

The Ostomy Life Study Review is a recurring publication developed by Coloplast in cooperation with expert ostomy care nurses in the Global Coloplast Ostomy Forum.

# How the peristomal body profile impacts quality of life

The Ostomy Life Study 2016<sup>1</sup> shows that the peristomal body profile has a direct effect on the quality of life of the individual with an ostomy. Recently the introduction of a new assessment tool has made it possible to gain a better understanding of how ostomy appliances affect everyday life activities such as shopping and exercising, and what impact it has on the more health related aspects of quality of life.<sup>2</sup>

## What affects quality of life?

With the notion in mind that several underlying factors contribute to assessing quality of life, it is only natural to investigate the link between answers in the quality of life assessment tool and physical characteristics.

Indeed, that is one focus of the Ostomy Life Study 2016<sup>1</sup> conducted among more than 4000 people with an ostomy from all over the world. The survey uses the quality of life tool to consider aspects of quality of life affected by using an ostomy appliance.

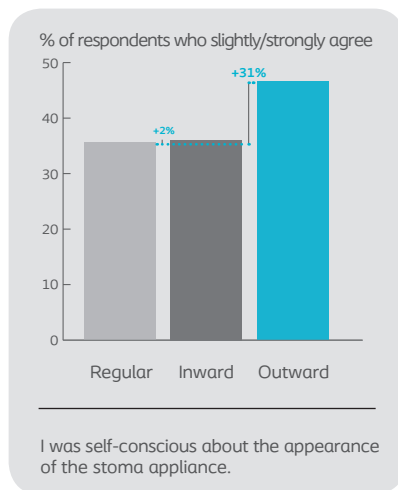
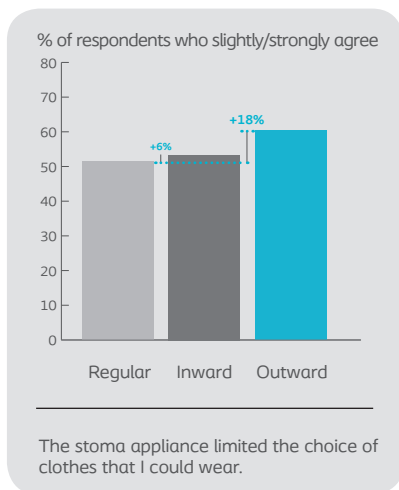
## Challenging peristomal body profiles affect quality of life

As indicated in the previous figure, the experienced quality of life is higher for those with a regular peristomal body profile, compared to those with an inward or an outward peristomal body profile.<sup>4</sup>

The picture is the same, when looking into how confident people with an ostomy are about using an ostomy appliance - and how they feel about everyday life situations.



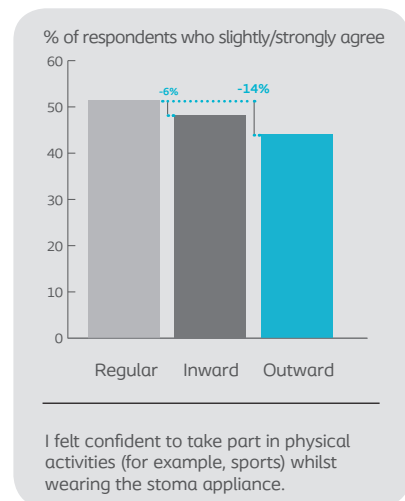
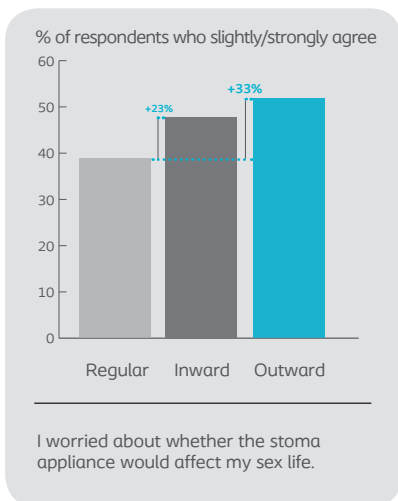
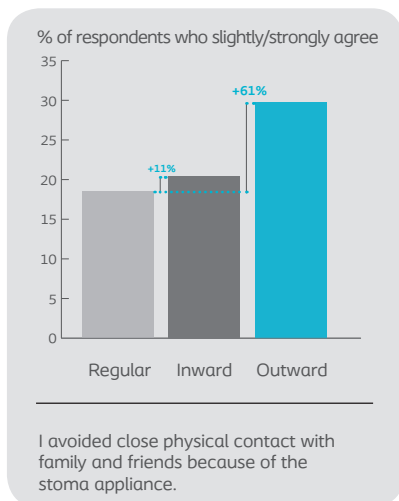
Presented in the figures below are examples of questions and the amount of participants that answered 'slightly agree' or 'strongly agree' for each peristomal body profile. The five questions are among a series of questions under the four overall ostomy related quality of life parameters in the quality of life assessment tool.<sup>2</sup>



### A need for special attention

The answers provided by the survey indicate that individuals with inward or outward peristomal body profiles are more likely to have concerns and emotional issues from using ostomy appliances. They feel more restricted in everyday life situations and less self-confident about using an ostomy appliance, which may have an impact on how they engage with their family and friends.

For ostomy care nurses this underlines the need to provide extra support to people with inward and outward peristomal body profiles to help them overcome their challenges. Both in terms of helping them find the right ostomy product and by supporting them on an emotional level.



Sources: <sup>1</sup>Coloplast Ostomy Life Study, 2016, Data on file; <sup>2</sup>Nafees et al., 2016, Submitted for publication.



#### Want to learn more?

The aim of the Ostomy Life Study is to raise awareness about important aspects of ostomy care by sharing empirical data, clinical insights and inspiring trends in order to improve the standard of care. To get more insights from the Ostomy Life Study, go to <https://www.coloplast.com/OLS>