

SASS

SOUTH AFRICAN SOCIETY OF OSTOMATES
(UMFELANDAWONYE WABANTU ABAPHILA NE-STOMA)

AMACEBISO OKUPHILA *GUIDE*



Le bhukwana lenziwa ngabantu aphila ne-stoma belenzela abantu abaphila ne-stoma, abathandekayo babo nabanakekeli babo. Inhloso yaleli bhuku ukuhlinzeka ngolwazi nesiqondiso sokukusiza ushintshele EMPILWENI ENTSHA.

Ukutshelwa ukuthi uzothola i-stoma kungaba isikhathi esinzima ekuphileni kwakho nasekuphileni kwabathandekayo bakho. Akudingeki kube njalo. Awuwedwa futhi ungakuthola ukwesekwa kulolu hambo lwakho.

Kuleli bhuku, sizothola ukuthi i-stoma iyini, izinhlobo zama-stoma kanye nohambo olufika ekuhlunzweni nangemva kokuhlinzwa. Sizophinde sihlrole namacebiso awusizo abelokhu esetshenziswa abantu abaphila ne-stoma emhlabeni wonke abasize bajwayela impilo yabo entsha. Sizokhumula NANGAMALUNGELO AKHO njengomuntu ophila ne-stoma odabeni lokunakekelwa nokwesekwa okukufanele.

Uma uzizwa sengathi udinga ukwesekwa okwengeziwe noma ungathanda ukukhuluma namanye ama-Ostomate, sicela ukhululeke ukuxhumana nathi nge-imeyili ku-info@sastolotes.org.za noma ku-WhatsApp 066 261 0654. Singajabula futhi uma ungathatha imizuzwana usitshela ngawe ngokugcwalisa inhlolovo kwiwebhusayithi yethu. Le nhlolovo iyithuluzi lokusisiza siqonde kangcono izidingo zabantu abaphila ne-stoma ukuze sikwazi ukukweseka kangcono.

<https://sasstomates.org.za/sass-survey>

Singabonga futhi nangovo lwakho noma izincomo zakho ezinganezelwa kuleli bhuku.

Sethemba ukuthi leli bhuku lizokusiza futhi sicela usithinte uma udinga ukwesekwa okwengeziwe.

Faizel Jacobs
Chairperson - SASS

SASS

SOUTH AFRICAN SOCIETY OF OSTOMATES

Iyini I-SASS?

i-South African Society of Stomates (SASS) Iyilangano enenzinzuzo eyasungulwa ngama-Ostomates eNingizimu Ye-Afrika ngejongo yokwenza lula ulunakekela "konke" kwezuguli ze-ostomy ngokuvala igebe eliphakathi komkhakha ozimele nokahulumeni kuyilapho iwela amalungelp amaostomate ezweni lonkana.

I-SASS ihlose ukulwela nokilungisa amazanga okunakekelwa kwabantu abanestoma nezinsiza zabo eNingizimu Afrika okuzoyithinta yomibili imikhakha, ozimele nkahulumeni. Ngaleyo Ndelela amazanga alingane nawomhlaba wonke njengoba ebekwe yi-International Ostomy Association (IOA).

Esizimisele ukukufeza ngosizo LWAKHO



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ZIZWE WESEKWA

Ukwesekwa kwakho nomndeni wakho lapho usashintshela empilweni entsha. Uzothola kwesekwa eqenjini lokwesekena eliseduze nawe, lapho ungathola khona izimpendulo zemibuzo, noma uxhumane nomndeni wethu oku- Facebook nokunye okuning!



YIBA SIYISHOSHOVU

Sihlose ukuwela amazanga okunakekelwa kwe-Stoma emikhakheniezimele nekahulumeni, sibe silwela ukulingana nawomhlaba ngokwe-International Ostomy Association (IOA), nokunye okuning!

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YENZA INHLOLOVO LAPHA

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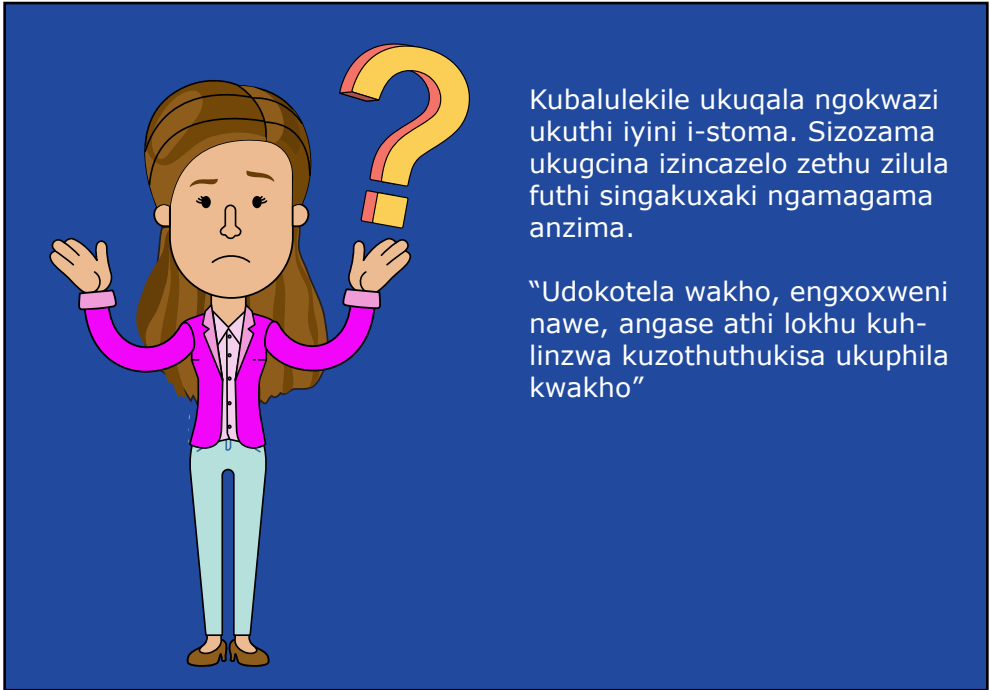


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NGIZOTHOLA I-STOMA – MANJE?

Ukutshelwa ukuthi uzothola i-stoma kungaba yinto enzima kakhulu futhi kungabangela imibuzo eminingi ongase udinge ukuphendulelwa yona.



Kubalulekile ukuqala ngokwazi ukuthi iyini i-stoma. Sizozama ukugcina izincazelo zethu zilula futhi singakuxaki ngamagama anzima.

“Udokotela wakho, engxoxweni nawe, angase athi lokhu kuhlinzwa kuzothuthukisa ukuphila kwakho”

Kuye ngesimo sakho (isizathu sokuhlinzelwa i-stoma), ukuhlinzwa kuzobandakanya ukususa ingxenye yesinye sakho (urostomy), amathumbu amancane (ilestomy) noma amathumbu amakhulu (colostomy) asuke onakele kakhulu ngenxa yokugula kwakhe, angeke esazipholela wona ngokwawo. Kwezinye izimo, i-stoma yakho isuke izoba ngeyesikhashana, ukuze yamathumbu eyonakele ikwazi ukuphola.

Phakathi nokuhlinzwa, udokotela wakho ohlinzayo uzokwakha i-stoma okusho ukuvulwa imbobo ngaphandle kwesisu okuyimbobo yokukhipha ukungcola emzimbeni wakho.

I-stoma yakho, ezimweni eziningi, izothuthukise impilo yakho futhi ikubuyisele ekuphileni impilo egcwele.

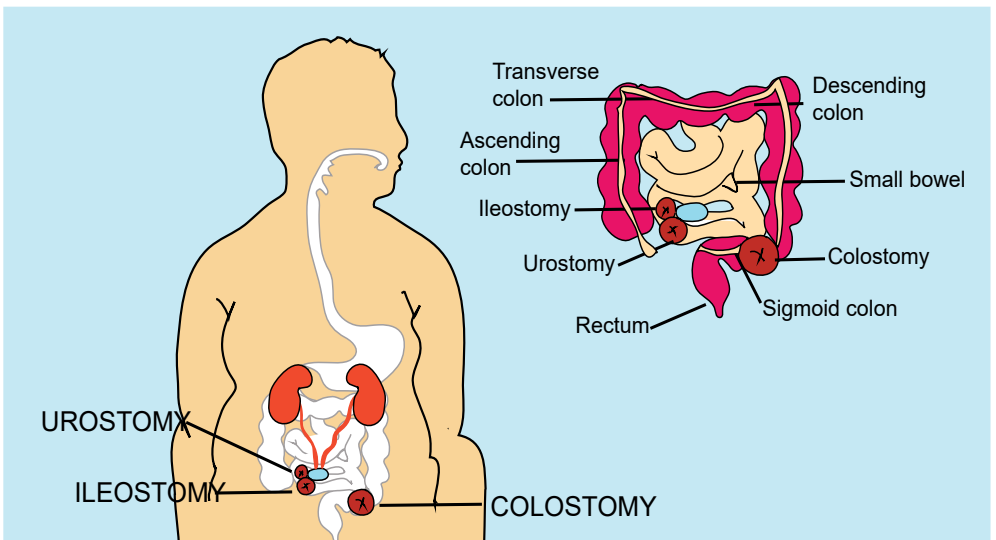
IYINI I-STOMA?



Lapho uhlinzelwa i-stoma, esiswini kuvulwa imbobo ebizwa ngokuthi i-stoma.

I-stoma yakho iba ngenye indlela yokukhipha ukungcola (amakaka noma umchamo) emzimbeni wakho kungene esikhwameni sikadoti. Ukuthi i-stoma izoba kuphi kuncika ohlotsheni lokuhlinzwa oludingekayo.

Esimweni esivamile, uWhlengikazi We-stoma noma i-Therapist uzobonisana nawe ngaphambi kokuhlinzwa kwakho. Uzokuchazela izinhlobo zezikhwama ongakhetha kuzo futhi "uzokukala" bese ebeka uphawu lapho i-stoma izovulwa khona.



IZINHLOBO ZAMA-STOMA

Izinhlolo ezinkulu zama-stoma yilezi: i-Colostomy, i-Ileostomy ne-Urostomy.

I-COLOSTOMY

Lapho uhlinzelwa i-colostomy, ingxenywe yekholoni yakho ilethwa phambili esiswini sakho ukuze kwenziwe i-stoma. I-colostomy imvamisa yenziwa ohlangothini lwesobunxele lwesisu sakho. Amakaka akule ngxenywe yamathumbu asuke engakaqini futhi, ngoba i-stoma ayinayo imisipha yokulawula ukonakala, kuzodingeka adonswe ngesikhwama se-stoma.

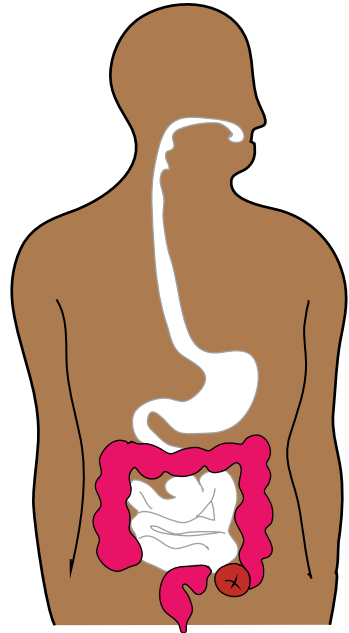
KUNEZINHLOBO EZIMBILI ZOKUHLINZELWA I-COLOSTOMY: YI-END COLOSTOMY NE-LOOP COLOSTOMY.

I-END COLOSTOMY

Uma izingxenywe zethumbu elikhulu (ikholoni) noma i-rectum zisusiwe, amathumbu amakhulu asele alethwa phambili esiswini ukuze kwenziwe i-stoma. I-end colostomy ingaba ngeyesi-khashana noma eyanomphelela. Isixazululo sesi-khashana sisebenza ezimweni lapho ku-suswe ingxenywe yethumbu ene-sifo futhi ingxenywe esele yethumbu idinga ukuphuma ngaphambi kokuba ithumbu liphi-nde lihlanganiswe. Isixazululo sano-mphelela sikhethwa lapho kuyingozi ka-khulu khona ukujoyina izingxenywe ezi-mphelele zamathumbu noma kungenakwenze-ka.

