



**Course title:** Colostomy Care

**Duration:** Half day

**Maximum number of learners:** 16

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**Course overview:**

This course will ensure any one working in the adult social care sector have an understanding of what a stoma is, why a person may have one and the potential side effects. The course will also outline the physical and emotional support which may be required by an individual who has a stoma.

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**Course learning outcomes:**

- Differentiate between the terms Colostomy, Ileostomy and Urostomy
- Define the term Stoma.
- Discuss the different types of colostomies.
- List the activities that may be affected having a colostomy.
- Discuss management strategies to overcome barriers within activities of daily living.
- Discuss the signs of a healthy and unhealthy stoma.
- Describe the importance of good dietary guidelines.
- Discuss and demonstrate the application of colostomy pouches
- Discuss effective Stoma care including hygiene and maintenance.
- List reasons when to seek medical help.