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**QUALITY OF LIFE OF PATIENTS WITH STOMA: A DESCRIPTIVE STUDY**Fatma Vural<sup>a</sup> and Emel Sutsunbuloglu<sup>a</sup><sup>a</sup>Dokuz Eylul University, Turkey

**Statement of the Problem:** Patients with a stoma may encounter physical, psychosocial, financial and religious problems as a leak from the stoma, anxiety, social isolation etc (1-5). The purpose of this study is to evaluate the quality of life patients with a stoma.

**Methodology & Theoretical Orientation:** This descriptive, cross-sectional study includes 115 patients with a stoma for at least three months and was conducted in a university hospital's General Surgery/Urology wards and Stomatherapy Unit. Data were collected with the City of Hope Ostomy Quality of Life (QoL) Questionnaire between March 2015 and June 2016. The ethics committee approval (No:2015/21-33, 2153GOA) and the written and oral consent from patients have been taken. The descriptive statistics, Kruskal Wallis test, Student t test and Mann Whitney U test were used.

**Findings:** Of the 115 participants, the mean duration of stoma was 17.5±23.2 months. The colostomy was performed in 54.8% of patients, ileostomy in 47.8%, urostomy in 6.1%, and by cancer in 77.4%. The overall QoL mean score was 5.37±1.32, the mean scores of subscale were, physical 4.42±2.78, psychological 5.33±1.45, social 5.37±1.32 and spiritual 6.97±1.70, respectively. A statistically significant difference was found between the mean score of psychological and social subscale and overall QoL mean score of patients with a permanent and temporary stoma (P<.05). A statistically significant difference was found between psychological subscales mean score in cancer patient received adjuvant chemotherapy and patient not received chemotherapy (P<.05).

**Conclusion & Significance:** The QoL of patients with stoma was adversely affected in every subscale and decreased by opening stoma. Patient-centered nursing interventions should be planned to improve the QoL of patients with a stoma in the context of holistic nursing care.