I-LOOP COLOSTOMY

I-loop colostomy, amathumbu akho ayakhushulwa abe ngaphezu kwesikhumba, abanjwe ngenduku ye-stoma. Kube sekusikwa engxenyeni yamathumbu avelile, bese lapho kusikwe khona kusongwe, kuthungelwe esikhunjeni. Kulokhu, i-loop stoma empeleni iba nama-stoma amabili (i-stoma ekabili) ehlanganisiwe. I-loop colostomy imvamisa ingeyesikhashana, yenziwa ezimweni ezinzima. Ingenziwa nokuvikela amathumbu lapho ejoyinwa.



I-ILEOSTOMY

Ekuhlinzilweni i-ileostomy, ingxenye yamathumbu akho amancane ebizwa ngokuthi i-ileum ilethwa phambili esisiswini sakho ukuze kwenziwe i-stoma. I-ileostomy ngokuvamile yenziwa ezimeni lapho ingxenye esekugcineni yamathumbu amancane inesifo, futhi ngokuvamile yenziwa ngakwesokudla sesisu sakho.

Indle ekule ngxenye yamathumbu ngokuvamile iwuketshezi futhi, ngenxa yokuthi i-stoma ayinawo imisipha yokulawula ukuhamba kwendle, kuzodingeka idonswe ngesikhwama se-stoma.

KUNEZINHLOBO EZIMBILI ZOKUHLINZELWA I-ILEOSTOMY:

I-END ILEOSTOMY

I-end ileostomy yenziwa uma ingxenye yakho yethumbu elincane (ikholoni) isusiwe (noma idinga nje ukuphumula) futhi ingxenye esekugcineni yethumbu lakho elincane ilethwa phambili esisiswini ukuze kwenziwe i-stoma. I-end ileostomy ingaba ngeyesikhashana noma yanomphela.

Isixazululo sesikhashana sibalulekile ezimweni lapho ingxenye yamathumbu enesifo ikhishiwe futhi ingxenye esele idinga ukuphumula ngaphambi kokuba ithumbu liphinde lihlanganiswe. Isixazululo sanomphela sikhethwa ezimweni lapho kuyingozi kakhulu ujoyina ithumbu noma kungenakwenzeka.

I-LOOP ILEOSTOMY

Ku-loop ileostomy, ingxenye yethumbu elincane iyakhushulwa ibe ngaphezu kwesikhumba bese ibanjwa ngothi lwe-stoma. Kube sekusikwa engxenyeni yamathumbu avelile, bese lapho kusikwe khona kusongwe, kuthungelwe esikhunjeni. Ngale ndlela, i-loop ileostomy empeleni iba nama-stoma amabili ahlanganisiwe. Yinye i-stoma ezosebenza, lena yesibili ingakhipha uketshezi olusamafinyila.

I-loop ileostomy ngokuvamile ingeyesikhashana futhi yenzelwa nokuvikela amathumbu lapho ejoyinwa. Uma ingeyesikhashana, izovalwa noma ilungiswe kokunye ukuhlinzwa.

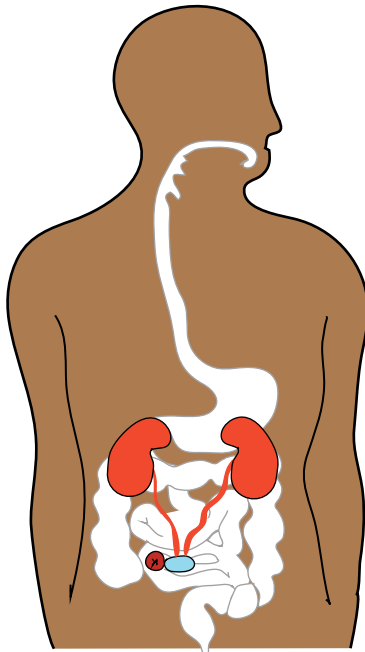


I-UROSTOMY

Uma isinye noma imigudu yomchamo yonakela noma iba nesifo, ungasa-kwazi ukuchama ngendlela evamile, kudingeka ukuba umchamo ukhishwe ngenye indlela. Lokhu kubizwa ngokuthi i-urostomy, i-ileal conduit noma i-Bricker bladder.

Kuba nengxenywe yamathumbu ehlukaniwayo ilethwe ngaphezulu ohlangothini lwesokudla lwesisu sakho bese enye ingxenywe ivalwa ngokuthungwa. Amapayipi omchamo (ureters) ayasuswa esinyeni, axhunywe engxenyeni yamathumbu ehlukaniyiwe.

Ngenxa yokuthi le ngxenywe yamathumbu incane kakhulu ukuthi ingagcina amanzi, futhi ingekho nemispha noma ivalva elawula umchamo, uzodinga isikhwama se-urostomy ukuze sidonse umchamo.



Kunezizathu eziningi zokuthi kungani udokotela wakho engase abe nomuzwa wokuthi i-stoma iyona engcono ekuthuthukiseni impilo yakho ngokusekelwe ekuguleni kwakho. Izimo / izifo ezivame kakhulu lapho i-stoma iyingxenye yokwelashwa zibandakanya:

NGINGAYIDINGELANI I-STOMA






Kuye ngesifo noma isilonda, i-stoma ingase ibe ngeyesikhashana (ukuze kuphole, konke kubuyele esimweni esivamile) noma ibe ngeyanomphela. Udokotela wakho uzokutshela ukuthi i-stoma yakho izoba eyesikhashana noma ngeyanomphela. Kwezinye izimo, iziguli ziye zikhethe impilo engcono yokuphila ne-stoma, zingasafuna ukuba ivalwe.

Izinhlobo zezikhwama ze-stoma

Esivalekile	Esivulekile	Esikabili	Esisodwa
 <p>Izikhwama ezivalekile zivame ukusetshenziswa iziguli ezithanda ukulahla. Le sikhwama sisebenza kanye.</p>	 <p>Izikhwama ezivulekayo, ezibizwa nangokuthi izikhwama ezithululwayo, zihlala zinamathela emzimbeni lapho uzithulula – imbobo ingaphansi esikhwameni.</p>	 <p>Izikhwama ezikabili zenza isiguli sikwazi ukuthulula isikhwama, esamanzi sinamathela esikhunjeni. Le sikhwama sineringi yokuvala enamathela esivalweni samanzi.</p>	 <p>Isikhwama esisodwa siba nokokunamathisela esikhunjeni nesikhwama kuhlengene kwaba yinto eyodwa. Kulula kakhulu ukusifaka kunekabili.</p>

I-STOMA YAKHO, OKUPHUMAYO NESIKHWAMA

UHLOBO LWE STOMA	UHLOBO LOKUPHUMAYO	ISIKHWAMA
 <p><i>I-Colostomy</i></p>	<ul style="list-style-type: none"> • Indle eseyakhekile • 1 - 3 ngosuku 	<p>Isikhwama Esivalekile Isikhwama esisodwa noma esikabili</p>
 <p><i>I-Ileostomy</i></p>	<ul style="list-style-type: none"> • Okusaketshezi oluqinile • 7 - 8 ngosuku 	<p>Isikhwama Sokulahla Isikhwama esisodwa noma esikabili</p>
 <p><i>I-Urostomy</i></p>	<ul style="list-style-type: none"> • Uketshezi (Umchamo) • Njalo 	<p>Isikhwama Se-Urostomy Isikhwama esisodwa noma esikabili</p>

IZINKINGA ZESIKHWAMA

Ukubhekana nezinkinga zesikhwama, ukufutheka nokuba yisicaba

Ukufutheka (Ballooning) kwenzeka lapho kuba nokunqwabelana komoya esikhwameni se-stoma, okusenza sifutheke njengebhaluni. Izikhwama zinezinto zokuhlunga ezisiza ngokuqeda iphunga lomoya nangokuwukhipha esikhwameni. Kodwa uma into yokuhlunga ingakwazi ukuhlunga lowo moya, noma uma ibe manzi noma ivalwe yinto eqinile ephuma kwi-stoma, umoya unganqwabelana.

YINI ONGAYENZA UKUZE UVIMBE UKUFUTHEKA?

Enye yezindlela eziphambili zokuvimbela ukufutheka iwukunciphisa umthamo womoya okhiqizwa yisisu sakho. Ukuhlafunisisa ukudla kusiza kakhulu, kanjalo nokugwema ukudla neziphuzo owaziyo zikubangela umoya omningi. Lokhu kungaba amantongomane, ubhontshisi, amafizzy drink nom i-sparkling wine.

Uma kwenzeka isikhwama sifutheka, ungawukhulula umoya ngasese endlini encane, uma usebenzisa isikhwama esivulekile noma usebenzisa isikhwama esikabili. Ukushintsha isikhwama lapho kudingeka kungasiza nako ekunqandeni ukufutheka. Okokugcina, kungase kudingeke uzame olunye uhlobo lwesikhwama se-stoma nento yokuhlunga.

Ukuba yisicaba (pancaking) kwenzeka lapho lapho kudonseka ngaphakathi kwesikhwama se-stoma bese isikhwama sincamathelana sibe isicaba. Lokhu kuvimba izinto eziphumayo zingayi kowela phansi kwesikhwama futhi kungablokha izivalo zokuhlunga. Kuba nengozi-ke yokuthi isikhwama siphusheke siphume esiswini.

YINI ONGAYENZA UKUVIMBELA UKUBA YISICABA?

Ukuvuthela umoya esikhwameni ngaphambi kokusifaka kuzosiza ukunqanda isikhwama singabi yisicaba. Ngaphezu kwalokho, ithonsi lamafutha noma i-lubricant esikhwameni kuzosiza izinto eziphumayo zehlele phansi esikhwameni.

NGAPHAMBI KOKUHLINZWA



Kuvamile ukuzibuza kazi sekuzoba njani ukuphila kwami masengihlinziwe. Sizokusiza.

Ngaphambi NGAPHAMBI KOKUHLINZWA kokuhlinzwa



Ithimba labezokwelapha elikunakekelayo yilo kanye elikahle ekuphendu-leni yonke imibuzo yakho futhi likubuyisele empilweni yakho oyithanda—yo. Ngezansi, thola izindima zabo ekululameni kwakho, kanye neminye imibuzo okufanele ucabange ukuyibuza lapho uhlangana nabo.

UDOKOTELE WAKHO OHLINZAYO UHOLA ITHIMBA

Lapho ubona udokotela wakho ohlinzayo ngaphambi kokuhlinzwa, uzoxoxa ngokuthi yiluphi uhlobo lwe-stoma olulungele wena. Lokhu kuzoncika ohlo-tsheni lokuhlinzwa oludingayo. Uzosho nokuthi i-stoma izoba ngeyesikhashana noma ngeyanomphela yini. Kule ngxoxo, udokotela wakho angase akunikeze negama lomhlengikazi we-stoma.

“Uma kwenzeka uthola i-stoma yesikhashana, kubalulekile ukuqaphela ukuthi isikhathi esibekwayo sokuyivala siyisiqondiso, kungenzeka, ngenxa yezizathu ezahlukene, sihleliswe. Ukuxoxa ngalokhu nodokotela ungakahlizwa kungasiza ekubhekaneni nokudumazeka okungabangelwa ukuphila ne-stoma yesikhashana isikhathi eside kunale-so obuwusilindele.”

Kungumqondo omuhle nokunaka inqubo yokuhlinzwa ezokwenziwa ngudokotela. Qiniseka ukuthi ubuza imibuzo, ikakhulukazi imibuzo mayelana nesikhathi sokululama, umthelela endleleni yokuphila.

UMHLENGIKAZI WAKHO WE-STOMA UBALULEKE KAKHULU

Umhlangikazi ochwepheshile kweze-stoma unguchwepheshe, umqondisi nothisha wakho kulo lonke uhambo lwakho lwe-stoma. Njengoba ushintsha futhi usuphila ne-stoma, umhlangikazi wakho uzobe enawe.

