



Step-by-Step Skills Checklist and Evaluation

DIRECTIONS: Please use this guide along with your skill kit supplies to practice. Complete the patient evaluation. Then share this with your nurse/surgeon. They will add in any comments or special instructions.

Patient/Care Provider Evaluation	Professional Evaluation
1 I can do this on my own	1 Can do independently
2 I need a little help	2 Needs some help
3 I need much help	3 Needs much help and additional review
4 I had no chance to practice	4 No chance to review, home care to follow-up

	Patient Provider	Professional	Comments/Instructions
Skill—Empty the Pouch (Colostomy/Ileostomy only)			
1 Empty pouch when it is 1/3 to 1/2 full.			
2 Assemble supplies before emptying (toilet paper, pouch, deodorant if needed)			
3 Assume a correct position on toilet.			
4 Raise and open the pouch.			
5 Lower the opening into the toilet and empty.			
6 Wipe the opening before resealing.			
7 Add pouch deodorant (if used).			
8 Reclamp or reseal the pouch.			
Skill—Empty the Pouch (Urostomy only)			
1 Empty pouch when 1/3 to 1/2 full.			
2 Assume a correct position.			
3 Raise and open the spout.			
4 Pinch the pouch opening.			
5 Point nozzle down, unpinch, and drain into toilet.			
6 Close the pouch nozzle.			
Skill—Remove the Old Pouch (All stoma types)			
1 Assemble supplies for pouch change: new pouch, towel, measurement guide, pen, scissors, disposable garbage bag (skin paste, powder, and deodorant— <i>optional</i>).			
2 Remove the outer adhesive by starting at one corner.			
3 Place one hand on skin and push down while your other hand lifts up the barrier.			
4 Place the old pouch in garbage bag.			
5 If you are using a clamp, do not throw it away.			

	Patient Provider	Professional	Comments/Instructions
Skill—Clean and Inspect (All stoma types)			
1			Check the skin for color, bleeding, and irritation.
2			Clean the skin around the stoma with warm water.
3			Pat the skin dry.
Skill—Measuring and Cutting the Opening (All stoma types)			
1			Cover the stoma opening with a piece of tissue or gauze while measuring.
2			Measure your stoma accurately with the measurement guide.
3			Trace the correct size on the back of the pouch barrier.
4			Place your finger into the pre-cut opening and push the pouch away from the barrier.
5			Cut the traced opening.
6			Check for fit by centering the new opening over the stoma and making sure it is close to stoma edge.
Skill—Applying the New Pouch (All stoma types)			
1			Remove the paper backing from the pouch barrier.
2			Date and keep the paper from the backing to use as your next template.
3			If needed, apply skin barrier paste/powder.
4			Remove any gauze/tissue placed over the stoma.
5			Center and apply the pouch skin barrier around the stoma and gently press onto the skin for 60 seconds, smoothing any creases.
6			For a two-piece system, apply the pouch to the barrier flange.
7			<p>Correctly close the bottom opening of your pouch.</p> <p><i>For a Clamp Closure</i>—Wrap the tail around one time only. Lightly tug on the clamp once to make sure it is secure.</p> <p><i>For Integrated Closure</i>—Roll the bottom edge up and press securely across the entire closure, then use side closures.</p> <p><i>For a Urostomy</i>—Turn the tap to a closed position, place the cap on the nozzle or bend the nozzle up in the holder.</p>

Special Instructions
