

**Title:**

Living with Permanent Colostomy: A Phenomenological Study

**Munir N. Arbison Jr.**

John Seijin V. Crisolo

Karen Claire Amper

Charlene Del Rosario

*Institute of Nursing, Far Eastern University, Manila, Philippines*

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**References:**

Danielsen AK, Soerensen EE, Burcharth K. Rosenberg J. (2012). Learning to live with a Permanent Intestinal Ostomy: Impact on everyday life and Educational Needs. *Journal of Wound, Ostomy and Continence Nursing*: in press

Silva, A. L., Monteiro, P. S., Sousa, J. B., Vianna, A. L., & Oliveira, P. G. (2014). Partners of patients having a permanent colostomy should also receive attention from the healthcare team. *Colorectal Disease*, 16(12), O431-O434. doi:10.1111/codi.12737

**Abstract Summary:**

Living and growing old without impairment is what everybody wants to achieve. But some things may turn out on what we least expected. The impact of having impairment in patient's life is a multifaceted phenomenon and existential crises arise whether physically, mentally, emotionally or socially.

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to generate new information and ideas on how nurses in the clinical practice can properly handle patients with permanent colostomy.	It is significant to nursing practice in terms of understanding the experience of patients with permanent colostomy and help in the care of patients in this situation.
The learner will be able to help nursing administration especially in inducting protocols that concerning nurse-patient interaction.	With this study, nursing administration may come up with new appropriate interventions and promote quality nursing care for patients with permanent colostomy.

**Abstract Text:**

"Living with Permanent Colostomy: A Phenomenological Study"

Arbison, Munir Jr. N. ; Agacid, Blessie Ann C. ; Amper, Karen Claire M. ; Bautos, Tanya Pamela P. ;

Buenaflor, Miguel D.C ; Crisolo, John Seijin V. ; De Leon, Alyana L. ; Del Rosario, Charlene V. ; Dulay,

Gianinna Tiara P.

Adviser: Joycelyn Filoteo RN, MPH

**Purpose:** This study aims to explore the lived experience of patients with permanent colostomy.

**Introduction:** The impact of having impairment in patient's life is a multifaceted phenomenon and existential crises arise whether physically, mentally, emotionally or socially. This is essentially true to stoma patients. The quality of life is considered to be the most affected in patients with permanent colostomy since they have to live with various restrictions.(McVey et al., 2001; Smith et al., 2007; Li & Zou, 2008; Williams, 2008; Honkala & Berterö, 2009; Andersson et al., 2010; Boyles, 2010). However, there is a dearth of literature in terms of an in depth understanding of the experience of patients with permanent colostomy.

**Methods:** A descriptive phenomenological approach was used to understand the phenomenon. Ten participants with permanent colostomy were selected using typical case sampling. In depth interviews were done using a semi-structured questionnaire. Data were analyzed using the Colaizzi's method.

**Results:** Five (5) themes emerged from the study: (1) Emotional vulnerability, (2) Bearing the strain of the disability, (3) Adjusting the situation, (4) Recognizing lifeworth, (5) Getting lifeback. These themes encompass the experience of a patient with permanent colostomy.

**Conclusion:** Despite the permanent turnover of their lives, patients with permanent colostomy continue to strive hard and face each day with courage and bravery as they embrace the new life given to them.

**Contribution of the paper:** This study will contribute to a better understanding of patients with permanent colostomy who need to adjust with the changes and challenges in the life that this condition bring. Despite the permanent turnabout of their lives, they continue to live their lives to the fullest, striving hard to face each day with courage, toward becoming whole again.