Uma ukuhlinzwa kwakho kungesona isimo esiphuthumayo, cela udokotela wakho akudlulisele kumhlangikazi we-stoma ngaphambi kokuhlinzwa. Kule gxoxo yangaphambi kokuhlinzwa umhlangikazi we-stoma uzothola okuningi mayelana nendlela yakho yokuphila, izidingo nokwesaba kwakho futhi uzokuqondisa, akufundise, akweluleke. Kulokho omtshela kona nasekukuhloleni kwakhe, umhlangikazi we-stoma uzosho indawo ekahle ye-stoma bese eyifaka uphawu esiswini sakho ukuze udokotela ohlinzayo abone ukuthi kufanele ibe kuphi i-stoma. Uma ungathanda ukuhlangana nomuntu one-stoma noma owake waba nayo, umhlangikazi angase akwazi ukukuhlelela.

Uma umhlangikazi we-stoma engatholakali ngaphambi kokuhlinzwa, ungathintana ne-SASS ku-WHATSAPP ku-066 261 0654, sizozama ukukuxhumanisa nothile ngakini.



Hi, ngingu-Sista
Msizi.
Ngizokusiza.

KHETHA INDAWO EKAHLE YE-STOMA

Isinyathelo sokuqala ekunakekelweni kokuvimbela siqala ngokukhethwa kwendawo engcono kakhulu ye-stoma yakho. I-stoma engenziwanga kahle ingabangela ukuba isikhwama singasebenzi, ngaphezu kokubangela izinkinga zesikhumba nokuvuza.

Umhlengikazi wakho we-stoma noma udokotela ohlinzayo uzoxoxa ngeziqondiso ezithile ezizusizo ekwenzeni le sinqumo ukuthi senziwe kuphi i-stoma esiswini sakho.

- Indawo ye-stoma kufanele ibonakale futhi ifinyelelwe kalula ukuze ukwazi ukuzishintshela wena isikhwama.
- Empelani, i-stoma akufanele yenziwe ngaphakathi noma eceleni kwesikhumba esishwabanayo, izibazi noma lapho kunethambo khona, ngoba isikhwama kumele sinamathele siqonde esikhumbeni.
- Indawo ezokwenziwa kuyo kufanele ihlolwe uhlezi, umile nalapho ugoba.
- Izinto ezifana nohlobo lomsebenzi owenzayo nendlela okuphila ngayo nazo zingadlala indima ekunqumeni ukuthi izoba kuphi i-stoma yakho, ngenxa yalokho, yisho yonke imininingwane.

EMINYE IMIBUZO ONGAFUNA UKUYIBUZA

Ukubhekana nokuhlinzwa kungase kube nzima futhi kucindezele, futhi ungase ungakhumbuli yonke imibuzo onayo egxoxweni yangaphambi kokuhlinzwa. Ukubhala phansi uhlu lwemibuzo nokuza nalo lolo hlu nawe kulezi zingxoxo kungakusiza uzizwe unesiqiniseko sokuthi konke okukukhathazayo kuyalungiswa.

Uma kungenzeka, kuwukuhlakanipha futhi ukuza umngane omethembayo noma ilungu lomndeni kulezi zingxoxo, ukuze likubhale amanothi futhi likweseke.

NANSI EMINYE IMIBUZO EVAMILE YA ABASUKE BEZOHLINZELWA I-STOMA:

- Ngichazele i-stoma yami (ubude, indawo, ubukhulu, ukubukeka). Yini okufanele ngiyindele?
- Ingabe i-stoma yami izoba ngeyanomphela noma ngeyesikhashana?
- Isebenza kanjani i-stoma?
- Ingabe i-stoma yami izobonakala ngaphansi kwezingubo zami?
- Sibukeka kanjani isikhwama sayo (ubukhulu, izinhlobo, imibala, isitayela)?
- Ngisishintsha kanjani isikhwama sayo?
- Ingabe isikhwama siyoke sivuze?
- Ngizitholaphi izikhwama zayo?
- Ingabe kuzodingeka ngishintshe ukudla engikudlayo?
- Ngingabuyela nini emsebenzini?
- Ingabe ngizokwazi ukuzikhipha nomndeni nabangane?
- I-stoma yami izoluthinta kanjani ucansi?
- Ngizokwazi ukuvakashela izindawo?
- Ngingalutholaphi usizo olwengeziwe nokwesekwa?
- Ingabe ngizodinga ukunakekelwa okukhethekile lapho ngifika ekhaya ngivela esibhedlela?
- Ingabe i-stoma izongenza nginuke kabi?
- Ngingakwazi ukugeza/ukushawa ne-stoma yami?
- Ngingakwazi ukubhukuda?

UKULUNGISELELA UKUHLINZWA

Ukuhlinzelwa i-stoma kungase kuthuse, kodwa usezandleni ezifanele. Singakusiza ukuba ukulungele—emzimbeni nasengqondweni.

Uma uzohlinzelwa i-stoma, usuke ugula noma ulimele, okwenza amathumbu noma isinye sakho singasebenzi kahle. Kodwa awuwedwa. Kunezinkulungwane zabantu namuhla, babo bonke ubudala nezizinda, abaziphila kahle ngokuvamile bebe bene-stoma.

Ukuhlinzelwa i-stoma kukushintsha ngezindlela eziningi ukuphila. Njenganoma yikuphi ukuhlinzwa okukhulu, kungase futhi kukwethuse kakhulu—wena nabathandekayo bakho. Inqubo yokuzizwa ukhululekile ukuphila ne-stoma iqala ngokuqonda inqubo nokuthi yimiphi imibuzo okufanele uyibuze ithimba lezempilo ngaphambi kokuhlinzwa. Sizokusiza—manje nakulo lonke uhambo lwakho lwe-stoma.

ESIBHEDLELA

Uma udokotela wakho ohlinzayo engaxoxi nawe ngendawo azoyenza kuyo i-stoma, sikukhuthaza ukube ubuze ngakho ngaphambi kokuhlinzwa.

Kubalulekile ukuba i-stoma ibe sendaweni efanele ukuze unethezeke, ukwazi nokunakekela i-stoma yakho. Ukuze ukwazi ukushintsha isikhwama sayo kalula futhi uwedwa, uzofuna ukwenza isiqiniseko sokuthi i-stoma ibekwe iba sesikhunjani esibushelalezi nokuthi ungakwazi ukuyibona yokuyithinta i-stoma.

Imibuzo ongase ufune ukuyibuza

Nansi imibuzo evamile ongase ukhethe ukuyibuza uchwepheshe wezempilo lapho usesibhedlela:

- Ngizokwazi ngokushesha kangakanani ukudla nokuphuza?
- Ngizohlala isikhathi esingakanani esibhedlela?
- Ngenzenjani uma ngisezinhlungwini?
- Ingabe wonke umuntu one-stoma udinga isikhwama sayo?
- Ubani ozongibonisa ukuthi ngisisebenzisa kanjani izikhwama sami?
- Ngizitholaphi izikhwama?

Ngemva kokuhlinzwa kwakho, umhlengikazi wakho we-stoma uzokhuluma nawe mayelana nokuhlinzwa, akusize uqonde ukuthi kwenzekeni emzimbeni wakho, futhi akufundise indlela yokunakekela i-stoma yakho entsha njengoba ululama esibhedlela nalapho usushintshela ekunakekelweni ekhaya. Kuye ngezidingo zakho, ungase udluliselwe kwabanye ochwepheshe noma imitholampilo ukuze uthole usizo olwengeziwe.

Kubalulekile ukukhumbula ukuthi wonke umuntu uhlukile, futhi sonke ushintsho silujwayela ngezindlela ezingafani. Ukwesekwa ongalindela ukukuthola kumhlengikazi wakho kuyohlale kuqondiswe ezidingweni zakho ngqo. Bangingi abantu abafana nawe abaye bahlinzwa njengawe, futhi odokotela bakho nabahlengikazi bakho bazokulalela futhi bakusize.

AMAVIKI NGEMVA KOKUHLINZWA

Lapho usesibhedlela, uzofundiswa indlela yokunakekela i-stoma yakho.

Umhlengikazi wakho uzokusiza uthole izinto ezifanele nesikhwama esilungele izidingo zakho. Kubalulekile ukuqaphela ukuthi kunezinhlombonhlobo zabahlinzeki bemikhiqizo nezinhlombonhlobo zezikhwama ukuze usizeke. Kodwa-ke "AZIKHO EZAKWANOKUSHO". Ukuze uthole isikhwama esifanele, kuzodingeka izingxoxo futhi kwezinye izikhathi uzame, wenze iphutha, kuze kube yilapho uthola ekufanele. Qiniseka ukuthi uthintana nomhlengikazi wakho uma wena noma umnakekeli wakho niba nenkinga ngesikhwama.

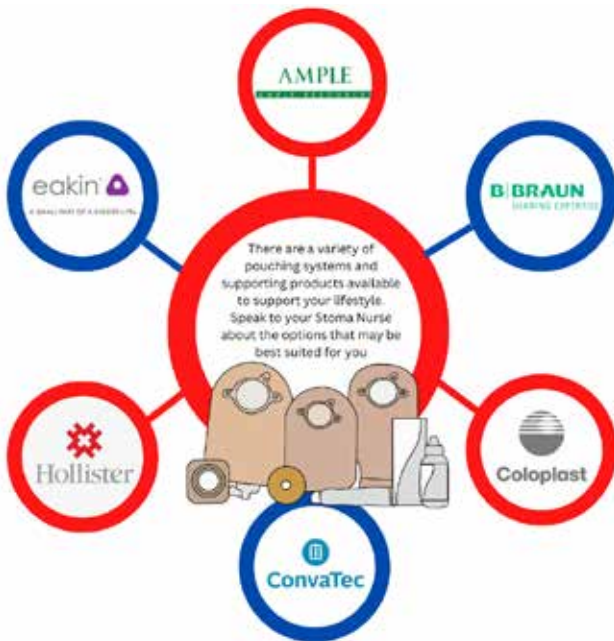
Kufanele futhi wazi ukuthi i-stoma yakho izoncipha phakathi nezinyanga ezilandela ukuhlinzwa. Umhlengikazi wakho we-stoma angakusiza ukuba usijwayele kahle isikhwama sakho. Ngaphezu kwalokho, noma yiluphi ushintsho ebukhulwini besisu sakho (kungaba ukukhulelwa, ukuncipha/ukukhuluphala, ukuvivinya umzimba, njll.) kungase kudinge ukuphinde ukuba isikhwama sakho sikalwe kabusha.

Imibuzo ongase ufune ukuyibuza

Ngemva kokuhlinzwa kwakho, ungase ube nemibuzo mayelana nezinto eziningi: ukudla, okokugqoka, ukubuyela emsebenzini, ukuthandana, njll. Ngezansi kunohlu lwemibuzo ongase ufune ukuyibuza uchwepheshe wakho wezempilo ngaphambi kokuba uphume esibhedlela, noma ezingxoxweni zangemva kokuhlinzwa:

- I-stoma yami ibukeka iyinkulu. Ingabe iyohlala iyingaka?
- Ubani okufanele ngimtshele ngokuhlinzwa kwami?
- Ngingasebenza kangakanani ngemva kokuhlinzwa?
- Ingabe kufanele ngigeze noma ngishawe nesikhwama sami?
- Ingabe ngidinga ukusebenzisa insipho ekhethekile?
- Ingabe isikhwama sami sizonokisa? Ngingakulawula kanjani lokhu?
- Kuzodingeka ngisithulule kangaki ngosuku isikhwama sami?
- Iyiphi indlela efanele yokuthulula isikhwama esithululekayo?
- Ngingasifaka isikhathi esingakanani isikhwama esisodwa ngaphambi kokusishintsha?
- Ngingazi-oda kuphi izikhwama?
- Kufanele ngimthinye kangaki umhlengikazi wami we-stoma?
- Ingabe i-medical aid izozikhokhela izikhwama?
- Ingabe isibhedlela sikahulumeni sizonginika izikhwama?

AKUTHOLAKALI IZIKHWAMA NJE KUPHELA



Khuluma nomhlengikazi wakho we-stoma mayelana neminye imikhiqizo ewusizo ehambelana nendlela yakho yokuphila nezidingo zakho.

UKUGODUKA USUKA ESIBHEDLELA

Ukuphuma esibhedlela kuyinto enkulu ebalulekile, kodwa kungabangela ukukhathazeka kunoma ubani one-stoma entsha. Kujwayelekile ukuba novalo ngokuphila ne-stoma, kodwa kubalulekile nokukhumbula ukuthi awuwedwa.

