

Stoma Clinics

To attend a stoma clinic in a Community Health Centre in Canberra you can make an appointment by phoning Community Health Intake on **6207 9977**.



ACT HEALTH

Stomal Therapy Services



Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you require the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit:
www.health.act.gov.au/accessibility

www.health.act.gov.au | Phone: 132281 | Publication No XXXXX

© Australian Capital Territory, Canberra Month Year

What is a stoma?

A stoma is an artificial opening into the body created by surgery. It may be a planned or an emergency procedure. A stoma acts as an exit for body wastes (faeces and urine). A stoma may be permanent or temporary.

You can lead a normal life with a stoma.

Who is a Stomal Therapy Nurse?

A Stomal Therapy Nurse (STN) is a specialist nurse who can:

- assist and give advice in the management of a stoma and associated skin care
- provide expert care, advice and education to patients and families
- provide advice and counselling for patients before and after their stoma operation
- manage a hernia which may occur next to a stoma, including measure and fit of stoma hernia support garments
- assist in the selection and management of pouches
- provide advice about the best diet for your stoma
- help you return to normal activity such as work, sport, travelling and give you information on support networks such via a Stoma Association

Canberra Hospital Care

Pre-admission

If your surgery is planned, we may ask you to attend an appointment at Canberra Hospital Pre-admission clinic prior to your operation.

At this clinic you may meet a STN who will work with you to select the best place on your abdomen for your stoma and will answer any of your questions about your stoma and the changes to your lifestyle. If the STN is unavailable on the day, you will be referred to a STN in a stoma clinic at a Community Health Centre.

Your surgery

After your surgery the STN will work with the ward nurses to educate you in looking after your stoma independently. They will also assist with ordering your own supplies of stoma pouches from the stoma association.

Going home from the hospital

The STN will discuss the services you may need on discharge and refer you to Community Nursing for ongoing support and education.

STN's clinics are located at Community Health Centres if you require ongoing assistance.

Community Nursing

A Community Nurse will contact you once you return home, to provide support to manage your stoma. They will ensure you can change your stoma bag and continue the education you received in the hospital. They can refer you to be seen in a stoma clinic if needed. It is not unusual to feel you might not cope with a stoma - but over time you will be able to manage independently.