

# Opus Healthcare Stoma Care Literary Review

July to September 2019

| Title  | Publication   | Date         | Overview  |
|--|---|--------------|---|
| Sexual function after stoma formation in women with colorectal cancer      | British Journal of Nursing, Vol. 28, No. 16, pages s4-s15.  | 12 September | This literature review examines women's experience of sexuality after stoma formation during surgery for colorectal cancer. It found that many female ostomates have a disturbed body image and a perceived sense of being less attractive following surgery. In addition, sexual function can be disturbed physically, due to pain or incontinence, and also psychologically as a result of women being unable to come to terms with their stoma and reconcile their sexuality. Partner acceptance or rejection was also an influencing factor as to whether women accept their stoma. It suggests women without partners find it difficult to disclose their stoma to new partners, or are wary of new partners due to feelings of being unattractive. The author suggests that thorough pre- and post-operative education (that includes impact on sexual function) can lead to better coping and adapting to life with a stoma. |
| Clinical governance for ostomates at risk of peristomal skin complications | British Journal of Nursing, Vol. 28, No. 16, pages s24-s32. | 12 September | In a study focusing on peristomal skin complications (PSCs), almost half of the stoma care nurses questioned reported that over 60% of patients they assessed had PSCs. The study found that for many patients, the causative factor behind peristomal moisture-associated skin damage was contact dermatitis caused by effluent leakage, resulting in sore and excoriated skin. It discusses how PSCs are costly to the patient in relation to pain, time and worry and can also impact nursing activity levels and healthcare costs.  |

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| Exploring individuals' perceptions of living with a stoma   | British Journal of Nursing, Vol. 28, No. 16, pages s18-s22.          | 12 September | Results from a small study of ostomy patients highlight how stoma care nurses (SCNs) are instrumental in enhancing an individual's quality of life after stoma formation by providing valuable specialist short- and long-term support. Despite 30% of the patients studied experiencing problems with leaks, 83% stated that they felt comfortable with day-to-day management of their stoma. With regards to product selection, some patients were given an initial postoperative stoma pouch by their SCN which they continued to use. However, 57% of patients (particularly those aged under 50 years) had tried many different pouches, perhaps keen to explore other available stoma products that may better fulfil their stoma care needs. The authors suggest that offering choice empowers the individual to be responsible for making their own decisions.   |
| Stress and other factors associated with colorectal cancer outpatients with temporary colostomies | European Journal of Cancer Care, Vol. 28, No. 4, pages 1-9 (e13054). | July         | This study investigated stress and other factors associated with colorectal cancer (CRC) in 110 patients with temporary colostomies in Taiwan. The findings showed that the major stress resulted from changes in physical status, with approximately 52% of the participants reporting uncertainty about waiting for the colostomy closure time and CRC recurrence. Changes in self-concept were the second highest stressor type, with approximately 37% of the participants reporting that they often felt uncomfortable about the colostomy, due to the feeling of body incompleteness and fear of others knowing they had a stoma. They worried that the stoma bag may suddenly fall off and/or clothes would be soiled in outdoor activities leading to reduced outings and social interactions. The authors suggest that colostomy care was reported as a lower stressor type (third) due to improvements in stoma care equipment and the roles of specialist nurses who have made this care more convenient. |

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| Management of colorectal cancer   | The BMJ, Vol. 366, No. 8211, pages 241-244.              | 24 August    | This clinical update suggests that whilst laparoscopic surgery is the standard of care for colon cancer, its role in rectal cancer is debated. It also discusses stomal therapy, including patient concerns about stomas and physical complications experienced (such as skin excoriation). It explores how most patients undergoing sphincter preserving surgery often experience bowel dysfunction and how urinary and sexual dysfunction is common after rectal cancer surgery. It recommends that newly diagnosed patients have a test for serum carcinoembryonic antigen (CEA) level, along with a CT scan of the chest, abdomen, and pelvis for disease staging. Following surgery, in the first three years serum CEA level tests should be biannually tested and CT scans should be repeated at least twice to detect recurrence. |
| Adherence in inflammatory bowel disease (IBD): a clinical review  | Gastrointestinal Nursing, Vol. 17, No. 6, pages 24-27.   | July/ August | Article suggests that the majority of studies into IBD treatment adherence report that 30-45% of patients were non-adherent. It provides a taxonomy of different types of non-adherence to treatment of IBD, including both intentional (e.g. violations and mistakes) and unintentional (such as accidentally taking the wrong pill or forgetting to take it). It also indicates how these types of non-adherence call for different interventions. The article goes on to describe how IBD nurses can open up conversations with patients that will hopefully lead to improvements in their adherence.  |
| Physical activity during adolescence and risk of colorectal adenoma later in life: results from the Nurses' Health Study II | British Journal of Cancer, Vol. 121, No. 1, pages 86-94. | 2 July       | Findings of a study shows that physical activity during adolescence was inversely associated with the risk of colorectal adenoma later in life. Women with high physical activity during both adolescence ( $\geq 53.3$ MET-h/week) and adulthood ( $\geq 23.1$ MET-h/week) had significantly lower risk of adenoma (all adenomas: OR 0.76; 95% CI 0.66-0.88; advanced adenoma: OR 0.61; 95% CI 0.45-0.82) compared to women with low physical activity during both stages of life.   |

