

Development and Implementation of a Clinical Pathway for Adult Patient Undergoing Ostomy
Surgery in Saudi Arabia: A Quality Improvement Project

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*“On my honor, I pledge that I have neither given nor received any unauthorized assistance on
this written assignment.”*

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Abstract

Background: Patients with a new ostomy surgery, as well as their families, may experience physical, spiritual, and psychosocial issues such as distorted body image, diminished self-esteem, nervousness, anger, anxiety, and depression as part of the quality of life adjustment. With that, there has been a great concern on a health –related quality of life and various strategies to support patient and family member.

Objective: The objective of this project is to improve the quality of care that would enhance the quality of life of adult patients with new ostomy surgery through the development and implementation of an evidence-based stoma pathway. The aims were to (1) assess patients' referral rate prior to elective ostomy surgery for stoma marking and teaching; (2) increase ostomy related patient/family member knowledge; (3) assess patient overall satisfaction in the utilization of the out-patient stoma clinic service.

Methods: This is a quality improvement project that includes auditing of the adult patients, 18 years and older referral prior to elective ostomy surgery for stoma site marking and initial ostomy teaching who had an ostomy surgery from January- June, 2017; pre and post ostomy related knowledge study of patient/family member and the patient satisfaction survey. A total of 12 patients were included in the study, majority of the patients were female 58.3% (n=7) and 41.7% (n=5) male. Pre and post intervention were given either to the patient themselves or to family members. Six patients received the direct intervention and 6 intervention were given to the family members. In addition, a modified Press Ganey satisfaction survey was also distributed to the participants in the out-patient stoma clinic visit.

Result: Audit results of a 100% adherence rate were achieved for stoma site marking and teaching. An increase ostomy related patient/family member knowledge during the study period was noted. The results show Post-test-Pretest Z -3.072^b and P" value of .002 in Wilcoxon Signed Rank Test which means that participants had significant knowledge/skill gain after the intervention. Patient/family members expressed satisfaction with the utilization of the outpatient stoma clinic service.

Conclusion: The developed and implemented stoma pathway improved the quality of care that enhance the quality of life of patients who have had ostomy surgery. First, a 100% adherence