Give your patients and their families the opportunity to learn and practice the skills they need for a safe recovery before their surgery.

Ostomy Home Skills Training Kit

Effective home management and quality of life for the ostomy patient requires extensive mastery of specific pouch-related skills. The ACS Ostomy Home Skills Training Kit is a complete structured teaching and verification program that utilizes engaging media, practice equipment, and checklists to educate patients and their families and then give them the opportunity to learn and practice these crucial skills needed for their recovery.

Appropriate Users:

✔ Patients requiring an ostomy and their caregivers
✔ Surgeons, nurses, and medical professionals working with ostomy patients
✔ Hospital systems looking to improve quality outcomes and reduce readmissions

Six Different Ostomy Home Skills Kits:

- Adult Colostomy/Ileostomy
- Adult Colostomy/Ileostomy (Spanish)
- Pediatric Colostomy/Ileostomy
- Adult Urostomy
- Adult Urostomy (Spanish)
- Pediatric Urostomy

What’s Inside

The kit includes supplies, detailed explanations, and demonstrations of the specific steps required for each skill. Repetitive practice will improve your patients’ confidence and help them manage their own postoperative care.

Each kit includes:

- DVD with step-by-step instruction videos
- Booklet
- Checklist
- Stoma simulator
- Practice equipment (pouches, scissors, measurement guide, and marking pen)
- Evaluation

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This evidence-based resource of perioperative training was developed in cooperation with these important associations:

- American Society of Colon and Rectal Surgeons (ASCRS)
- American Urological Association (AUA)
- Wound Ostomy and Continence Nurses Society (WOCN)
- United Ostomy Association of American (UOAA)
- American Pediatric Surgical Association (APSA)
- American Pediatric Surgical Nurses Association (APSNA)
- ACS Commission on Cancer (CoC)
Patient Evaluations

More than 1,000 patients have rated the Ostomy Home Skills Kit as a great resource. It was rated higher than any other resource (ostomy nurse, surgeon, floor nurse, or ostomy support group member) in preparing them for home care. On average, the kit was used by four family members with the opportunity for repetitive review and practice.

After kit use, patients and caregivers reported:

✔ 42% fewer additional services in their first three weeks postdischarge, including additional calls/visits to surgical professionals, home care visits, and re-admissions (p<.001).

✔ 50% decrease in emergency room use (p<.001).

Patient Clinical Outcomes

Conclusion: A standardized ostomy skill kit that includes practice equipment, instruction delivered by a virtual coach, and checklists is an effective method to support safe self care postoperatively. The evidence-based program supports all members of the health care team with on-demand quality education, improving surgical patient safety and satisfaction while reducing complications and expenditures.

Best Practices and Better Outcomes

The skill kit educates patients and their caregivers through proven methods using videos, booklet, checklist, stoma simulator, and practice equipment (pouches, measurement guide, scissors, and marking pen), allowing repetitive self-paced practice.

Best outcomes are achieved when:

✔ The kit is provided at the pre-op visit and introduced by the surgical professional

✔ Supplies are introduced and practice is encouraged

✔ The checklist is completed by the patient/caregiver

✔ Evaluation data is returned

The American College of Surgeons grants single hospital networks access to broadcast the licensed video program (hospital broadcast rights can be purchased on the ACS website at facs.org/patienteducation)

Professional Evaluations

Professionals (MD’s, WOCN’s, RN’s) rated the kit as a great resource and identified kit users had increased satisfaction and confidence in their care (n=111). The kit use was identified as effective in reducing the time spent teaching, unplanned visits, and decreasing the incidence of skin excoriation.

Effectiveness Ratings of the Ostomy Skills Kit

<table>
<thead>
<tr>
<th>Professional Rating</th>
<th>1=poor</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5=great</th>
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<tr>
<td>Decreasing unplanned visits</td>
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<tr>
<td>Decreasing post-op calls</td>
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<td>Decreasing skin irritation</td>
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<tr>
<td>Reducing time spent educating</td>
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<td>4.4</td>
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<tr>
<td>Giving confidence in self care</td>
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<td>4.6</td>
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<tr>
<td>Increasing patient satisfaction</td>
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<tr>
<td>Preparing patient for self care</td>
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How Well Did the Kit Prepare Your Patient

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<tr>
<td>Know when to call MD/RN</td>
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<td>Manage leakage</td>
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<tr>
<td>Manage skin care</td>
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<td>Apply new pouch</td>
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<td>Size the opening</td>
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<tr>
<td>Empty a pouch</td>
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What the patients are saying:

“It was good to see and touch the equipment before surgery.”

“I really loved it because it took many of my questions away, and I used it as a teaching tool for my family and friends and grandkids.”

“Made us realize we can have a normal life.”
Available Online!

National Quality Improvements

In an effort to reach as many members of the surgical team as possible, the American College of Surgeons supports free, at-home patient access to the ostomy programs content, resources, and videos. Learners can complete an interactive skills course for a certificate of completion. This program, along with all patient education materials, is available on the ACS Patients and Family web page at facs.org/patienteducation.

New Programs for Health Care Professionals

Patient/caregiver-centric programs based on best practices and skill validation can result in significant improvement in surgical outcomes and potentially offer sizable savings for hospitals and skilled facilities. Through a variety of eLearning assets, professional training programs will teach learners the potential complications facing the ostomy patient following discharge, and how to optimize discharge and self care using the ostomy skills kit and checklists. Our aim is to establish a verifiable quality improvement program with standards based on the best practice for the transition of care of the ostomy patient.

How to Order

1. Visit facs.org/patienteducation
2. Choose from Adult Colostomy/Ileostomy or Urostomy, Pediatric Colostomy/Ileostomy or Urostomy, or Spanish Adult Colostomy/Ileostomy or Urostomy kits.

<table>
<thead>
<tr>
<th></th>
<th>FACS Members</th>
<th>Non-Members</th>
<th>Hospital Broadcast Rights</th>
<th>Hospital Quality Improvement Package</th>
<th>Via Coloplast Company Representative</th>
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<tr>
<td></td>
<td>$5.00/kit</td>
<td>$40/kit</td>
<td>$300</td>
<td>$1,000 for package</td>
<td>No charge</td>
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<td>Limit of 100 kits per order</td>
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<td>Includes 1 urostomy and 1 colostomy kit for patient library and training and hospital DVD (Adult English, Pediatric English, and Adult Spanish are each sold separately)</td>
<td>Includes 25 kits of choice, 25 additional stoma models, and hospital DVDs</td>
<td>Please contact your local Coloplast representative for adult samples via myostomy.coloplast.com</td>
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The ACS Surgical Patient Education Program

The Surgical Patient Education Program empowers the public with the knowledge and training to help them make informed decisions and fully participate in all the aspects of their surgical care. All programs are developed based on best practices and implement sound evaluation criteria to ensure safe and cost-effective outcomes. Grant funding supports the availability, distribution and evaluation of the ostomy skills kit to health care professionals for use with their patients.

The Patient Education Committee and the Ostomy Skills Task Force appreciates the opportunity to support the thousands of patients and providers with quality, evidence-based educational materials shown to improve surgical patient outcomes. The Ostomy Home Skills Kit is made possible in part by the generous of an education grant from Coloplast Corp. | myostomy.coloplast.com | 877-781-2656

Other Home Skills programs offered by the ACS: Feeding Tubes, Central Lines, Wound Care, Surgical Cancer Series: Your Lung Operation

Questions? Please contact Amanda Bruggeman in the ACS Division of Education, Surgical Patient Education at abruggeman@facs.org or 312-202-5263