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| Colorectal cancer survivors' challenges to returning to work: a qualitative study | European Journal of Cancer Care, Vol. 28, No. 4, pages s24-s30 (e13044). | July      | A US study of colorectal cancer (CRC) survivors found that they face difficult, sometimes insurmountable, challenges when trying to balance their physical and financial needs within the constraints of employment. Workplace challenges included inadequate availability of paid/unpaid leave, lack of workplace accommodations (such as additional bathroom breaks) and employers' lack of knowledge about CRC and the recovery process (including lack of understanding about stomas). Individual challenges included the need to relearn control of bodily functions. The authors conclude that multi-level interventions are needed to improve the retention of CRC survivors in the workforce, facilitate a quicker return to work process, mitigate cancer's financial impact and foster long-term well-being for survivors. |
| Predictive biomarkers: understanding their use in treatment decision making       | Clinical Journal of Oncology Nursing, Vol. 23, No. 4, pages 360-363.     | August    | Article discusses how oncology nurses must keep up-to-date with changing information concerning predictive biomarkers. It suggests that oncology nurses are frequently called on to reinforce and further explain this complex information to patients. Patients need to understand that this testing provides vital information that guides the process of choosing the therapy most likely to be effective. It also discusses the role of nurses in identifying patients with potential hereditary risk for colon cancer based on their family history and making appropriate referrals for further genetic testing.   |
| Exercise 'delays progression' of advanced colorectal cancer                       | Nursing Times, Online article, pages 1-4.                                | 15 August | Article shares the results of a US study which suggests that metastatic colorectal cancer patients who engage in moderate exercise while having chemotherapy tend to have delayed disease progression and fewer severe side effects. The results showed that even low-intensity exercise, such as walking four or more hours a week, was associated with a nearly 20% reduction in cancer progression or death over the course of the six-year study. Total physical activity equivalent to 30 or more minutes of moderate daily activity was found to be associated with a 27% reduction in severe treatment-related toxicities.  |

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# THE OPUS RANGE

## FOR A LIFE MORE ORDINARY

### Sample Request Form

We are always pleased to provide samples of all our products. Please call 0800 458 7605 or visit [opus-healthcare.co.uk](http://opus-healthcare.co.uk) to request any of the products listed below

| Product                    | Description                   | Order code |
|----------------------------|-------------------------------|------------|
| AbsorbaGel                 | Solidifying agent             | 9900       |
| ClearWay Mini              | Stoma care bridge             | 8800       |
| DeoGel - bottle            | Deodorising & lubricating gel | 2010       |
| DeoGel - sachets           | Deodorising & lubricating gel | 2020       |
| LaVera - sachets           | Barrier cream                 | 3300       |
| LaVera - tubes             | Barrier cream                 | 3301       |
| Lift Plus 360              | No sting adhesive remover     | 5506       |
| Lift Plus - sachets        | No sting adhesive remover     | 5502       |
| Lift Plus Citrus - sachets | No sting adhesive remover     | 5504       |
| Lift Plus 360 Citrus       | No sting adhesive remover     | 5507       |
| NaturCare                  | Unscented                     | 1100A      |
| NaturCare Citrus           | Citrus                        | 1102A      |
| NaturCare Fragrant         | Lightly perfumed              | 1101A      |
| NaturCare Mint             | Mint                          | 1103A      |
| NaturCare IPD              | In Pouch Deodorant Powder     | 1104       |
| SkinSafe - sachets         | No sting protective film      | 6600       |
| SkinSafe - spray           | No sting protective film      | 6601       |

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# THE OPUS RANGE FOR A LIFE MORE ORDINARY



Designed to be gentle on the skin...from any angle!

**Lift Plus® 360**, using the latest **bag on valve technology**, is a highly effective range of medical adhesive removers that helps **reduce the pain** associated with the removal of stoma pouch adhesives.

- The spray can be applied from any angle (360 degrees), offering greater reliability†
- The removal of the propellant helps ensure:†
  - the product is not cold on the skin
  - it's more environmentally friendly
  - there's more product in the can
- Suitable for all ages



## AbsorbaGel

Providing freedom from colourful moments

AbsorbaGel is the **market leading** and fast-acting discharge solidifying agent.

- Transforms pouch contents into a gel thereby reducing the potential for leaks, noise and odours from stoma pouches
- Makes the use and disposal of pouches simple and discreet
- A survey found that 100% of individuals found their bags easier to empty using AbsorbaGel<sup>1</sup>



## SkinSafe

Guards and protects vulnerable skin

SkinSafe provides an **effective** barrier film.

- Protects the skin against bodily fluids and 'skin stripping' caused by the constant application and removal of adhesives
- Should not sting on application
- 93% of stoma care nurses recommend silicone as the skin preparation of choice on excoriated skin (n=363)<sup>2</sup>



References: 1. AbsorbaGel - User questionnaire. Opus Healthcare Limited. 2. Berry, J. et al. BJN 2007; 16(13): 778 - 888.



† Compared to traditional aerosol technology

AL/3624/02.19/0.001 Date of preparation: February 2019.



For a life more ordinary