

Opus Healthcare Stoma Care Literary Review

April 2022 to June 2022

Title	Publication	Date	Overview
The Ostomy Skin Tool 2.0: a new instrument for assessing peristomal skin changes	British Journal of Nursing, Vol. 31, No. 8, pages 442-450.	21 April	Article discusses how not all peristomal skin complications (PSCs) are visible, and so it is equally important to assess and treat symptoms such as pain, itching and burning sensations. It reviews the Ostomy Skin Tool 2.0 (OST 2.0) which was developed to enable changes in the peristomal skin to be followed on a regular basis, and thereby help prevent severe PSCs. OST 2.0 includes a patient-reported outcome questionnaire on symptoms and objective assessment of discolouration. It provides a combined decision tree score (0-3) and a simplified way to communicate different severity levels of PSCs presented as four so-disease health states: 'no treatment required', 'mild', 'moderate' and 'severe'. The combined score of 0-3 can also be used to assess average scores for a cohort of subjects, such as in clinical trials when exploring the significance of different interventions.
Dietary management of patients with a high-output stoma	Nursing Standard, Vol. 37, No. 4, pages 71-76.	April	Article discusses the causes of high-output stomas and how, without appropriate management, they can potentially result in dehydration, malnutrition, acute kidney injury and electrolyte disturbances. Guidance states that a stoma output of more than 1,500ml per day is considered high, but in clinical practice a high output is defined in relation to the volume of oral fluids consumed. The article also reviews the assessment and management options available, which typically involves fluid management, anti-diarrhoeal or anti-secretory medicines and dietary modifications. It suggests that the nursing management of patients with a high-output stoma can be challenging, but with careful assessment and a structured treatment plan it is possible to reduce intestinal losses. The author recommends a multi-disciplinary approach to care to optimise management of the patient's nutritional needs and to provide effective support.

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Challenges faced by people with a stoma: peristomal body profile risk factors and leakage	British Journal of Nursing, Vol. 31, No. 7, pages 376-385.	7 April	Of 5,187 ostomates that took part in The Ostomy Life Study 2019, 62% reported having avoided physical and social activities because of their stoma. 37% had never consulted their stoma care nurse (SCN) to have the fit of their stoma product checked. In a subgroup receiving questions on leakage (n=4209), output under the baseplate and leakage onto clothes were experienced within the previous month by 76% and 26% of respondents, respectively. Higher chance of leakage was associated with an irregular stoma shape and peristomal body profile; a stoma level at or below the skin surface; and the presence of creases, folds and other changes in the peristomal area. The authors suggest the study highlights the need for optimal access to an SCN and/or validated assessment tools to minimise the leakage of stomal effluents and to provide the necessary care and guidance to improve the quality of life for people with a stoma.
Factors predictive of optimal peristomal skin status in patients with an ostomy: a secondary analysis	Gastrointestinal Nursing, Vol. 20, Sup. 4, pages s34-s42.	May	Article shares the findings of an observational nationwide study of 871 ostomates in Spain, carried out to propose and validate a nomogram to help nurse specialists anticipate and promote optimal peristomal skin care. Multivariate analysis revealed leakage frequency, patient age, type of ostomy, preoperative siting and type of baseplate used were independent predictors of peristomal skin status. The authors suggest that optimal peristomal skin care should be a treatment goal for stoma nurse specialists and that this nomogram could guide nurses to identify the factors implicated in skin health.
Risankizumab as maintenance therapy for moderately to severely active Crohn's disease	The Lancet, Vol. 399, No. 10340, pages 2015-2030.	28 May	A study of 542 patients suggests that in patients with moderately to severely active Crohn's disease, induction treatment with intravenous risankizumab was well tolerated and resulted in early, statistically significant, and clinically meaningful improvements versus placebo treatment. This was across coprimary and key secondary endpoints in populations with and without previous bio-failure.