Ungase ube nemibuzo eminingi ezinsukwini nasemavikini alandela ukuhlinzwa kwakho. Ngalesi sikhathi, ungase futhi uzizwe udangala, uphansi noma uthukuthele. Ungase ukhungatheke kuze kube yilapho usijwayela isikhwama sakho se-stoma. Yonke le mizwa ijwayelekile.

Xhumana nomhlengikazi wakho we-stoma ukuze uthole usizo nesikhuthazo.

Ungathintana ne-SASS
nge-WhatsApp ku-066 261 0654
uma udinga ezinye izindlela zokwesekwa.



INDLELA YOKUFAKA ISIKHWAMA SAKHO

Ngaphambi kokuba uqale, qiniseka ukuthi zonke izinto ziseduze.



Nakhu okuvame ukudingeka:

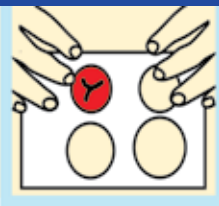
- Isikhwama se-stoma.
- Ithawula elihlanzekile
- Okokususa iglu ukuze isikhumba singalimali
- Okokusula isikhumba noma izinto zokuhlansa
- Izikele
- Ikhadi lokukala
- Izinto zesikhumba njengophawoda we-stoma (uma uthanda)
- Noma yini enye unesi wakho we-stoma ayisho kuwe ngqo, isib. Izinto zesikhumba, amaringi, okokunamathisela, uphawoda njll

ISINYATHELO 1



Gcina isikhumba sakho sihlanzekile futhi somile. Qikelela ukuthi isikhumba sakho sihlanzekile futhi somile ngaphambi kokufaka into yokubamba isikhumba. Uma i-stoma yakho iba nomswakama, ungawumunca ngethishu ethambile ngaphambi kokufaka into yokubamba.

ISINYATHELO 2



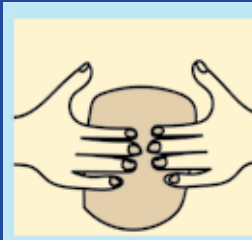
Kala futhi uhlole kaningi – kuyinto evamile ukuba nezinguquko ekumeni komzimba wakho ne-stoma yakho, ngakho kubaluleke kakhulu ukuhlola njalo ukuthi ithempulethi yakho yokusika iwusayizi ofanele yini nokuma kwe-stoma yakho, ikakhulukazi uma une-hernia.

ISINYATHELO 3



Sika ngokucophelela. Imbobo entweni yokubamba kufanele ilingane ne-ostomy yakho ncamashi. Sincomela ukuba yeqe ngo-1mm ku-stoma yakho ukuze i-stoma ingalimali, okuyinto engadala ukopha.

ISINYATHELO 4



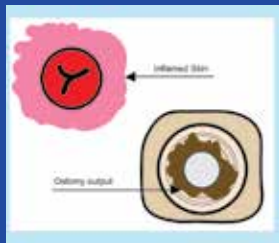
Kwenze kunamathele! Sebenzisa isandla sakho ukucindezela kancane i-baseplate/ i-flange/ into yokubamba esikhumbeni bese uyicindezela uze uqiniseke ukuthi inamathele ngci esikhunjeni sakho.

ISINYATHELO 5



Shintsha uma ungabaza. Shintsha isikhwama sakho ngokushesha nje lapho uzwa sengathi kuyavuza noma kuyababa.

UMBONO OMUHLE



Bheka ingemuva lapho ususa isikhwama sakho esikhunjeni sakho, ungabheki isikhumba kuphela, kodwa nengemuva le-baseplate/ i-flange/ into yokubamba: Uyazibona izimpawu zokuthile okuphumayo? Lokhu kukutshela ukuthi kuyavuza - futhi kusho ukuthi kufanele uzame ukuthola okukulingana kangcono.

I-STOMA YAKHO NOSHINTSHO EMZIMBENI WAKHO

Ezinyangeni neminyaka elandela ukuhlinzwa kwakho, ungase ubone izinguquko ezithile emzimbeni wakho. Lezi zinguquko zingabandakanya:

- Ukuncipha noma ukukhuluphala
- Ukushwabana kwesikhumba noma izibazi eduze kwe-stoma futhi ikakhulukazi ngaphansi kwe"-wafer" yakho.
- Ukuvela kwe-hernia exhumene ne-stoma yakho

Njengoba lezi zinguquko zenzeka, kubalulekile ukuqinisekisa ukuthi isikhwama sakho sisalokhu sikulingana kahle; lokhu kungase kusho ukwengeza izinto ezinjengama-paste, amaringi, ophawoda, izivalo noma ukusishintsha nje sonke isikhwama.

Ukuvaleka ngci phakathi kwesikhwama nesikhumba sakho kubalulekile ekuyinakekeleni kahle i-stoma. Uma, ngokwesibonelo, indawo ezungeze i-stoma yakho ishintsha iqala ukudonsekela phakathi, kungase kusho ukuthi kungcono ushintshele esikhwameni se-convex. Ungase futhi udinge ukusebenzisa nezinye izinto eziwusizo.

Kungumqondo omuhle ukubonisana nomhlengikazi wakho we-stoma mayelana nesikhwama esikulingano nangezinye izinto eziwusizo.

UKULAWULA IPHUNGA NOMOYA

- Into ama-Ostomate ayenqena kakhulu YIPHUNGA futhi ngokuvamile uzothola ukuthi uzozwa iphunga abantu abaseduze abangalizwa. Lokhu kuvamile futhi khumbula, ukungcola kwakho akusaphumbi ngemuva, manje sekuphuma khona la ngaphansi kwekhala lakho.
- Ubuchwepheshe bezikhwama sebuthuthuke kakhulu futhi inqobo nje uma usigcina sikulingana kahle, iphunga nokuvuza akufanele kube yinkinga enkulu futhi zikhona izinsiza zakhona.

INDLELA YOKULAWULA IPHUNGA

Izikhwama ngokuvamile zinezivalo zephunga ezisiza ukugcina iphunga ngaphakathi esikhwameni sakho. Kufanele iphunga ulizwe kuphela lapho usithulula isikhwama sakho noma lapho usishintsha. Uma kuba nephunga ngezinye izikhathi, bheka ukuthi isikhwama asivuzi yini.

Nazi ezinye izindlela ezimbalwa zokulawula iphunga:

- Thulula isikhwama sakho lapho sigcwele ingxenye yesithathu ukuya kuhhafu.
- Isikhathi esingcono kakhulu isikhwama sakho kusesekuseni ungakadli futhi ungaphuzi lutho
- Ukuthulula noma ukushintsha ukushintsha isikhwama sakho njalo kungasiza ukunciphisa ingozi yokuvuza. Kungasiza nasegumeni ukufutheka kwesikhwama sakho uma sigcwala kakhulu.
- Ukudla kwakho kungalithinta iphunga eliphumayo. Ngakho, qiniseka ukuthi uba nomkhuba wokudla ukudla okunempilo.

UKULAWULA UKUNQWABELANA KOMOYA

Uma une-colostomy noma i-ileostomy, ungase ubone ukufutheka esikhwameni sakho. Lokhu kungenzeka lapho amathumbu eseqale ukusebenza ngemva kokuhlinzwa. Lo moya ubangelwa "ukusuza" manje osekwenzekela esikhwameni sakho. Into engeyinhle ngokuba ne-colostomy noma i-ileostomy, ukuthi ngeke usakwazi "ukucindezela / ukubamba" lowo msuzo njengoba wawukwazi.

Umoya ubangelwa kakhulu ukudla esikudlayo noma esikuphuzayo. Uma ukhathazekile ngomoya, ungasebenzisa isikhwama esine-filter.

- I-filter ikhipha umoya esikhwameni, kodwa hhayi iphunga
- Iphinde yehlise ukunqwabelana komoya, ukuze isikhwama singafutheki njengebhaluni
- Ama-filter asebenza kahle kakhulu ezintweni eseqinaqinile eziphumayo, kodwa angasetshenziswa nakwezinye izinto eziphuma kwi-stoma.
- Khuluma nomhlengikazi wakho we-stoma ngokukhathazeka kwakho.

Ukuphawula mayelana nemithi nezithasiselo

Eminye imiphumela engemihle yemithi ngisho nezithako zokudla okunomsoco kungase kwenze kube inselele ukugcina inhlanzeko. Umbala, iphunga nezikhathi okuphuma ngayo ukungcola kungase kushintshe ngenxa yalokhu. Ngisho nemithi nemithi oyithola ngaphandle kwencwadi kadokotela ingaba nomthelela futhi ingabangele nokuqunjelwa, isifo sohudo noma ukusuza ngokweqile.

Ingozi ehambisana nokuqunjelwa iwukublokheka futhi lokhu kungabangela izinhlungu. Ngakho kungcono kakhulu ukubai ukhulume nabezempilo noma usokhemisi ngaphambi kokuthatha imithi noma izithasiselo.

UKULALA NE STOMA

Uma usuthole i-stoma yakho, kungase kudingeke ushintshe indlela olala ngayo ukuze kuhambisane noshintsho emzimbeni wakho. Lokhu kungase kubonakale kuthusa ngoba unezindlela olala ngazo kusukela wazalwa, kodwa ngokuqondiswa okuncane nokushintsha izinto, uzoba sewulala kahle futhi ebusuku.



- Ukulala ngesisu kungase kubangele izinto ephumayo ukuba “ziqhumele / zivuzele” emaceleni, ngakho welulekwa ukuba uzame ukulala ngomhlane. Lokhu kungase kuthathe isikhathi ukukujwayela kodwa kuzoya kuba lula kungekudala.
- Zama ukubeka imicamelu eduze kwakho ukuze uvimbele ukuphendukela esikhwameni sakho.
- Ukugqoka ihembe elingusayizi noma elincane kakhulu kungasiza ukugcina isikhwama sinamathele emzimbeni wakho lapho ulele.
- Ngaphambi kokulala, kuwumqondo omuhle ukuhlolahlola isikhwama sakho ne-wafer ubheke izimpawu “zokuguga” futhi usishintshe isikhwama sakho uma kunesidingo.
- Uma une-urostomy, khuluma nomhlengikazi wakho we-stoma mayelana nokuthulula isikhwama ebusuku. Lokhu kuqoqa umchamo ubusuku bonke ngaphandle kwesidingo sokuba uthulule isikhwama.
- Kulabo abane-ileostomy yokuningi okuphumayo, khulumani nomhlangikazi wenu we-stoma mayelana nezikhwama zokuningi okuphumayo. Lokhu kungakusiza ulale kamnandi ungazamiseki.
- Kuhlale kuwumqondo omuhle ukuba nazo zonke izinto eduze ukuze ukwazi ukushintsha ebusuku uma kudingeka.
- Ngasekuqaleni kokushintshela kwakho empilweni entsha, kungase kusize ukufaka ivikelo (linen savers) embhedeni ukuze umbhede wakho gangcoliseki uma kwenzeka iphutha.

Akuyona into engavamile ukuba ama-Ostomate aqhunyelwe izinto eziphumayo lapho esanda kuqala ukuphila ne-Stoma. Lokhu kwenzeka lapho izinto eziphumayo zifuna ukuphuma esikhwameni sakho (njengoba kungaba yinto yokubamba isikhumba noma isikhwama) futhi kungcolise. Lokhu kungakhungathekisa futhi kululaze, kodwa into ebalulekile okufanele uyikhumbule ukuthi kuba lula njengoba uya ujwayela impilo entsha. Ukuzilungiselela, ukwazi isikhwama sakho nokuqapha amazinga ezinto eziphumayo kungakusiza ekunciphiseni umonakalo walawa maphutha - kungase kuzwakale kungcono futhi kungathusi kangako. Uma ubona sengathi uyehluleka, khuluma nomhlengikazi we-stoma ozokwazi ukukusiza ngezinye izindlela.

UKUNAKEKELA ISIKHUMBA

UKUNAKEKELA ISIKHUMBA ESINE-STOMA

Ukunakekela isikhumba sakho esine-stoma noma isikhumba esizungeze i-stoma yakho (isikhumba esizungeze i-stoma yakho esimbozwe yinto yokubamba) CISHE siyiyona ngxenye ebaluleke kakhulu ekunanakeleni i-stoma yakho.

