

Opus Healthcare Stoma Care Literary Review

July to September 2020

Title	Publication	Date	Overview
Impact of COVID-19 on stoma care: the experience of one team in Oxford	British Journal of Nursing, Vol. 29, No. 16, page s4-s6.	10 September	Article discusses the significant impact COVID-19 has had on the management of stoma patients at Oxford University Hospitals NHS Foundation Trust. During the pandemic they have embraced the use of digital photography, with patients emailing their stoma photos through for an opinion. Multidisciplinary meetings have been held using Microsoft Teams and they are planning to use 'Attend Anywhere', a secure video call service for patient calls. They have introduced strict criteria for patients requiring a face-to-face clinic appointment or home visit, to reduce the number of visits. They report a steady stream of patients having stoma formation operations. Recent surgical guidelines issued by the Association of Coloproctology of Great Britain (ACPGBI) have in some cases resulted in more patients having stomas because if they experienced an anastomotic leak, they would most likely have required an intensive care bed and, if they had subsequently contracted COVID-19, it could have been catastrophic for them.
Preventing prescribing of antibiotics for peristomal moisture-associated skin damage (P-MASD)	Gastrointestinal Nursing, Vol. 18, No. 7, pages 18-26.	September	Article discusses how peristomal skin complications (PSCs) are common and have a significant impact on patients' physical health and psychological wellbeing, as well as the nursing workload. It suggests that clinicians without specialist stoma care knowledge are likely to misdiagnose moisture-associated skin damage as an infection and prescribe antibiotics. This is a concern with antibiotic resistance becoming a greater public health problem. The article suggests stoma care nurses have specialised knowledge and skills to correctly diagnose and treat the cause of a PSC, improving the ostomate's quality of life and helping fight antibiotic resistance. The author recommends beginning with a thorough assessment of the stoma, peristomal skin and abdominal contours, followed by tailored advice and treatment.

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Correlation between self-efficacy and self-esteem in patients with an intestinal stoma	British Journal of Nursing, Vol. 29, No. 16, pages s22-s29.	10 September	Article discusses how ostomates can experience psychological difficulties, including disturbances in self-efficacy and self-esteem and how these are important factors in patients' ability to cope with living with a stoma. Results from a study found a positive, significant correlation between total self-efficacy and its dimensions with self-esteem in patients with an intestinal stoma. The highest correlation was found in social self-efficacy ($r=0.53$) and the least correlation in stoma self-efficacy ($r=0.39$). The authors suggest that educational and supportive interventions should therefore be designed to improve patients' self-esteem and social interaction, as early as possible after stoma formation. It is recommended that such interventions include leakage prevention, skin problems and damage, as well as guidance on how to talk about their stoma with other people and going out to public places.
Living with and beyond colorectal cancer with a permanent colostomy: metaphor, survivorship and long-term care	Gastrointestinal Nursing, Vol. 18, No. 6, pages 24-32.	July/ August	Article considers the implications of a descriptive doctoral study on the long-term care needs of colorectal cancer patients with a permanent colostomy. It explores how the language used to describe cancer, including metaphors, has a powerful impact on how it is experienced and understood. It also examines how the concept of survivorship is defined and experienced by cancer patients, including the disruption of perceived time and the therapeutic value of narratives. In addition it looks at the importance and extent of patient empowerment for self-care, as well as the necessity and lack of long-term support for cancer patients after discharge following the 5-year NHS follow-up period.
Outdoor blue light could raise risk of bowel cancer	Nursing in Practice, Online article, page 1.	6 August	Results from a study in Spain suggests that exposure to high levels of the blue light spectrum – such as from streetlights and commercial billboards – is associated with a 60% increased risk of colorectal cancer (CRC), compared to the less exposed population. Scientists analysed data from 2,000 adults (660 with CRC and the rest randomly selected from the local population) and estimated their exposure to blue light using satellite images.

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Colostomy bag-induced Koebner phenomenon	JAMA Dermatology, Vol. 156, No. 7, page 805.	July	This case study explores a 2-month history of an asymptomatic peristomal rash in a man in his 60s, following a colostomy in the setting of adenocarcinoma of the colon. A skin examination revealed sharply demarcated erythematous plaques of different sizes, with silvery scale, distributed concentrically around the stoma, beneath and beyond the adhesive tape used to affix the colostomy bag. A clinical diagnosis of peristomal koebnerization of psoriasis was made. Koebner phenomenon, also known as isomorphic response, is characterised by the appearance of lesions on healthy skin as a consequence of cutaneous trauma. The authors discuss how peristomal skin complications are common and include a wide variety of etiologic factors such as infectious and inflammatory disorders and even malignant tumours. An important differential diagnosis for peristomal complications induced by trauma is pyoderma gangrenosum, particularly in the setting of painful papules progressing rapidly toward ulceration. However, they suggest the most frequent origin of peristomal rash is irritant contact dermatitis.
The role of sex in the innate and adaptive immune environment of metastatic colorectal cancer	British Journal of Cancer, Vol. 123, No. 4, pages 624-632.	18 August	Data from a study, using a murine model, demonstrate survival-associated differences in the immune response of males and females to metastatic colorectal cancer (CRC). Females showed changes in cytokine production accompanied by increased immune cell populations, biased toward Th2-axis phenotypes. Key differences in the immune response to CRC correlated with survival in this model. These differences support a multi-faceted shift across the tumour microenvironment (TME). The findings demonstrate fundamental differences between the TME of females and males with metastatic CRC. The tight correlation of survival with changes in various immune compartments observed suggest that the differences found are relevant to outcomes.

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News...in brief	Gastrointestinal Nursing, Vol. 18, No. 6, page 10.	July/ August	Article discusses how researchers have established a clear connection between inflammatory bowel disease (IBD) and coeliac disease. A study, published by the Farncombe Family Digestive Health Research Institute at McMaster, in collaboration with the Society for the Study of Coeliac Disease, has found a nine-fold increased risk of having IBD in patients previously diagnosed with coeliac disease. The findings suggest a failure to diagnose one or the other condition could compromise response to available treatments. Both IBD and coeliac (a serious autoimmune condition triggered by eating foods containing gluten) and IBD tend to begin in early adulthood, but the causes remain unknown.
How exercise can boost health and recovery in people with cancer	Cancer Nursing Practice, Vol. 19, No. 4, pages 18-21.	July	Article explores the benefits of encouraging people with cancer to exercise. It discusses how for all adults, exercise is important for cancer prevention, but it specifically lowers the risk of seven common types of cancer including colon, breast, stomach and oesophagus. It also suggests that exercise can help improve survival chances after a diagnosis of colon, breast and prostate cancer. It recommends, however, that anyone with a stoma should start with low-resistance exercise and progress slowly to avoid herniation. The article goes on to explore the increasingly robust evidence base of how exercising during and after cancer treatment has a positive effect on fatigue, anxiety, depression, physical function and quality of life.
Colorectal cancer: improving quality of life and survival	Cancer Nursing Practice, Vol. 19, No. 4, page 11.	July	Article presents a summary of the latest updates to the NICE guidance on colorectal cancer (CRC). These updates include a suggestion that people with Lynch syndrome (whose lifetime risk of CRC is estimated to be 50-80%) consider taking aspirin daily to help prevent them developing the disease. It also highlights the importance of recognition of low anterior resection syndrome (LARS) following sphincter-preserving surgery. In addition, it recommends that for some patients with stage three colon or rectal cancer, three months of chemotherapy can be offered as an alternative to the previous standard of six months.

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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
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