

Using NaturFit® as the first-line post-operative stoma pouch: a new approach for one NHS trust

Introduction

NaturFit® is a one-piece stoma pouch range which was launched in 2021. The range is available in multiple flat and convex sizes for colostomy, urostomy and ileostomy patients.

NaturFit® stoma pouches have been designed with a soft and flexible hydrocolloid to provide ostomates with a comfortable fit. The pouches' strong adhesive offers security, and the range is suitable for sensitive skin.

Since its launch, a number of patients and healthcare professionals have recognised the benefits that NaturFit® provides and we will be discussing this further within this document.



Putting pouches into practice

One NHS trust introduced the NaturFit® stoma pouch range after its launch in 2021 where it soon became its first line product choice. Between January and October 2022, 47 patients were admitted for various bowel procedures (emergency and arranged) requiring formation of a stoma. 18 of these patients were discharged home with a NaturFit® pouch.

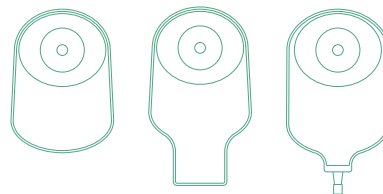
Patient demographics¹

Almost 40% patients aged between 41 and 89 years received a NaturFit® pouch:



Pouch type received

6 Flat, 12 Convex



Case study 1¹

Patient overview:

- Female, 48 years of age
- Multiple admissions with pseudo obstructions of bowel
- Due to multiple admissions, a defunctioning colostomy was considered appropriate to improve quality of life

Findings:

Although the stoma was large and bulky, surgery was straightforward and the NaturFit® max drainable pouch was fitted. The stoma required cutting to 60mm so NaturFit® enabled good coverage and security for the patient. This is vital as poor stoma pouch adherence can develop into peristomal skin complications.^{2,3}



The patient found the pouch easy to use and the adhesive kind to her skin. Within a short space of time she was ready for discharge and happy to continue with the drainable pouch.

Unfortunately after discharge the stoma prolapsed several times and required two further alterations. Despite issues managing the prolapses and large stoma, the patient continued to use the NaturFit® pouch as it did not leak and was very secure.

The patient was quoted as saying:

'it is one less thing I have to worry about, as it always stays on.'

Case study 2¹

Patient overview:

- Male, 56 years of age
- Radical cystectomy for bladder cancer

Findings:

The patient had an uneventful post-operative recovery and was discharged initially with an alternative flat pouch to NaturFit®. After his initial rest and recovery period he was very keen to return to his previously active lifestyle. This included running his own business which involved some manual work.

During his rest and recovery period, the patient's initial pouch choice appeared to suit him. He experienced no issues and was keen to continue using them.

Once he began returning to his pre-op activity levels, which included bending and lifting, he started to notice his pouch creasing along the top edge. This caused him much anxiety as he was concerned the pouch may loosen and leak. At this stage, the patient wanted to keep the same pouch, so he was provided with extension strips for around the outside of the pouch to help improve security.

Following on from this development, and when attending his next clinic appointment, the patient realised he had forgotten his spare stoma pouch, so after his stoma examination, a flat NaturFit® pouch was fitted temporarily.

A week later, the patient contacted the clinic to request a change to the NaturFit® pouch as he found it more secure and it did not crease when bending.

This change not only helped improve patient well-being and confidence but also reduced associated stoma pouch and accessory costs as changing to NaturFit®, resulted in the extension strips no longer being required and the patient had also been able to extend each wear time from one to three days.

Discussion

If NaturFit® was not used, the remaining patients were discharged using a variety of pouches from suppliers including Dansac, Hollister, Pelican, Salts, Coloplast and Welland. Reasons for using alternative pouches included:

- Poor patient dexterity, especially fine finger movements, which made pouch removal difficult (a pouch with a hydrocolloid pull tab was selected to assist with this)
- Deeply retracted stomas requiring a hard convex pouch
- Patient request (they had researched a brand or had a friend who was an ostomate had mentioned their choice of product)
- Pouch leakage or skin irritation. As mentioned, there is not a one size fits all pouch. So, in some cases if a pouch is not an appropriate fit, an alternative pouch should be explored based on the patient's individual requirements

Misuse of products can affect clinical outcomes, patient satisfaction and QoL and add to the financial burden of the NHS.⁴ The stoma nurse's expertise means they can perform a skin assessment and provide advice to help patients make an informed decision about which product best suits their needs.

One size does not fit all

Stomas come in all shapes and sizes, as do patients' abdomens, and stoma care nurses are vital in determining the right pouch for each patient.

The choice of pouch is determined by the shape of the stoma, any abdominal creases or dips in the skin and where on the abdomen the stoma is positioned. The person's lifestyle, personal preferences, visual acuity and manual dexterity should also be considered.^{5,12} Ideally, an assessment by a stoma nurse should be carried out prior to the procedure to ensure the stoma is visible and accessible to the patient and away from any bony prominences or creases. Optimal sitting pre-operatively reduces ostomy-related problems, including leakage, sore skin and re-admission into hospital.⁶ Patients require reassessment in the first few weeks after surgery as their stoma changes in size and their abdomens become less distended.²

The NaturFit® range provides a variety of options for different patients' stoma type and size. Below is the full list of pouches available within the range.