Impilo yesikhumba esine-stoma ithinta indlela izinto ze-stoma ezisebenza ngayo nokuthi into yokubamba uzoyishintsha kangaki.

Kungani ibalulekile impilo yesikhumba esine-stoma

Iqiniso elimsulwa ukuthi izinto zokubamba / i-flange / i-baseplate zisebenza kahle esikhumbeni esinempilo, esingashwabene. Izinto zokubamba zidinga isikhumba esinempilo ukuze zibambe ngqi futhi zivikele kahle.



Uma isikhumba sakho sibaba, simanzi, esihuzukile (izingqimba zesikhumba zikhuhlekile), noma siklayekile, kungaba yinkinga ukunamathelisa into yokubamba esikhumbeni. Lokho kungabange- la ukuba uyishintshe njalo into yokubamba noma kuvuze, okungabangela isikhumba siklayeke kakhulu futhi kwandise nezinkinga ze-stoma.



Izibonelo zesikhumba esihle

Sinjani isikhumba esinempilo?

Isikhumba esizungeze i-stoma yakho kufanele sibukeke njengaso sonke esinye isikhumba esiswini sakho, akufanele kube khona ukuklayeka noma ukuqubuka.

IZINTO EZITHINTA IMPILO YESIKHUMBA NE-STOMA

Kuma-ostomate, izinga osebenza ngalo, indawo ye-stoma, ukuma komzimba, nokuthi ukujuluka kangakanani kuyasithinta isikhathi into yokubamba ezosihlala futhi kungabangela izinkinga zesikhumba.

IZIMBANGELA EZIVAMILE ZEZINKINGA ZESIKHUMBA NEZE-STOMA

Ezimweni ezikahle, i-stoma yakho izoba sendaweni engenazo izinkinga. Izingqubo zokuhlina kwesinye isikhathi zifuna kushintshwe izinhlelo futhi indawo i-stoma egcina ikuyo ikwenze kube kuba nzima ukuyisebenzisa.

I-stoma yakho ingase:

- Ibe lapho isikhumba sigoqene khona
- Idonsekele esikhumbeni
- Ibe ne-parastomal hernia
- Ibe seduze kwezicubu zezibazi noma inkaba, ungase uhlangabezane nezinsesele ezengeziwe.

Into yokuqala ongayenza ukuvimbela nokwelapha izinkinga zesikhumba iwuqinisekisa ukuthi into yokubamba ilingana kahle.

UKUVIMELA IZINKINGA ZESIKHUMBA

Mhlawumbe indlela engcono kakhulu yokuvimbela izinkinga zesikhumba iwuqinisekisa ukuthi into yokubamba ilingana kahle.

Nazi izizathu ezimbalwa zokuthi kungani lokhu kungenzeka:

Isikhwama sisikwe saba sikhulu kakhulu

Esinye sezizathu ezinkulu ukuthi isikhwama sakho sisikwe saba sikhulu kakhulu futhi ukungcola empeleni kuya esikhumbeni sakho hhayi ngqo esikhwameni sakho. Lokho kungabangela isikhumba sakho ukuthi sishwabane ngokushesha endaweni ye-stoma yakho.

Ukuvimbela kanjani lokhu ukuthi kungenzeki: Qinisekisa ukuthi usayizi wesikhwama sakho usikwe ncamashi nosayizi we-stoma yakho. Uma kunzima ukwenza lokho, buyela kumhlengikazi wakho we-stoma, ucele ukukalelwa usayizi we-stoma yakho. Kunamakhemisi athile noma izinkampani ezithile zokudiliva ezizosisika isikhwama sakho sime futhi sibe usayizi oqondile. Izinkampani eziningi ezikhiqizayo zinezikhwama esezisikiwe ezingase zikulungele.

SHINTSHA UHLOBO LWESIKHWAMA OSISEBENZISAYO

Uma kuyinkinga eqhubekayo futhi mhlawumbe i-stoma idondekala phakathi ibuye iphume, mhlawumbe yilokho okubangela ikhumba sibabe. Kungase kudingeke ucabange ngolunye uhlobo lwesikhwama.

Indlela yokuvimbela lokhu ukuthi kungenzeki: Uma usebenzisa isikhwama esiyisicaba, kungase kudingeke ukhulume nomhlengikazi wakho we-stoma mayelana nokuzama isikhwama ezibokile (convex). Uma udinga isivikelo esithe xaxa, isivalo noma iringi esetshenziswa eduze kwe-stoma ingayivimbela le nkinga.

Ngezinye izikhathi abantu asebene-parastomal hernia noma ukuma futhi usayizi we-stoma uyashintsha kungabangela ukuba isikhwama singanamatheli ngqi kwi-stoma. Kungase kudingeke ukuba ukhulume nomhlengikazi we-stoma ngezinye izinto ezingasiza uvale ngci.

Abanye abantu bathanda ukusebenzisa izinto zokulungiselela isikhumba, lokhu kubaluleke kakhulu ngaba kwacha isivikelo sesikhumba.

Eminye imikhiqizo ikweluleka ukuba ungayisebenzisi le nto ngoba ingase iphazamise ukunamathela kwesikhwama.

AREA BEYOND OF THE FLANGE

Isikhalazo esijwayelekile yilapho indawo esemaceleni esikhwama iklayeka - eyaziwa ngokuthi ukuxebuka kwesikhumba.

Indlela yokuvimbela lokhu ukuba kungenzeki: Ikhambi lokuvimbela lokho liwukusebenzisa isifutho noma indwangu yokususa iglu, ekuvumela ukuba ususe isikhwama ngaphandle kwenkinga. Kunamazwe angakuvumeli ukuba into/indwangu yokususa iglu ifakwe encwadini kadokotela yokulanda imithi noma kufanele ukuzithengele futhi mhlawumbe wena ngeke ukwazi. Uma kunjalo, sebenzisa amanzi afudumele, uqhelise isikhwama sakho esikhumbeni bese usula isikhwama sisuke esikhumbeni ukuze ungavele usixebule nje esikhumbeni sakho esithambile.

INDAWO EBANZI YESIKHUMBA ESIBUHLUNGU

Ama-aleji, ukuzwela noma kwamanye amadoda, uma unezinwele eziningi esiswini futhi kufanele uphuce eduze kwe-stoma yakho, ingaba yinkulu indawo enezinkinga ze-stoma.

Uma umhlengikazi wakho we-stoma engakwazi ukusiza ukuxazulula izinkinga zesikhumba eziqhubekayo, ungase udinge ukudluliselwa kudokotela wesikhumba ohlomele kangcono izinkinga zesikhumba.

NGIYIHLANZA INDAWO EZUNGEZE I-STOMA NESIKHUMBA SAMI?

I-stoma yona ngokwayo ayidingi ukuhlanzwa, nakuba kungaba usizo ukusula izinto eziphumayo lapho ushintsha into yokubamba.

Nazi izinyathelo ezicacile zokuhlanza eduze kwe-stoma yakho:

- Qoqa futhi ubeke kahle zonke izinto ozozidinga endaweni ehlanzekile.
- Geza izandla ngaphambi nangemva kokunakekela i-stoma yakho.
- Indlela engcono kakhulu yokuhlaza isikhumba eduze kwe-stoma yakho ukusebenzisa amanzi afudumele nendwangu yokugeza, noma amathawula ephepha athambile. Awudingi ukusebenzisa i-gauze noma amagilavu. Ayidingeki insipho ukuhlanza eduze kwe-stoma yakho. Uma ukhetha ukusebenzisa insipho, sebenzisa insipho ethambile futhi uhlambulule kahle.
- Gwema insipho nezinto zokuhlaza ezinamafutha, iziqholo, noma iziqedaphunga. Le mikhiqizo ingase ibangele izinkinga zesikhumba noma yenze isikhwama sakho singanamatheli.
- Ungazisebenzisi izindwangu ozithola sezimanzisiwe (wipes), izindwangu zokusula abantwana, noma amathawula angenzelwanga ukuhlaza isikhumba eduze kwe-stoma. Nakuba ama-wipes
- engasetshenziswa ezimweni eziphuthumayo, eminingi yale mikhiqizo iqukethe izithako ezingaphazamisa ukunamathela kwesikhwama. Futhi zingase zibangele ukubaba esikhumbeni sakho.
- Uma i-paste iyingxenye yesikhwama sakho, ungakhathazeki uma kuba ne-paste esalayo esikhumbeni sakho ngemva kokusihlanza. Ngeke isilimaze isikhumba sakho noma yenze izikhwama esisha singanamatheli.

- Ngaphandle uma kusho umhlengikazi we-Stoma noma umhlinzeki wezempilo, ungafaki uphawoda noma okhilimu (ngaphandle kophawoda abakhethekile be-ostomy) esikhumbeni esiseduze ne-stoma yakho njengoba bengenxa isikhwama singan matheli.
- Njalo yomisa isikhumba sakho kahle ngaphambi kokufaka isikhwama.

UKUPHUCA EDUZE KWE-STOMA

Ukuphuca akutuswa. Ukuphuca kwandisa ingozi yezinkinga zesikhumba

- Sebenzisa insingo kagesi
- Phuca ngensingo ephephile eyomile nangophawoda wesikhumba esiseduze kwe-stoma
- Phuca ngamanzi ngamanzi afudumele nensipho ethambile.
- Uma usebenzisa igwebu lokushefa, gwema igwebu elinezinto zokuthambisa noma iziqholo ezingase zenze isikhumba sibabe noma ziphazamise ukunamathela kwesikhwama.
- Hlambulula isikhumba ngamanzi njalo ngemva kokuphuca.
- Hlola ukulimala kwi-stoma noma ukopha njengoba ungase ukuzwe uma kwenzekile walimala ngengozi.

LAPHO UHLANZA, KHUMBULA UKUTHI:

- Ngezinye izikhathi ungase ubone igazi elincane lapho uhlanza eduze kwe-stoma.
- I-stoma inemithambo yegazi emincane eyopha isikhashana lapho ihlanzwa. Noma yikuphi ukopha okunganqamuki kufanele kubikwe kumhlinzeki wakho wezempilo.
- Thamba lapho uhlanza eduze kwe-stoma.
- I-stoma ayinayo imizwa yeziphetho, ngakho ngokuvamile awukwazi ukuzwa uma uhlikihla kakhulu.

I-STOMA YAMI KANYE NOKUDLA KWAMI

Ukuba ne-Stoma akufanele kuthinte imikhuba yakho yokudla. Kunezinto okumele uzicabangele nokho:

UKUDLA:

- Umjaho unqontshwa ngokushaya kancane nangejubane elifanayo
- Hlafuna, Hlafuna, Hlafuna ukudla kwakho. Ukuhlafunisisa kuzosiza kakhulu ekunciphiseni ubungozi bokublokheka
- Uma uzozama ukudla okusha, yidla okuncane ubone ukuthi umzimba WAKHO usabela kanjani.
- Bhala konke mayelana nokudla, ikakhulukazi ezinyangeni ezimbalwa zokuqala njengoba ujoyayela impilo entsha. Bhala ukudla okukuphatha kahle nalokho okungakuphathi kahle. Bhala inani lezikhathi zokuphuma kokungcola. Lokhu kuzokusiza nokuba ulawule ukwakheka komoya esikhwameni sakho

UKUBA NAMANZI EMZIMBENI – UNGALINDI UZE UNXANWE

- Phuza amanzi njalo, Izingilazi eziyisi-8 kuya kweziyi-10 okungenani.
- Qaphela ukuphelelwa amanzi emzimbeni. Uma uba nezimpawu ezifana nesiyezi, umlomo owomile noma umchamo oshintshe umbala, phuza amanzi ngokushesha

UMTHAMO WOKUDLA

- Ukudla izijumbana ezincane zokudla kaningi kuye kwabikwa ukuthi kuwusizo kuma-Ostomates amaningi. Esikhundleni sokudla kathathu, yidla kasithupha imithamo emincane ekahle. Ngokudla umthamo omkhulu emini, wehlisa inani lokuphuma kwendle ebusuku.
- Kunokudla okudume ngokubangela umoya nephunga, kuyinto efanayo nakuma-Ostomates.

