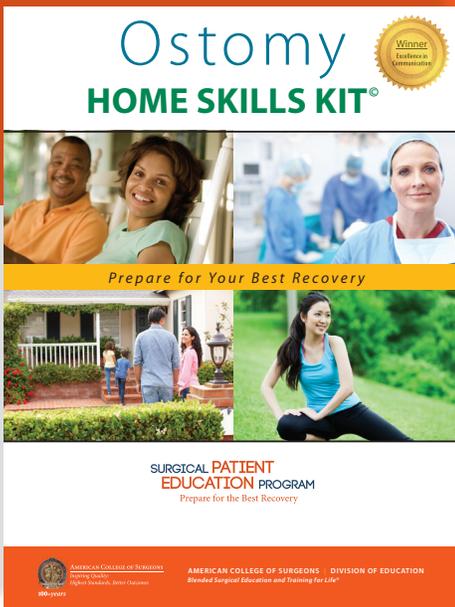


# SURGICAL PATIENT EDUCATION PROGRAM

Prepare for the Best Recovery



## Ostomy Home Skills Training Kit

### Training Programs for Patients and Caregivers

Effective home management and quality of life for the ostomy patient requires 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.

### What's Inside

*With evaluations from thousands of patients, the kit remains the trusted standard for training new ostomy patients, resulting in reduced complications, improved satisfaction and reduced readmissions.*

#### Each kit includes:

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



### Appropriate Users:

- ✓ Patients requiring an ostomy and their caregivers
- ✓ Surgeons, nurses, and medical professionals working with ostomy patients
- ✓ Hospitals and home health agencies looking to improve quality outcomes and reduce readmissions

### Key Skills Covered:

**Changing a pouch:** measure, cut and apply

**Emptying a pouch:** When and how

**Problem solving:** high output, skin care

### Six Different Ostomy Home Skills Kits:

Adult Colostomy/Ileostomy

Adult Urostomy

Adult Colostomy/Ileostomy (Spanish)

Adult Urostomy (Spanish)

Pediatric Colostomy/Ileostomy

Pediatric Urostomy

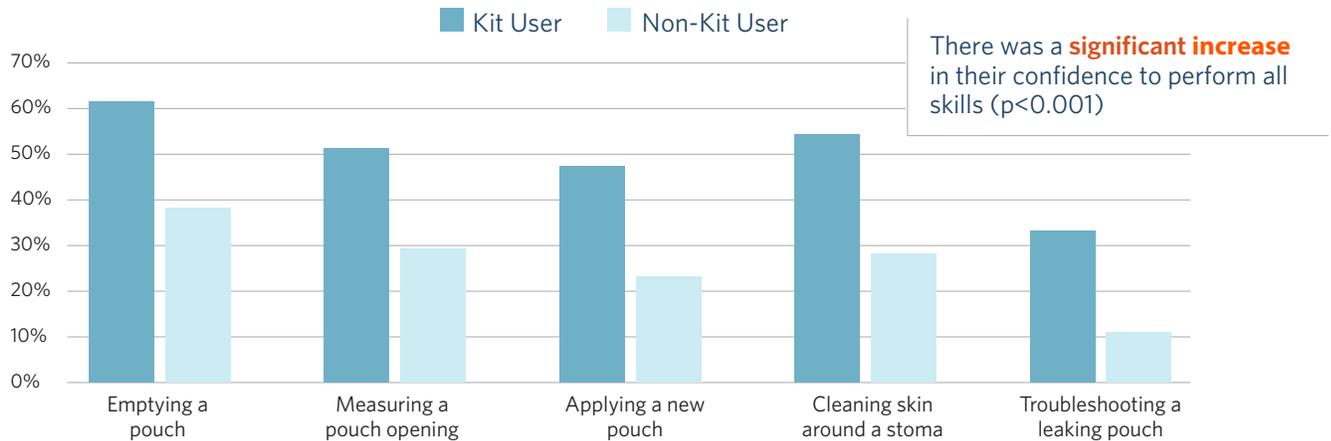
### Trusted clinical expert content was developed in cooperation with these important associations:

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

# Significant Improvement in Patient Outcomes

Nearly 2,000 patients support the training effectiveness of the Ostomy Home Skills Kit. Offering self-paced learning and repetitive practice, the kit continues to be rated higher than any other resource for learning ostomy care after surgery.

