Intestinal Stomas and Quality of Life Measures: Uganda Perspectives

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Abstract:

Intestinal stomas are artificial surgically made connections of the gut to the skin or exterior. It is a surgically created opening of the intestine onto the front wall of the abdomen that allows removal of faeces from the body, to drain into a pouch or other collection device. Intestinal stoma prolongs the lives of patients and helps them to return to a better health. However, it has never been easy to accept and live with intestinal stomas for most patients. Intestinal stoma presents various problems; psychological, psychosocial, and cultural. The psychological problems experienced include depression, anxiety, changes in body image, low self-esteem, sexual problems, denial, loneliness, hopelessness, and stigmatization, among others. Studies have shown that patients undergoing emergency stoma surgery have marginally poorer quality of life (QoL) compared with those undergoing similar procedures without stoma formation. Self-efficacy is one of the important factors affecting patients' adaptation with the stoma.

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