"Living with Permanent Colostomy: A Phenomenological Study"

Arbison, Munir Jr. N.; Agacid, Blessie Ann C.; Amper, Karen Claire M.; Bautos, Tanya Pamela P.; Buenaflo, Miguel D.C.; Crisolo, John Seijin V.; De Leon, Alyana L.; Del Rosario, Charlene V.; Dulay, Gianinna Tiara P.
Adviser: Joycelyn Filoteo RN, MPH

INTRODUCTION

Living and growing without impairment is what everybody wants to achieve. However, 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. 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;

METHOD

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: Emotional Vulnerability A person having a permanent colostomy tends to focus on themselves and they become emotionally disturbed brought by the impairment that they have. Bearing the strain of the disability This is the time where they face obstacles in their life. Adjusting to the situation is where they cope up with situation to be able to continue their life. Recognizing life worth is wherein they accept the disability and they felt grateful because of having a second life. Getting life back is where a person with permanent colostomy tries to get back on track despite of having the disability. Most of them continue their life, considering that they can no longer live the way they used to be before having the permanent colostomy. 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. These experiences left a mark that served as a drive to continue their life despite the difficulties and challenges that might come along the way. The findings of the study highlight the importance of support in overcoming struggles and trials.

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.