Nazi ezinye zezibonelo:

1. Ubhontshisi nodali (lentils)
2. I-asparagus, i-broccoli, ama-brussels sprouts, i-klabishi, neminye imifino
3. I-Fructose, ushukela wemvelo otholakala kuma-artichokes, u-anyanisi, amapheya, ukolweni, nezinye iziphuzo ezibandayo.
4. I-lactose, ushukela wemvelo otholakala obisini
5. Izithelo, i-oat bran, uphizi, nokunye ukudla okune-fiber eningi, okuyinto egayeka emathunjini akho amakhulu
6. Ummbila, i-pasta, amazambane, nokunye ukudla okunotho ngesitashi
7. I-Sorbitol, i-sweetener yokwenziwa
8. Okusanhlamvu (whole grain), njengerayisi elinsundu, i-oatmeal, nokolweni
9. Ushingamu. Ugwinya umoya lapho uhlafuna ushingamu, ongena emgudwini wakho wokugaya ukudla futhi ungabangela umoya.
10. Ukuphuza nge-straw. Ugwinya nomoya uma uphuza nge-straw.
11. Ubisi lwesoya. Lunempilo impela lona, kodwa futhi lingabanga umoya.



NGINGAZIVOCAVOCA NJENGOBA SENGINE-STOMA?

Kungakhathaliseki ukuthi musebenzi muni ofuna ukuwenza, akufanele uvinjwe ukuhlinzelwa i-stoma. Ukuthi wenziwe i-colostomy, i-ileostomy noma i-urostomy, imisipha yakho yesisu idinga isikhathi sokuphola nokuqina, futhi kungase kubonakale kunzima ukuphinde ube namandla. Imisipha yakho ingase ibe buthaka kunokuvamile, ngenxa yesikhathi osichithe esibhedlela kodwa lezi zinto zinganqobeka ngokuziqeqesha nangokuzivocavoca kancane kancane.

UKUQALISA

Ngaphambi kokuba uqale ukuzilolonga uphinde ube namandla, kuhlale kuwumqondo omuhle ukuxoxa nodokotela wakho kanye noma no-mhle-ngi-kazi we-stoma mayelana nezinhlelo zakho. Thatha isikhathi sokuhlola isimo sakho somzimba futhi uhlole nanoma yini ongase unga-kwa-zi ukuyenza. Umthetho omuhle uthi: "Uma kubuhlungu, YEKA!" Qala kancane kancane futhi njalo ukwakha amandla nokuze-the-amba futhi ushintshe izifiso zakho njengoba uthuthuka nsuku zonke.

- Funda indlela isikhwama sakho esisabela ngayo ekuzilolongeni nasekunyakazeni. Kungase kudingeke uxoxe nomhlengikazi wakho ngezinsiza ezifana namateyipu kanye noma amabhande e-stoma.
- Uma unyakaza kakhulu, kuzoya kuba lula
- Ukuba ne-stoma akufanele kukuvimbe ekwenzeni izinto ozithandayo njengokugijima, ukubhukuda, ukugibela noma ukushushuluza eqhweni.

Bheka le linki <https://www.colostomyuk.org/active-ostomates/team-colostomy-rugby-league/>



Funda ukubeka nokuvikela isikhwama sakho se-stoma. Zama ukusebenzisa ibhande le-stoma ukugcina isikhwama sakho silondekile futhi sisekelwe emzimbeni, okungasiza ukwandisa isikhathi saso.

Hambahamba futhi uzwe ukuthi i-ostomy yakho isabela kanjani ekunyakazeni okungafani.

Hambahamba kakhulu usuku ngalunye, ukwakha ilukulukulu lokufika ezingeni olifunayo lokuzivocavoca.

Yenza noma yini ozizwa ukhululekile ukuyenza.

Ukugijima, ukubhukuda, ukugibela, ukushushuluza eqhweni; uma kuziwa ekuzilolongeni une-ostomy, akufanele ungakwazi ukuhlala unamandla ngendlela ofuna ngayo.

Themba inqubo ukuze uthuthuke. Ukubekezela kuyisihluthulelo futhi njengoba imisipha yakho ingase idinge isikhathi esengeziwe sokuphola nokuqina, uyathuthuka ngokunyakaza ngakunye okwenzayo.

OKUMELE NOKUNGAMALE UKWENZE EKUZIVIVINYENI

Ukuzivocavoca ngemva kokuhlinzelwa i-stoma kufuna ukubekezela nokwenza lokho okuzwa kulungile. Kubalulekile ukuthatha isikhathi sakho futhi wazi imikhawulo yakho. Uma uqala ukuzilolonga, ungase uhlangabezane nezinselelo noma izingqinamba. Yiba nesineke futhi ungayeki. Kungakabiphi, kuzo sekungasekho lutho endleleni yakho.

UKUZILOLONGA OKUKAHLE KWABANE-STOMA

Ngemva kokuhlinzelwa i-stoma, abantu abaningi bangathola le misebenzi ilula kunabanye. Kodwa ngaphambi kokuqala noma yikuphi ukuvivinya umzimba, khuluma nodokotela wakho ukuze uqiniseke ukuthi usukulungele.

UKUQINISA KWEMISIPHA ESEMQOKA

Ukuzihlangula: Sicela uqaphele ukuthi ukuzivivinya okushiwo ngezansi kuyizincomo. Kufanele njalo uthintane nodokotela ngaphambi kokuqala ukuzivivinya. Uyalwa nokuba ufune isiqondiso se-physiotherapist, i-biokentist noma umqeqeshi ukuze akusize ohlelweni lwakho lokuzivocavoca.

Abantu abane-stoma basengozini enkulu yokuba buthakathaka ngenxa yezinkinga zokugaya ukudla noma zesinye, okuhambisana nokuhlinzwa. Ukubuyisela amandla okuzinya nokunyakaza kubalulekile, njengoba kwenza ukuzivivinya nemisebenzi evamile ibe lula. Nazi izindlela ezimbalwa zokuzivivinya ongaqala ngazo:

- Ukwelula Izingulu
- Ukwelula Ingxenye Yomzimba Enganhla
- Ukwelula Izingalo/Imilenze
- Ukutshekisa Unyonga
- Ukwenza I-Bridging

UKUBHUKUDA

Ukubhukuda kuwukuzivocavoca okuhle. Kunyakazisa wonke umzimba ngaphandle kwengcindezi kwi-stoma yakho. Izikhwama eziningi ze-stoma azingenwa ngamanzi, ngisho noma ubhukuda. Okokuqala, qiniseka ukuthi isikhwama sakho sihleli ngokokulondeka. Bese, vala imbobo ye-filter yephunga ngesembozo sayo ukuze amanzi angangeni esikhwameni.

UKUHAMBAMBA

Qala ukuhamba. Ukuhamba ngezinyawo kuyindlela elula nenika amandla yokuzilolonga. Lapho uhamba, uba namandla ngejubane lakho. Ukuhamba kunganciphisa ukucindezeleka nokuqunjelwa.

ISIKHUMBUZO!

Khetha umsebenzi owuthandayo. Ukugijima, ukubhukuda, ukugibela, ukushushuluzwa eqhweni; uma kuziwa ekuzilolongeni une-stoma, akufanele ungakwazi ukuzivivinya ngendlela

UKUTHATHA UHAMBO

Izinyathelo zokuphepha ezengeziwe ziyathathwa ezikhumulweni zezindiza nakwezinye izindawo zezokuthutha emhlabeni jikelele. Ukuhlela kusengaphambili nokuqonda imithetho yokuphepha nelungelo lakho lobumfihlo kungakusiza ugweme izinkinga kwezokuthutha futhi ujabulele uhambo lwakho.

Ikakhulukazi, khumbula ukuthi konke ukuhlolwa kwasesikhumulweni sezindiza kufanele kwenziwe ngesizotha, isithunzi nenhlonipho. Ungacela ukuhlolwa endaweni esithekile.



- Phatha isitatimende esivela kuchwepheshe okwelaphayo esisho isidingo sokuphatha impahla ye-ostomy. Kungase futhi kube umqon do omuhle ukuthi lesi sitatimende siphrintwe ngolimi lwezwe oya kulo.
- Ungahlolwa ngaphandle kokuthi ukhiphe noma uveze i-ostomy yakho; kodwa-ke, kungase kudingeke ukuthi uzimbambathele wena i-ostomy, bese uhlolwa izandla ukuthi awunazo yini iziqhumane.
- Uma uya kwelinye izwe, fika nalolu lwazi lubhalwe ngolimi olufanele. I-Google Translate ingase ibe usizo ngokuhumusha. Uma uthola ukuthi udinga izinsiza ezengeziwe ngenkathi usendleleni, ungaqala ekhemisi lendawo. Usokhemisi walapho kufanele akwazi ukukuhlinzeka ngezinto ozidingayo kanye/noma akudlulisele emtholampilo/esibhedlela sasendaweni ukuze uthole usizo.
- Sika kahle zonke izinto zokubamba usesekhaya. Ukugcina isikelo sakho se-ostomy emthwalweni wakho ohloliwe kungase kugweme ukubambezeleka nokuhlolwa okwengeziwe.
- Cabanga ngokuthenga umshwalense wohambo oqinisekisa ukukuyisa esibhedlela, uma kuba nesidingo.

Phatha ama-wipes nezikhwama zokulahla. Ngezinye izikhathi ukushintsha isikhwama kungase kudinge ukuhlaza okuncane. Ama-wipes abantwana angenaphunga ayindlela enhle kunensipho namanzi. (Izinto zokuhlaza ezimanzi azituselwa ukusetshenziswa eduze kwe-stoma.)

Phuza. Qikelela ukuthi upakisha ibhodlela lakho lamanzi eligcalisekayo ukuze uhlale unamanzi emzimbeni. Iholidi alihambi kahle uma umzimba ungenamazi. Funda kabanzi ngamacebiso okugcina umzimba unamanzi.

Ukuya kwelinye izwe? Kuwumqondo omuhle ukuba nemibuzo eyinhloko, njengokuthi "iphi indlu yangasese?", ebhalwe ngolimi lwendawo. I-Google Translate iwusizo cishe kunoma yiluphi ulimi. Phatha isitatimende esivela kuchwepheshe okwelaphayo esisho isidingo sakho sezinsiza ze-ostomy.

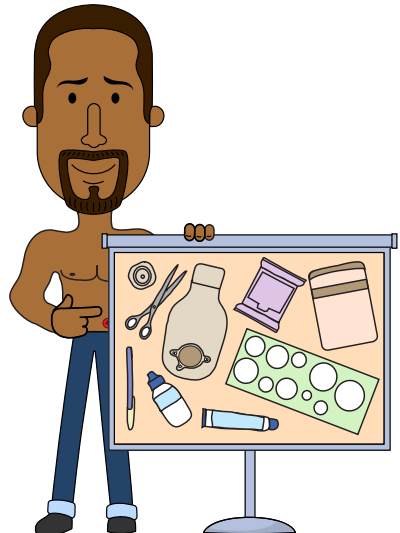
Shiya ukukhathazeka kwakho ekhaya. Hamba ngokuzethemba. Uma uneminye imibuzo mayelana nohambo une-ostomy, khuluma nomhle-ngikazi wakho we-Stoma noma ukhululeke ukuxhumana ne-SASS.

YINI OKUMELE UKUYIPHATHE LAPHO UPHUMA EKHAYA

Lapho uphuma ekhaya, kuhle ukuthatha izinto ongase uzidinge uma kudingeka ushintshe isikhwama masinyane; **WONKE AMA-OSTOMATE KUFANELE ABE NE "GO" BAG (ISIKHWAMA SEZIMO EZIPHUTHUMAYO).**

Amacebiso e-"GO" BAG yakho

- Isikhwama esisha se-stoma.
- Ithawula elihlanzekile
- Okokususa into enamathele ukuze isikhumba singalimali
- Ama-wipes noma izinto zokuhlaza
- Izikele
- Ikhadi lokukala
- Izinto sesikhumba esifana nophawoda we-stoma (uma uthanda)
- Izinto owelulekwe ngazo ngunesi we-stoma, isib. Izinto zesikhumba, amaringi, i-paste, uphawoda njll
- Isikhwama sokulahla noma isikhwama esinziphu ukuze ulahle isikhwama ngenhlanzeko.
- Hlanza ihembe / ibhulawuzi ushintshe nezangaphansi uma kunesimo esiphuthumayo.