Size	Cutting Size	Min. Volume	Pouch shape
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Colostomy Closed

Flat			
Midi	15-60mm	460ml	145 x 200mm
Max	15-70mm	580ml	165 x 205mm

Convex			
Midi	10-34mm	500ml	145 x 200mm
Midi	10-44mm	590ml	165 x 205mm
Max	10-57mm	630ml	165 x 205mm

Ileostomy Open

Flat			
Midi	15-60mm	420ml	140 x 250mm
Max	15-70mm	630ml	150 x 280mm

Convex			
Midi	10-34mm	450ml	140 x 250mm
Midi	10-44mm	520ml	150 x 280mm
Max	10-57mm	700ml	150 x 280mm

Urostomy

Flat			
Max	15-60mm	550ml	145 x 230mm

Convex			
Midi	10-38mm	600ml	145 x 230mm
Midi	10-44mm	600ml	145 x 230mm

When assessing the benefits of using NaturFit®, the flat pouch has two cutting ranges; max which allows cutting up to 70mm, and midi which is up to 60mm. The NaturFit® soft convex pouch has up to three width cutting ranges. Both allow choice in size and flexibility, and cover a range of stoma sizes. A wide cutting range is essential, especially with emergency surgery when the bowel can be bulky and the stoma large.

Providing patient reassurance

Typically, a patient's first concerns will be 'Will I smell?' and 'Will the pouch leak?'. Establishing good bond security with the pouch from the outset is essential in order to build patient confidence in their stoma. Covering the skin area with multiple products to enable the pouch to adhere can lead to more issues and should be avoided.⁷ Poorly adhering pouch systems can lead to leakage, peristomal skin complications and poor quality of life.^{2,3,5}

Around 85% of ostomists experience complications such as:⁸

- Skin irritations
- Excoriation
- Blockage
- Stoma retraction
- Mucotaneous separation
- Parastomal hernia
- Prolapsed stoma
- Stenosis
- Appliance leakage
- Constipation
- Diarrhoea
- Difficulty in attaching and removing appliances

Best practice guidelines consistently recognise that a secure seal around the stoma is required to minimise such complications.^{3,5}

Healthy, intact peristomal skin is essential for successful fixation of a stoma pouch and subsequently may require the use of fewer accessories.

NaturFit[®] rated particularly high in adhesion with 82% of experienced ostomates saying they were as good as or better than their current bag.⁹

Conclusion

Patients who undergo stoma surgery need time to adjust to the physical, social and psychological changes in their lives, which can often be a significant challenge for them.¹⁰

However, using NaturFit[®] first line has enabled this NHS trust to help alleviate some of these initial concerns (such as 'will my pouch leak?') by providing patients with a stoma pouch that helps build confidence post-operatively due to its strong adhesive and secure fit.

The NHS trust found that NaturFit[®] is very effective in the care of patients with newly formed stomas and a good place to start in the post operative phase.

If a patient is fitted with a stoma pouch post-surgery that they find secure, it will help:

- Them feel safer and more confident in their stoma pouch
- Reduce their anxiety and help them feel more relaxed about being able to lead 'a normal life'
- Become more receptive to the training required to facilitate a home discharge.

Where possible, stoma care should be kept simple with the use of minimal or no accessories.¹¹ The NaturFit[®] pouches have been found to be cost effective and, due to the security of the seal, require fewer accessories than other pouch choices. This in turn helps patients to return to their ordinary life, including work and physical activities, without the constant worry of leaks.

References : **1.** NaturFit First Line Acceptance Study, 2022, for verification please contact medinfo@alliancepharma.co.uk **2.** Colwell JC et al. International consensus results: Development of practice guidelines for assessment of peristomal body and stoma profiles, patient engagement, and patient follow-up. *J Wound Ostomy Continence Nurs* 2019;46(6):497-504. **3.** Cronin E, A guide to the appropriate use of convex stoma care products. *Gastrointestinal Nursing* 2008;6(2):12. **4.** O'Flynn S. Peristomal skin damage: assessment, prevention and treatment. *British Journal of Nursing* 2019;28(5):6-12. **5.** Roveron G et al. Italian Guidelines of the nursing management of enteral and urinary stoma in adults: an executive summary. *J Wound Ostomy Continence Nurs* 2021;48(2):137-147. **6.** Vonk-Klaassen SM, de Vocht HM, den Ouden ME, Eddes EH, Schuurmans MJ. Ostomy-related problems and their impact on quality of life of colorectal cancer ostomates: a systematic review. *Qual Life Res.* 2016; 25(1):125-133. **7.** Burch J. Maintaining peristomal skin integrity. *Br J Community Nurs* 2018;23(1):30-33. **8.** StoMap programme baseline report 2019. Available at: <https://www.eoecph.nhs.uk/Files/Integrated%20Care/StoMap%20Baseline%20Report%20FINAL.pdf> Accessed January 2023. **9.** Data on file. NaturFit User Acceptability Test with 92 patients. 2019. **10.** Psychological issues affecting patients living with a stoma, *BJN.* <https://www.britishjournalofnursing.com/content/psychological-issues/psychological-issues-affecting-patients-living-with-a-stoma/> Last accessed Feb 2023. **11.** Thompson H et al. Matching the skin barrier to the skin type. *Br J Nurs* 2011;20(16 Suppl):S27-30. **12.** Kim YM, Jang HJ, Lee YJ. The effectiveness of preoperative stoma site marking on patient outcomes: a systematic review and meta-analysis. *J Adv Nurs.* 2021;77(11):4332-4346.