



The Value of Stoma Nursing Care in Community

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Introduction

In the twenty-first century, colon cancer is one of the most important causes of morbidity and mortality in the developed countries of Europe, North America, and other countries of the world, that follow Western-style dietary patterns. The incidence of colon cancer has increased dramatically in countries that have traditionally had a low incidence of the neoplasm, such as Japan, while it is increasing slowly or stabilizing in Western countries. The increase is observed mainly in colon cancer, while the incidence of rectal cancer has remained stable [1].

At least ten million new cases of cancer are diagnosed each year worldwide. Researchers have recorded almost 1.000.000 deaths from colorectal cancer in 2020 [2]. In Europe, there are 412,800 cases of colon cancer per year (217,400 men and 195,400 women). In men, it is the third most common form of cancer, after prostate and lung neoplasms, and the second cause of death from cancer, after lung cancer. In women, the percentage suffering from the condition is 13%, making it the second most frequent cancer and cause of death after that of the breast, while it can lead to the death of 529,020 people annually, worldwide [3]. Globally, colon cancer represents 11% of all cancer cases [4].

Surgery is the most common treatment for colon cancer. Ten per cent of cases end up with a permanent stoma, while in 2011, 13,237 people in the Netherlands were diagnosed with colorectal cancer and 1908 people got a permanent stoma due to colon cancer (average age 71 years) [5]. Several studies reveal that the presence of a stoma is an important event affecting patients' Quality of Life (QOL), and it is widely accepted that QOL is difficult to measure. Researchers noted that QOL is a combination of the subjective assessment of one's personal satisfaction with general health and well-being. It is an important indicator which is related to the physical, functional, psychological, and social functioning of the individual. Tools that focus on QOL are not sensitive enough to detect the specific effects of a stoma on QOL, so proper patient education is a priority for healthcare professionals [6].

A stoma nurse typically assists patients throughout their hospitalization, from selecting the appropriate equipment to educating them. On the other hand, community nurses should observe and provide patients with support and security, as well as prevent complications at home. Patients are more likely to have better mental health and experience less depression when



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they practice self-care and feel encouraged in doing so. They are also more likely to lower the perceived intensity of their symptoms [7]. The QOL for ostomates is low. Community nurses have the power to improve things. By concentrating on offering individualized ostomy care services after discharge, patients' lifestyles could be enhanced. Patients' quality of life will also be enhanced by better stoma therapy training for nurses.

Governments play a significant role in this crucial phase by creating services for ostomates. Since 2007, in Denmark, a regional database was established for patients with stoma. This database helped community nurses to observe and provide holistic care to all ostomates [8].

The degree to which a stoma is permanent or temporary, how well a person can take care of their stoma, and any complications could all significantly affect their QOL. circumstance highlights the need for well-planned interventions to improve the QOL of people who have stomas.

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