UCANSI NGEMVA KOKUHLINZWA

Ucansi Ngemva Kokuhlinzelwa I-Stoma: Okufanele Nokungafanele Ukwenze

Ingabe ukhathazekile ngomthelela we-stoma yakho ocansini? Izindaba ezinhle ukuthi kungenzeka ingabi nawo nhlobo umthelela. Hlola lapha izinto ezilula nje ongazenza nokungafanele uzenze.

Yebo, usengakwazi ukuqhubeka nokuya ocansini - noma uze uthuthuke kulo - ngemuva kokuhlinzelwa i-stoma. Nazi izinto ezimbalwa okufanele nokungafanele uzenze ebudlelwaneni bakho.

QALA kancane kancane. Kuzodingeka isineke ekuqaleni. Khumbula ukuthi ububele nothando yiko okwenza ucansi lube mnandi. Khumbula ukuthi ukuthandana, ukuqabulana, nokuthintana kuyingxenye ebalulekile yocansi.

UNGASHINTSHI lutho (ngaphandle uma ufuna). Abantu abane-stoma baya kanjani ocansini? Ngendlela efanayo nabantu abangenayo i-stoma. Izitayela ezivamile zocansi ziyenzeka njalo. Yiqiniso, ucansi luna ngezininga lakho lokukhululeka nalokho okuthandwa umuntu.

THULULA isikhwama sakho se-stoma. Thatha imizuzu embalwa uthulule isikhwama sakho ngaphambi kokusondelana. Kuzokwenza uzethembe kakhudlwana, kukhulule nengqondo.

UNGAVUMELI isikhwama sakho sikuphazamise. Uma isikhwama sakho singakukhululi, cabanga ngokusebenzisa isembozo sendwangu esikhwameni sakho lapho uya ocansini. Lokhu kuzovimbela isikhwama singakhuhli esikhumbeni sakho noma somuntu wakho. Izophinde ifihle okusesikhwameni uma usebenzisa isikhwama esibonisa ngaphakathi. Enye indlela ukufaka into yokugoqa i-ostomy ngephakethe langaphakathi. Lokhu kuzofihla isikhwama sakho futhi kusibambe emzimbeni wakho. Kukhona nezinsiza ezingebhande lesisu, ama-cummerbund, nezingubo zangaphansi ezinembobo ezisiza ukufihla isikhwama lapho uya ocansini.

GQOKA okukwenza ukhululeke. Abanye besifazane bakhetha ukugqoka ithophu ye-silk noma yekotini emboza isikhwama ne-torso. Kukhona futhi izikhwama ezifakwa ngobuhlakani kuma-stoma athile.

UNGENZI ucansi nge-stoma kunoma yiziphi izimo. Wena noma isinqandamathe sakho akufanele ucansi nilwenze nge-stoma (ukubhebha kuyo).

IZINTO EZINHLANU EZIVAME UKUKHATHAZA NONGAKWENZA NGAZO

Kungokwemvelo ukukhathazeka ngezinkinga ezingaba khona kwezothando ngenxa ye-ostomy. Hlola izinto ezivame ukukhathaza ebudlelaneni obusha nobudala, nendlela yokukhulula ingqondo.

Thola usizo ngokukhathazeka mayelana nocansi ngemva kokuhlinzwa.

Kuthiwani uma umuntu wami engibheka ngendlela ehlukile, noma mhlawumbe aze angangifuni ngandlela thize? Isikhwama sizoluthinta kanjani ucansi? Ngingabusingatha kanjani ubudlelwano obusha?

Le mibuzo kanye neminye eminingi ibonisa izinto ezikhathaza abantu abaningi ngocanzi ngemva kokuhlinzelwa i-ostomy. Izindaba ezinhle ukuthi ungathandana nomuntu ngendlela evamile noma, uma usuvele uyathandana kakade, indlela yokuphila wena nomuntu wakho eniyijabulelayo. Kufanele nje uthathe izinyathelo futhi ukhulume naye.

NAZI EZINYE IZINTO EZIVAME UKUKHATHAZA, NAMACEBISO ANGASIZA.

NGIKHATHAZWA UKUTHI NGIMTSHELA NINI UMUNTU ENGITHANDANA NAYE NGE-STOMA YAMI.

Uma ugqoke ngokugcwele, akekho okudingeka azi ukuthi uke wahlinzelwa i-ileostomy, i-colostomy, noma i-urostomy. Unganquma ukuthi uyafuna yini ukubatshela. Kodwa-ke, uma uhlela ukuya ocansini nokukhumula izingubo zakho, isikhwama asinakuzibeka.

KULUNGILE-KE, MANJE NGIBUSINGATHA KANJANI UBUDLELWANE OBUSHA?

Uma ulindele ukuthi izinto zizoya ziqina, qiniseka ukuthi niyaxoxa ngaphambi kokuya ocansini. Qala ngokuprakthiza incazelo emfushane kuwe noma kumngane. Chaza isifo noma ingozi yakho. Chaza ngokuhlinzwa nokuthi kungani udinga ukufaka isikhwama. Uma usuprakthizile ukhuluma ngesimo sakho, kuzoba lula nasesithandweni sakho esisha.

MINA NESITHANDWA SAMI SIKHATHAZEKILE NGOMTHELELA OCANSINI.

Uma usebudlelwaneni obunezibopho, bandakanya umuntu wakho lapho nje sewazi ukuthi udinga ukuhlinzelwa i-ostomy. Ngemva kwalokho, kuzovela indaba yocansi. Kungakho kubalulekile ukuba nobabili nikhulume nodokotela ozokuhlinza noma umhlengikazi we-stoma mayelana nendlela ukuhlinzwa okuyoluthinta nokungeke kuluthinte ngayo ucansi. Izithandani eziningi zithi ukukhuluma ngale ndaba kuzenza zisondelane.

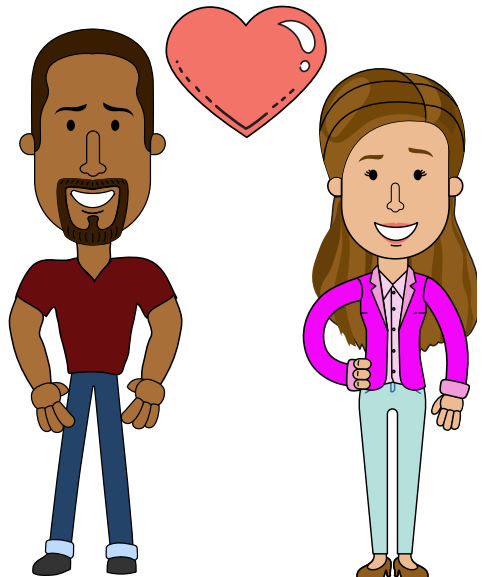
NGIKHATHAZWA UKUTHI UKUSHINTSHA ISIKHWAMA KUZOSETHUSA ISITHANDWA SAMI.

Ingxenye yokubandakanya umuntu wakho kusesekuqaleni iwukuba abone kushintshwa isikhwama usesesibhedlela. Ukubona nje i-stoma kuyasiza ekunciphiseni ukukhathazeka. Ukushintsha isikhwama kukhona uchwepheshe wezempilo ozophendula imibuzo kunganisiza nobabili nikhululeke. Kubantu abaningi, uma sebenayo i-stoma bakhathazeka kancane kakhulu kunalokho abebekulindele.

NGIKHATHAZWA UKUTHI NGEKE NGIKWAZI UKUYA OCANSINI ISIKHATHI ESITHILE.

Ukululama ekuhlinzweni okukhulu kuthatha isikhathi. Abantu abaningi abahlinzelwe i-stoma baqale babe sesimweni esibucayi, esibambezela ukululama. Ungalindeli ukuqala ukuya ocansini lapho nje ufika ekhaya.

Khuluma nabezempilo ngokuthi ungaqala nini ukuya ocansini. Alukho uhlelo lwezikhathi olumisiwe futhi izithandani zizobona zona lapho sezikulungele.



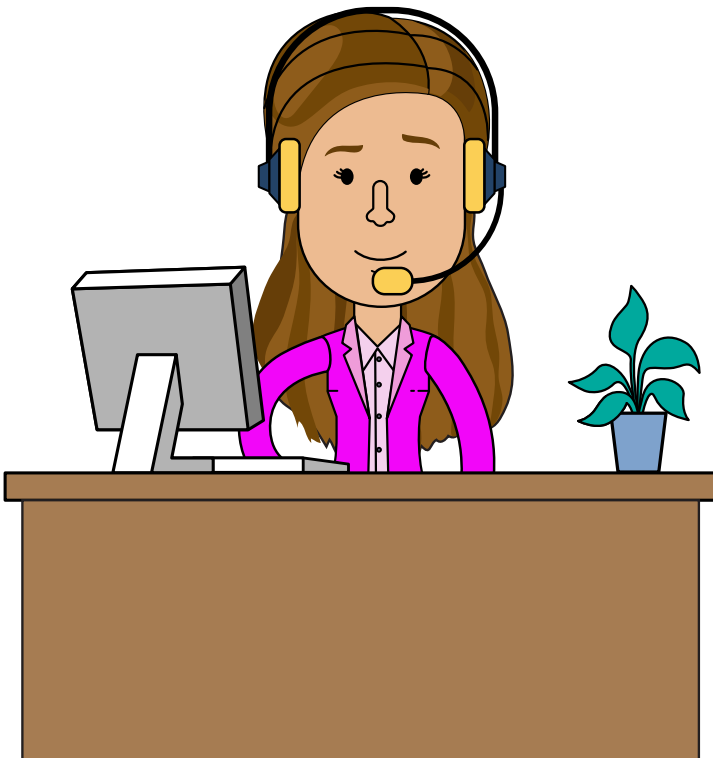
UKUBUYELA EMSEBENZINI

Kusukela emisebenzini yasimbonini kuya ekilasini, ukusuka kumashifu amade esibhedlela kuya kwabadansi – nakuzo zonke ezinye izindawo zokusebenza – abantu abaphila ne-ostomy babuyela ngempumelelo emsebenzini ngemva kokuhlinzelwa i-ostomy. Lapha ngezansi kunamacebiso angakusiza ubuyele emsebenzini ngokuzethemba okukhulu nokukhathazeka okuncane.

- **Zilungiselele.** Pakisha i-“GO” bag ngezinto ozidingayo lapho usishintsha sonke isikhwama se-ostomy nokokushintsha izingubo. Ungase ungayidingi nhlobo “ikhithi yakho yezimo eziphuthumayo,” kodwa kungakunika ukuthula kwengqondo ukwazi ukuthi ilungile.
- **Pakisha ibhodlela lamanzi futhi uhlale unamanzi emzimbeni.** Ukuphuza amanzi kungenye yezindlela ezilula zokuthuthukisa impilo nenhlalakahle. **Funda ngokuba namanzi emzimbeni ube une-ostomy.**
- **Ekuqaleni, ungase ukhathazeke ngokuthulula isikhwama sakho lapho kunabantu ngenxa yephunga noma umsindo.** Faka iphepha lasethoyilethi endishini yasethoyilethi ukuze kungaxhaphazeli lapho uthulula isikhwama sakho. Abanye abantu bafaka neziqeda phunga ezikhwameni zabo zezinto ze-ostomy.
- **Gqoka ngokukhululeka.** Ungakhathazeki ngokuthi abanye bazobona isikhwama se-ostomy ezingubeni zakho. Ukuba ne-ostomy kungase kugqame kuwe, kodwa empeleni abantu abavamile ukuyiqaphela.
- **Cabanga ngokuqala ngokubuyela emsebenzini ngoLwesine,** okuzokwenza ubuyele kalula ngeviki elifushane. Uzokwazi ukuphumu la ngempelasonto ngaphambi kokusebenza iviki lonke.
- **Cabanga ukuthi yiziphi izinsiza ezitholakala endlini yangasese yasemsebenzini bese uhlala kahle.** Uma engekho amathawula ephepha, yiba namathawula ephepha asemanzisiwe ezikhwameni zepulasitiki ezivalwa ngoziphu noma ama-wipes angamanzisiwe. Zama ukucabanga ukuthi ungasishintsha kanjani isikhwama se-ostomy endaweni enjalo uma kudingeka.
- **Hlaba ikhefu.** Kulula ukubambeka emsebenzini owenziwayo, kodwa zinike isikhathi sokuthulula isikhwama sakho se-ostomy.
- **Ungazami imikhiqizo noma ukudla okusha ngaphambi nje kokubuyela emsebenzini.** Izinto nokudla okusha kuzame ekhaya.