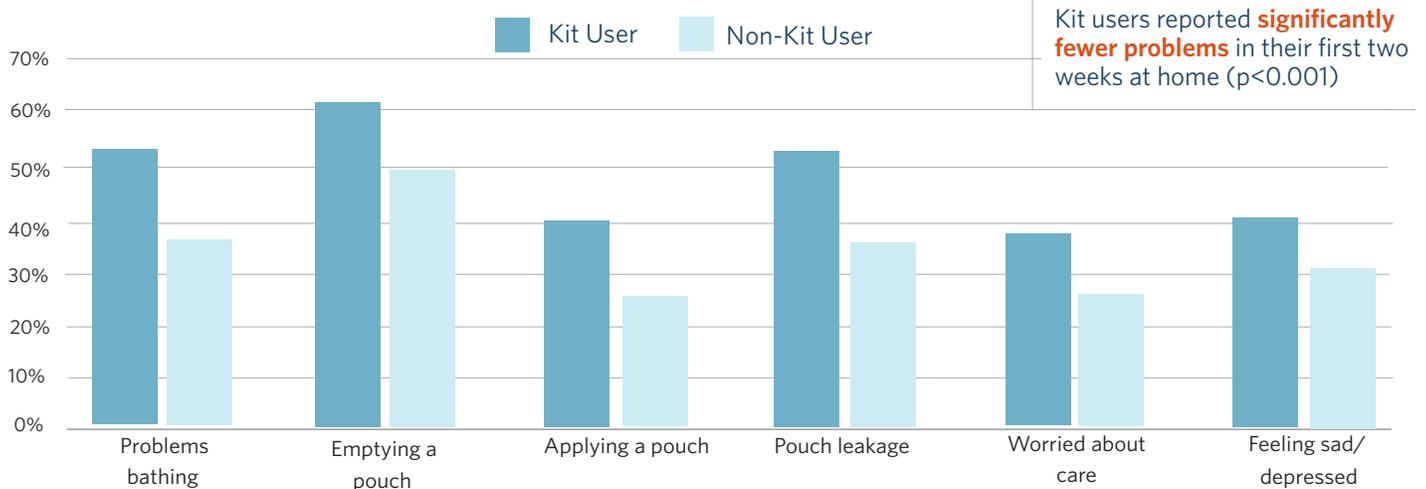
## Kit Users Had Greater Confidence in Providing Care at Discharge



### After kit use, patients and caregivers reported:<sup>1</sup>

- ✓ **Higher confidence** in implementing ostomy care at discharge (p<0.001)
- ✓ **Fewer problems** in the first 2 weeks following discharge (p<0.001)
- ✓ **42% less services used** (ER, Homecare, additional visits) in the 3 weeks (p<0.001)
- ✓ **Higher satisfaction** by 30% over non-kit users.

## Kit Users Rarely/Never Reporting Problems in First Two Weeks



### Higher Confidence at Discharge Resulted In:<sup>2</sup>

- ✓ **Home care visits reduced** by 1.5 days (2.2 days vs 3.5 days)
- ✓ **ER visits reduced** by 8%

### Fewer Reported Problems within the first 2 weeks:

- ✓ **Reduced LOS** by 2 days (7.9 days vs 10.3 days).
- ✓ **10% reduction in home care visits** (71% vs 81%)
- ✓ **10% reduction in additional visits** to the surgeon (54% vs 64%)

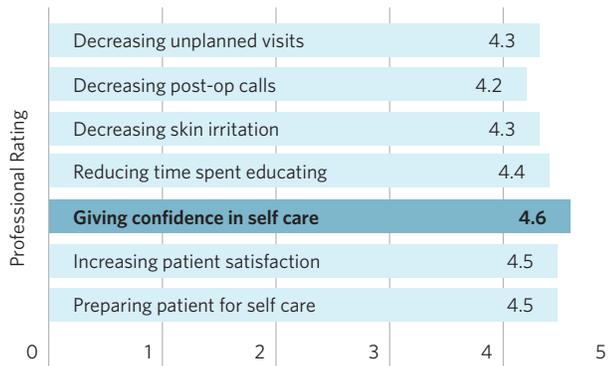
# Professional Collaboration & Evaluation

Overall  
Professional  
Rating  
**4.5/5.0**

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

1=poor 5=great



## How Well Did the Kit Prepare Your Patient

1=poor 5=great



**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."*

## 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 via broadcast rights for hospital television viewing or via the surgical patient education toolkit.



## Available Online!

**The Ostomy Homes Skills Kit with training materials remains the best option for teaching patients and caregivers on their ostomy care. The use of simulation and equipment results in increased confidence in care and fewer problems.**

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/ostomy](https://facs.org/ostomy).

## How to Order



- 1 Visit [facs.org/ostomy](https://facs.org/ostomy)
- 2 Choose from Adult Colostomy/Ileostomy or Urostomy, Pediatric Colostomy/Ileostomy or Urostomy, or Spanish Adult Colostomy/Ileostomy or Urostomy kits.

<b>FACS Members</b>	\$10/kit	Limit of 100 kits per order
<b>Non-Members</b>	\$40/ kit	Bulk pricing available
<b>Hospital Broadcast Rights</b>	\$300	Includes 1 urostomy and 1 colostomy kit for patient library and training, and hospital video (Adult English, Pediatric English, and Adult Spanish are each sold separately)
<b>Surgical Patient Education Toolkit</b>	\$1,200 for package	The 'General Surgery Toolkit for your Hospital' includes the ostomy programs / video, five wound programs, and the general surgery suite of procedures. The education can be delivered direct to the patients email, portal, and from your hospital website or ostomy practice site. A patient reported evaluation is included.
<b>Via Coloplast Company Representative</b>	No charge	Please contact your local Coloplast representative for adult samples via <a href="https://coloplast.to/teachingkit">coloplast.to/teachingkit</a>

### 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 patient 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. | [coloplast.to/teachingkit](https://coloplast.to/teachingkit) | 855-863-3912

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

**Questions?** Please contact Amanda Bruggeman in the ACS Division of Education, Surgical Patient Education at [abruggeman@facs.org](mailto:abruggeman@facs.org) or 312-202-5263

**SURGICAL PATIENT  
EDUCATION COMMITTEE**