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.

<table>
<thead>
<tr>
<th>Patient/Care Provider Evaluation</th>
<th>Professional Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 I can do this on my own</td>
<td>1 Can do independently</td>
</tr>
<tr>
<td>2 I need a little help</td>
<td>2 Needs some help</td>
</tr>
<tr>
<td>3 I need much help</td>
<td>3 Needs much help and additional review</td>
</tr>
<tr>
<td>4 I had no chance to practice</td>
<td>4 No chance to review, home care to follow-up</td>
</tr>
</tbody>
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**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—optional).
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.
### 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. Correctly close the bottom opening of your pouch.
   - **For a Clamp Closure**—Wrap the tail around one time only. Lightly tug on the clamp once to make sure it is secure.
   - **For Integrated Closure**—Roll the bottom edge up and press securely across the entire closure, then use side closures.
   - **For a Urostomy**—Turn the tap to a closed position, place the cap on the nozzle or bend the nozzle up in the holder.

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**Special Instructions**