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An overview of transanal irrigation devices: an update	British Journal of Nursing, Vol. 31, No. 12, pages 612-618.	23 June	Article presents a summary of the latest available transanal irrigation (TAI) devices, as well as guidance on how to select a suitable device. It also discusses how TAI is generally considered a safe and effective treatment which should only be carried out after less invasive treatment options have been explored. It is suggested that TAI can provide a myriad of benefits for both patients and healthcare professionals including: improvement of symptoms and reduction in the severity of chronic constipation; potential prevention and reduction in frequency of faecal incontinence; and a reduction in stoma surgery rates.
IBD: what it is and how nurses can improve quality of life	Nursing Standard, Vol. 37, No. 4, pages 67-70.	April	Article discusses the two main forms of inflammatory bowel disease (IBD) - both of which are chronic: ulcerative colitis and Crohn's disease. It explores symptoms, risk factors, and management and treatment options. It examines challenges related to diagnosis: in a survey of more than 10,000 people, 26% said they waited more than a year to be diagnosed, with 41% visiting the emergency department at least once before diagnosis. The article also discusses the important role of specialist IBD nurses and the need for tailored information, signposting and self-management support for patients.
Incidence trends for twelve cancers in younger adults - a rapid review	British Journal of Cancer, Vol. 126, No. 11, pages 1374-1386.	1 June	Results from a study show that the incidence of colorectal, breast, kidney, pancreatic and uterine cancer is increasing in younger people, whilst lung, laryngeal and bladder cancers are becoming less common. Although the reasons behind the observed trends are unclear, it is suggested that changes in the prevalence of lifestyle associated risk factors in high-income countries, along with obesity, may be contributing factors. As many cancer referral guidelines use patient's age as a key criterium to decide who should be referred urgently, the authors suggest that these may need updating in light of these trends.

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Cancer workforce shortages 'jeopardising' early diagnosis for patients	Nursing Times, Online article, pages 1-6.	5 April	Findings from a report suggest that whilst cancer survival rates in England have improved significantly over the past half century, they are still behind that of other countries. It warns how 58.9% of people in England diagnosed with colon cancer will live for five years or more, compared with 66.8% in Canada and 70.8% in Australia. The report suggests the key to improving cancer survival rates is earlier diagnosis, yet it warned that without progress, more than 340,000 people between 2019 and 2028 will miss out on an early cancer diagnosis. The report also suggests that critical to improving earlier diagnosis is addressing staffing gaps, with data indicating the NHS in England will be short of 3,371 cancer nurse specialists by 2030 and an estimated shortage of 189 full-time equivalent (FTE) clinical oncologists, 390 FTE consultant pathologists and 1,939 FTE radiologists.
Impact of inflammatory bowel disease on partners: a qualitative study	Gastrointestinal Nursing, Vol. 20, No. 3, pages 40-50.	April	Article shares the results of online interviews held with six inflammatory bowel disease (IBD) patients and their partners. Four main themes emerged during the analysis of the interviews - under the central theme 'our relationship with IBD, for better or worse'. The theme 'our relationship' revealed the impact of IBD on intimate relationships, family planning, the role change as partner and carer, and the importance of honest communication. Feeling uncomfortable as a result of IBD, related pain or fatigue, or having a stoma affected the physical or sexual relationships of all participants. IBD also affected wider relationships with family, children and social life, but teamwork could mediate negative impacts on relationships. Other findings included how living in constant fear and guilt impacted on emotional wellbeing, but humour and knowledge of IBD helped to reduce negative impacts. In addition, IBD impacted on everyday life (diet, finances and travel) for both patients and partners, but planning for uncertain situations was found to be helpful to reduce restrictions.

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SkinSafe	1 x 50 sachets	6600
	1 x 50ml spray	6601
AbsorbaGel	1 x 150 sachets	9900
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Product	Pack Size	Order Code
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NaturCare Citrus	1 x 50ml	1102A
NaturCare Mint	1 x 50ml	1103A
NaturCare IPD	1 x 50 sachets	1104
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ClearWay Mini Stoma Bridge	1 x 30 cubes	8800
DeoGel	1 x 200ml bottle	2010
	1 x 50 sachets	2020

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	Max	15-70mm	5219-70
	Midi	10-34mm	8418-34
Convex	Midi	10-44mm	2674-44
	Max	10-57mm	4105-57

Open

	Size	Cutting Size	Sample Code
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	Max	15-70mm	2952-70
	Midi	10-34mm	2212-34
Convex	Midi	10-44mm	2768-44
	Max	10-57mm	6548-57

Urostomy

	Size	Cutting Size	Sample Code
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	Midi	10-38mm	7537-38
Convex	Midi	10-44mm	1534-44

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