



## Original article

# Knowledge of undergraduate nursing course teachers on the prevention and care of peristomal skin



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## ABSTRACT

**Objective:** To evaluate the knowledge of undergraduate nursing course teachers on peristomal skin care in individuals with intestinal stoma.

**Methods:** This is an exploratory, analytical and cross-sectional study, conducted with undergraduate nursing course teachers from two private universities in the city of São Paulo, named A and B. The sample consisted of 42 teachers/nurses, being 22 from University A and 20 from University B, who supervised the internship at Hospital Vila Nova Cachoeirinha. With the aim to collect data, a structured questionnaire consisting of 10 questions (checklist) was used; each question in the checklist had correct and wrong answers. The teachers had to indicate with “x” the correct answer. The questionnaire was delivered to teachers/nurses on a predetermined day. Data collection was carried out on August 2006.

**Results:** The majority of study participants know that stoma demarcation must be performed preoperatively, and that it is important to educate the patient about surgery, care for the stoma and on the collecting device, as well as to perform a sensitivity test for the equipment. The hygiene should be performed with mild soap and water and with a piece of clean, soft, damp cotton cloth without rubbing, and the skin must be kept dry. The hair removal should be done with curved tip scissors, cutting close to the abdominal wall.

**Conclusion:** The results showed that, although most of the participants have a basic knowledge about stomized patients care, updating and improvement are needed.

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## Conhecimentos dos docentes do curso de graduação em enfermagem sobre prevenção e cuidados com a pele periestoma

### R E S U M O

#### Palavras-chave:

Colostomia  
Ileostomia  
Educação  
Cuidados de enfermagem

**Objetivo:** Avaliar o conhecimento de docentes do curso de graduação em enfermagem sobre os cuidados com a pele periestomal nos indivíduos com estomas intestinais.

**Métodos:** Trata-se de um estudo exploratório, analítico e transversal realizado com os docentes dos Cursos de Graduação em Enfermagem de duas Universidades privadas da cidade de São Paulo, denominadas A e B. A amostra foi constituída de 42 docentes/enfermeiros, sendo 22 da Universidade A e 20 da Universidade B, que supervisionavam estágio no Hospital Vila Nova Cachoeirinha. Para a coleta de dados, foi utilizado questionário estruturado, composto de 10 questões (check list); cada questão do check list tinha respostas corretas e erradas. Os docentes tinham de assinalar com x a resposta correta. O questionário foi entregue aos docentes/enfermeiros em dia pré-determinado. A coleta de dados foi realizada em agosto de 2006.

**Resultado:** A maioria dos participantes do estudo sabe que a demarcação do estoma deve ser realizada na fase pré-operatória e que é importante orientar o paciente quanto ao ato operatório, aos cuidados com o estoma, equipamentos coletores e realização do teste de sensibilidade aos equipamentos. A higiene deve ser feita com água e sabão neutro e com um pedaço de tecido de algodão limpo, macio e úmido, sem esfregar; a pele deve ser mantida seca. A remoção de pêlos deve ser feita com tesoura de ponta curva, cortando rente à parede do abdômen.

**Conclusão:** Os resultados revelaram que apesar da maioria dos participantes possuir conhecimentos básicos sobre o cuidado da pessoa estomizada, há necessidade de atualização e aprimoramento.

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## Introduction

Colon and rectum cancer is a disease that affects people worldwide, being regarded as the third most common cause of death by cancer in the world, in both genders, and the second leading cause in developed countries.<sup>1</sup> The census of the *Instituto Nacional do Câncer* (INCA) estimated that, in 2010, 28,110 cases of colorectal cancer were diagnosed in Brazil, with 13,310 cases in men and 14,800 cases in women.<sup>2,3</sup>

Technological and therapeutic advances in surgery and early diagnosis of those patients undergoing an ostomy-generating surgery contribute to the reduction of overall postoperative complications, improving the quality of life, body image and self-esteem, resulting in increased survival and favoring the return of these people to leisure activity, work and social life.<sup>3,4</sup> It is also important to choose the device with a view on prevention and care of peristomal skin complications, because it is necessary to educate ostomized patients with respect to self-care and for actions that contribute to the prevention of peristomal skin complications.

It is up to the nursing staff to understand the real circumstances of these people and their carers, so that they can receive care beyond the physiological needs and ensure emotional support, guidance, respect and help toward a new way of life, with more autonomy of the stomized individual and its family.<sup>5,6</sup> Nursing professionals working with people suffering from chronic diseases, especially ostomized people, should

consider these individuals as the center of a protective, holistic and globalized process and as active agents which also take part in the rehabilitative process, eliminating the passive image of mere receptacles of care, so that the educational activity materializes in a reflective way, within the cultural universe of these clients, with whom these professionals share the learning.<sup>7,8</sup> Therefore, it is up to the professional to design the care to be provided to this individual and thus acquire knowledge on the prevention and care of ostomized patients.

A large proportion of nurses/teachers working in the stomatherapy area are concerned about the challenge of teaching their students and staff with respect to systematic, individualized care, guidance on stoma and skin local care (hygiene and replacement of collecting device), indication of the collecting device most suited for each situation and aspects relating to the prevention of complications, as well as those aspects related to the psychosocial impact coming from the use of a stoma.

Even when not specialized in stomatherapy, the nurse must understand how the stoma was manufactured and the complications that can result from this surgical procedure, as well as the characteristics of the effluent and the care for prevention of complications. In addition, the nurse can share this knowledge with students, clients and other colleagues who are working with competence in this area.<sup>9</sup> The act of taking care of a stomized person demand technical and scientific knowledge related to anatomy, physiology, prevention

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