- Kungenzeka ukuthi osebenza nabo ngeke babone ukuthi une-ostomy ngaphandle kokuthi ubatshele. Kuyisinqumo somuntu ukuthi uyamtshela noma cha umqashi wakho nge-ostomy yakho. Nakuba kungase kusize ukutshela umphathi wakho noma osebenza nabo obethembayo uma udinga amakhefu njalo noma indawo zokuhlala.
- Umthetho uhlinzeka ngomshwalensi wokukhubazeka emzimbeni nezimo zempilo ezingabangela ukucwaswa okungafanele emsebenzini kubantu abathile. UMthetho We-Employment Equity ufuna ukuba \abaqashi babe nendawo yokuhlala ebalungele abangu abakhubazekile, ngaphandle uma leyo ndawo ingabangela ubunzima obungadingekile.

Xhumana nodokotela wakho noma uchwepheshe wezempilo ngaphambi kokubuyela emsebenzini.



YAZI AMALUNGELO AKHO!

UMHLAHLANDLELA WAMALUNGELO AMA-OSTOMATES

Lo Mhlahlandlela Wamalungelo Ama-Ostomates wethula izidingo ezikhethekile zaleli qembu nokunakekelwa abakudingayo. Kufanele bathole ulwazi nokunakekelwa okuzobasiza baphile impilo abayithandayo futhi ezimele nokuba babe neqhaza kuzo zonke izinqubo zokuthatha izinqumo.

Kuyinhloso ye-International Ostomy Association ukuba lo MHLAHLANDLELA ulandelwe kuwo wonke Amazwe Omhlaba.

Um-ostomate kufanele:

- Athole ukwelulekwa ngaphambi kokuhlinzwa ukuze kuqinisekwe ukuthi uzazi kahle izinzuzo zokuhlinzwa namaqiniso abalulekile ngokuphila ne-stoma.
- I-stoma yakhe yenziwe kahle endaweni efanele, futhi ngokucabangela ngokugcwele nangokufanele ukunethezeka kwesiguli.
- Athole usizo lwezempilo olunolwazi noluchwepheshile kanye nokunakekelwa ngumhlengikazi we-stoma ngaphambi nangemva kokuhlinzwa, esibhedlela nasemphakathini wakubo.
- Athole ukwesekwa nolwazi oluzuzisa umndeni, abamnakekelayo nabangane ukuze bakhulise ukuqonda kwabo izimo noshintsho oludingekayo ukuze ajwayele ukuphila kahle ne-stoma.
- Athole ulwazi olugcwele nokungachemi mayelana nazo zonke izinsiza ezifanele nemikhiqizo etholakalayo eZweni lakubo.
- Angabi nankinga yokuthola imikhiqizo ye-ostomy engambi eqolo.
- Anikezwe ulwazi mayelana ne-National Ostomy Association yakubo nezinsizakalo nokwesekwa angakuthola.
- Avikelwe kuzo zonke izinhlobo zokucwasa.
- Athole isiqinisekiso sokuthi ulwazi olumayelana nokuhlinzelwa kwakhe i-ostomy lusingathwa ngobuhlakani futhi luzohlala luyimfihlo; nokuthi alukho ulwazi mayelana nokugula kwakhe oluzodalulwa yinoma ubani onalolu lwazi, enkampanini ekhiqizayo, ethengisayo noma ethumela izinto ze-ostomy; futhi ngeke ludalulwe kunoma ubani ozohlomula, ngokuqondile noma ngokungaqondile, ngenxa yobudlelwano bakhe nemakethe ye-ostomy ngaphandle kwemvume eshiwo ngum-ostomate.

Ukhishe yiKomidi Lokuxhumanisa Le-IOA

Juni 1993: Ubuyekezwe ngoJuni 1997 Ubuyekezwe UMkhandlu Womhlaba 2004, 2007

Umthombo: European Ostomy Association

<https://ostomyeurope.org/ostomates-rights/>

IMIBUZO EVAMILE



NGINE-COLOSTOMY KODWA KUNOKETSHEZI OLUPHUMA ENDUNU, INGABE LOKHU KUVAMILE?

Uma une-colostomy kodwa indunu yakho isebenza kahle, ungase uphume okusamafinyila endunu yakho. Amafinyila akhiqizwa ulwelwesi lwamathu-mbu ukusiza indle ephumayo (amakaka). Ulwelwesi lwamathumbu luya-qhu-beka lukhiqiza la mafinyila, nakuba lungasazi ngalutho. Angase avu-ze endunu yakho noma anqwabelane abe yibhola, okungase kukupha-zamise.

Abanye abantu baphuma ukungcola njalo emavikini ambalwa, kanti abanye kwenzeka izikhathi eziningana ngosuku. Xhumana nomhlangikazi wakho we-stoma noma udokotela ohlinzayo uma kunegazi noma ubomvu kulokho okuphumayo.

KUNGANI I-STOMA YAMI YOPHA UMA NGIYIKHUHLA/NGIYIGEZA KAKHULU?

I-stoma yakho inemithambo yegazi eminingi, ngakho ingase yophe kalula lapho ithintwa noma ithelwa ngamanzi. Kuvamile ukuba negazi elincane esicutshini lapho uhlanza i-stoma yakho. Ukopha kufanele kuzinqamukele emizuzwini embalwa. Uma usebenzisa izinto zokujiyisa igazi noma i-aspirin, ungase wophe kalula futhi isikhathi eside. Uma wopha kakhulu noma ukopha kunganqamuki, thinta abezokwelapha.

KUFANELE NGISHINTSHE KANGAKI ISIKHWAMA SAMI?

Ubude besikhathi ufake isikhwama, noma inani lezinsuku ngaphambi kokusishintsha (ukukhipha isikhwama ufake esisha), kundaba enkulu. Kutuswa ukuba zingakadluli izinsuku ezi-2 - 3 ungakasishintshi. Ngokuvamile sishintsha phakathi nezinsuku ezintathu. Lokhu kusho ukuthi abanye abantu basishintsha nsuku zonke, abanye basishintsha kanye ngesonto, kanti abaningi basishintsha phakathi kwalokho. Ukuthi wena usifaka isikhathi esingakanani kungase kuthintwe indlela yokuphila nesimo sezulu. Uma ungumuntu omatasa noma wenza umsebenzi okhandla umzimba, umjuluko ungabangela i-wafer ukuba isheshe ixebuke kunalokho obukulindele. Ubude besikhathi kuyinkomba, akuwona umthetho. Ama-ostomate ane-ileostomy kuhle asishintshe kaningi.

THOLA ULWAZI OLWENGEZIWE

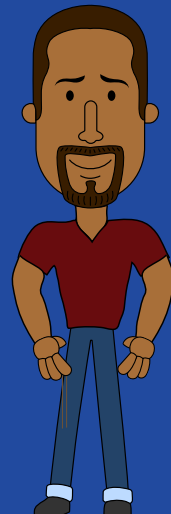
Ulwazi oluningi olukuleli bhukwana luthathwe kumawebhusayithi ashiwo ngezansi. Uma ufuna ukwazi kabanzi, ungangena kuwo

- <https://www.coloplast.co.za/stoma/people-with-a-stoma/before-stoma-surgery/>
- <https://www.hollister.com/en/ostomycare/ostomylearningcenter>
- <https://meplus.convatec.com/sections/answers/>
- <https://joinbetter.com/community/blog/ostomy/stoma-peristomal-skin-healthy/>
- <https://abiggerlife.com/>
- <http://ostomyinternational.org/>
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IMPATHO YEZINGA ELIPHEZULU IMIKHIQIZO YEZINGA ELIPHEZULU UKUBALULEKA KOMNDENI



IZIKHWAMA ZE-STOMA

- Izikhwama eziyi-1pc. ne-2pc.
- ezithululwayo / ezivalekile
- Ezine-carbon filter nezingenayo
- ezivalwa nge-velcro / clamp



Zitholele ukubaluleka okuvelele ngezinto eziningi zakwa-Ample Resources i-stoma zakwa-PROTEAS VITAL. Yenzelwe ukubungaza amagugu ethu esi-wenza futhi sabelane ngawo ezweni lakithi. Phila ngokuzethemba, njengembali yethu yesizwe i-King Protea

INJONGO

Izinga Eliphezulu: ukwenza ngale kwalokho okulindelwe ngama-ostomates ngokuhlizeka ngemikhiqizo nangempatho ebabazekayo.

IZIMISO

Ukugxila Ezigulini: ngokubeka phambili izidingo zama-ostomates, **sihlose ukukusiza** uphile impilo ejoyayekile futhi enethezekile.

IZINGAQOPHELO

Ukukhiqiza Okusezingeni Eliphezulu: ukukhiqiza kwesimanje ngobuchwepheshe, kuqinisekisa ukukhiqizwa kwezikhwama ze-stoma ezisezingeni eliphezulu.

IZINTO ZASE-AMPLE RESOURCES ZOKUNAKEKELA I-STOMA

IKUSASA LOKUNAKEKELWA KWE-STOMA nge-Sil2 Breathable Silicone Technology® yakwa-Trio Healthcare, kubonakala kuthuthukisa isikhumba.

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**Ukulethwa kwamahhala
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Coloplast, Clinical Study, 2010



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6 wezinyanga.

55 wamahora okufunda ahlukaniwe aba amakilasi amabili. 1 weviki (35 wahora) ekuqaleni kwezifundo, no-3 wezinsuku (20 wamahora) ngemva kuka-3 wezinyanga.

Umfundi kuyodingeka asebenzise incwadi yezokwelapha ngaphansi komnakekeli we-stoma oqeqeshiwe nonolwazi

Izindawo Zezifundo Nezinsuku EJohannesburg naseCape Town Izinsuku uzithola mhla ufaka isicelo

Izindleko Zezifundo

Uzozinikwa mhla ufaka isicelo

Naku Okuqukethwe:
Incwadi Yokufunda
Incwadi Yokuqeqeshwa
Incwadi Yezokwelapha

Izinhlelo Ezengeziwe

2 wezinsuku zoKwethulwa Nasekuchazelweni Ngokunakekelwa Kwe-Stoma
2 wezinsuku ze-Enteric Fistulae Management

Ukuhlolwa Kwezifundo

Ukuhlolwa okuqhubekayo ngesikhathi sezifundo kuzokwenziwa ngama-asayimenti ahleliwe, izifundo eziyisibonelo nangokuhlola ikhono.

Ekupheleni kwezinyanga ezingu-6 umfundi uzobhala iphepha lethiyori enze ne-OSCE yezokwelapha.

Esimeni lapho umfundi engaphumeleli kokunye noma kokubili ezivivinyweni ezibhalwayo kanye/noma i-OSCE, uzonikezwa ithuba elilodwa lokuphinde enze izivivinyo kanye/noma i-OSCE.

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Yenza Umehluko Ohambweni Lokuphila



Mayelana Ne-Hollister:

I-Hollister Incorporated yinkampani ezimele, ephethwe ngabasebenzi ethuthukisa, ikhiqize futhi imakethe imikhiqizo namasevisi ezempilo emhlabeni wonke.

Sihlinzeka ngemikhiqizo yezokwelapha ethuthukisiwe yoKunakekelwa Kwe-Ostomy, uKunakekelwa Kwamathumbu Nesinye (Continence Care) noKunakekelwa Okubucayi.

Siphinde sihlizenze ngezinhlalo namasevisi okunakekelwa kwempilo, kanye nezinto zokufundisa iziguli nabasebenzi bezempilo.

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Isixhumanisi sephothali yokufunda: <https://www.hollister.com/en/ostomycare/ostomylearningcenter>

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