, guidance, and care during the process of adapting to ostomy, highlighting the importance of personalized, humanized, and continuous care. The combination of nursing care and psychological support has a positive impact on the mental health of ostomy patients, helping them to cope with the physical, emotional, and social changes that an ostomy brings to the individual. Thus, it can be concluded that nursing contributes significantly to this process and plays the role of the main facilitator of education and promotion of self-care for patients with intestinal ostomies. Nurses, by providing not only practical guidance.

## References

- Aguiar FAS de, Jesus BP de, Rocha FC, Cruz IB, Neto GR de A, Rios BRM, et al. Colostomy and self-care: meanings for ostomy patients. *Rev Enferm UFPE Line*. January 2019;13(1):105–10.
- Bujalance-Hoyos J, Montesinos-Gálvez AC, González-Navarro SM, Mera-Soto A, Sánchez Pastor AI. Results of the implementation of a guide of recommendations for the care of people with digestive ostomies. *MedUNAB*. November 2023;26(2):177–86.
- Davis D, Ramamoorthy L, Pottakkat B. Impact of stoma on lifestyle and health-related quality of life in patients living with stoma: A cross-sectional study. *J Educ Health Promot*. 2020;9:328.
- Farias DLS de, Nery RNB, Santana ME de. The nurse as a health educator for stomach patients with colorectal cancer. *Enferm Em Foco*. 2019;10(1).
- Foà C, Bisi E, Calcagni A, Goldoni A, Moscatelli MP, Pellicani V, et al. Infectious risk in ostomy patients: the role of nursing competence. *Acta Biomed Atenei Parm*. November 2019;90(11-S):53–64.
- Guedes C de M, Nunes MDR, Faria da Silva L, Araújo BBM de, Souza NVD de O, Pacheco ST de A. The importance of the stomal therapy nurse for the care of children with intestinal stoma: The maternal perspective. *ESTIMA*. 2024;22.
- Hao J, Xu Y, Li H. The value of applying a continuous nursing model based on virtual platforms for patients with colostomy or ileostomy. *Adv Skin Wound Care*. April 2023;36(4):206–12.
- Hu J, Zhang X, Sun J, Hu H, Tang C, Ba L, et al. Supportive care needs of patients with temporary ostomy in enhanced recovery after surgery: A mixed-methods study. *J Nurs Res*. June 2024;32(3):e329.
- Ko H, Wu M, Lu J. A randomized control study: The effectiveness of multimedia education on self-care and quality of life in patients with enterostomy. *Int Wound J*. December 2023;20(10):4244–52.
- Li M, Yu K, Zhang Y, Mao A, Dong L. Impact of discharge planning combined with “Internet Home Ostomy Care Platform” in patients with permanent colostomy after rectal cancer surgery. *Ann Ital Chir*. 2024;95(4):699–707.
- Liu F, Yao K, Liu X. Analysis on effect of psychological nursing combined with extended care for improving negative emotions and self-care ability in patients with colorectal cancer and enterostomy: A retrospective study. *Medicine (Baltimore)*. May 2024;103(21):e38165.
- Matsubara Y, Hirohata A. Status and content of outpatient preoperative education for rectal cancer patients undergoing stoma surgery provided by Japanese nurses: a cross-sectional study. *BMC Nurs*. March 2024;23(1):218.
- Mendes KDS, Silveira RC de CP, Galvão CM. Integrative review: a research method for incorporating evidence into health and nursing. *Texto Contexto Enferm*. December 2008;17:758–64.

- Momeni PR, Darvishpour A, Mansour GR, Kazemnezhad LE. The effects of education based on the nursing process on ostomy self-care knowledge and performance of elderly patients. *Nurs Res Pract.* 2023;2023:1–8.
- Moher D, Liberati A, Tetzlaff J, Altman DG. Preferred reporting items for systematic reviews and meta-analyses: The PRISMA statement. *J Clin Epidemiol.* October 2009;62(10):1006–12.
- Muhammad KSA, Ahmed IEE. Effectiveness of a tailored educational package for patients with colostomy on adherence and psychosocial adjustment. *Egypt J Health Care.* September 2022;13(3):1290–307.
- Orem DE. *Nursing: Concepts of Practice.* 2nd ed. New York: McGraw-Hill; 1980.
- Perin CB, Cardoso AM, Hoffmann AY, Zancanaro V, Manfrin V. Perceptions of colostomy patients about nursing care in oncology inpatient units. *Estima Braz J Enteros Ther.* 2021;e1521.
- Persson EI, Forsmark A, Scheffel G, Sternhufvud C, Carlsson E. Stoma care nurse consultations regarding leakages and peristomal skin complications. *Int Wound J.* 2025;22(4):e70328.
- Santos CM da C, Pimenta CA de M, Nobre MRC. The PICO strategy for research question construction and evidence search. *Rev Lat Am Enfermagem.* June 2007;15:508–11.
- Van Pelt KAAJ, Van Loon YT, Schots JPM, Ketelaers SHJ, Zimmerman DDE, Nieuwenhuijzen GAP, et al. Effects of a perioperative educational pathway on ostomy self-care. *Colorectal Dis.* June 2024;26(6):1258–65.
- Wang S, Tian H, Xue R. Using psychological interventions in nursing care of rectal cancer patients. *Am J Transl Res.* 2021;13(6):7282–7287.
- Yan H, Su Y, Wang L. Impact of Ahmadi continuing nursing model on self-care ability and quality of life. *BMC Gastroenterol.* November 2024;24(1):421.
- Zhou L, Zhang F, Li H, Wang L. Post-discharge health education for patients with enterostomy. *J Glob Health.* December 2023;13:04172.
- Universidad de los Llanos, San Antonio Calle 37 No. 41-02 Barzal - Villavicencio, Colombia