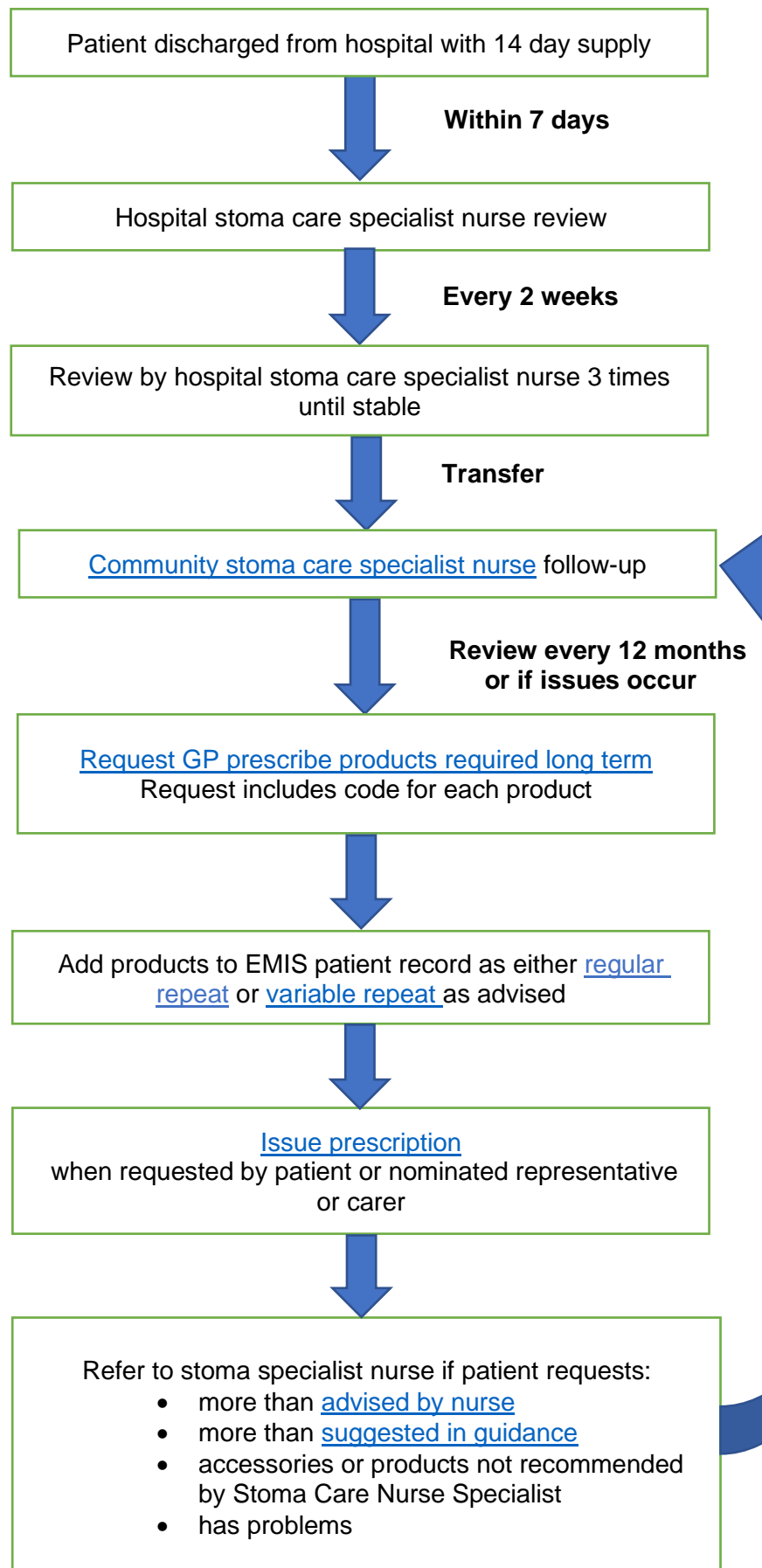


Prescribing Guideline for Stoma Care in Adults across South Tyneside & Sunderland

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Approved by	Sunderland Prescribing Group South Tyneside & Sunderland FT Colorectal Services
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This guideline is intended for use in primary care and only refers to the use of stoma products in adults

Adult Stoma Care Pathway South Tyneside and Sunderland Summary



NEW PATIENTS

REVIEW

- New stoma patients will be discharged from hospital with a minimum of 14-day supply of stoma products.
- Patients are reviewed by the hospital Stoma Care Specialist Nurses within 7 days post-discharge, then on a fortnightly basis for three visits (dependent on patient needs) to manage the patient's product requirements until they become stable.
- Following this period, patients will then be transferred to the Community Stoma Care Specialist Nurse for ongoing follow up and support.
- GP practices will only be notified of the prescription items the patient requires once the Stoma Care Specialist Nurse is satisfied that the product will be prescribed longer term.

SUPPLY

- All new patients are given the choice of having their stoma prescriptions supplied by a Dispensing Appliance Contractor (DAC) or local community pharmacy. The patient has the right to choose and to change whoever dispenses their products at any time.
- Stoma bags (pouches) and flanges need to be individually tailored and hence are not included in a formulary. For these prescriptions, GP practices should check the quantities being requested are reasonable as per Appendix 1.
- Stoma accessories and supporting products should only be prescribed after recommendation from a Stoma Care Nurse Specialist as per Appendix 2.
- Requests for prescriptions should come from the patient, their carer, or their nominated representative.
- Prescriptions should only be ordered by a DAC or a pharmacy contractor in exceptional circumstances.
- All recommendations for stoma products will contain the code of the product to be used, to enable prescribers to select the appropriate item from the prescribing system.
- All patients are advised to allow two weeks for their prescription to be generated and dispensed by either a DAC or local community pharmacy to allow for raising a prescription and dispensing to occur.

EXISTING PATIENTS

- It is recommended that patients with a stoma have a review every 12 months, or sooner if there are problems.
- This review should be completed by the STSFT Stoma Care Nurse Specialists or the Sunderland and South Tyneside Community Stoma Care Nurse.

Please see Appendix 3 for an example discharge/review letter which will be sent to practices to advise on prescribing and which items should be added to the patients' *regular repeat*, *variable repeat* or *discontinued*.

Please see Appendix 4 for a guide to adding items to 'variable repeat'.

COMMUNITY STOMA NURSING CLINICS & CONTACT DETAILS

Monday AM & PM weekly – Millfield Medical Group, SR4 7AF
 Tuesday PM fortnightly – Washington Primary Care Centre, NE38 7QZ
 Tuesday PM fortnightly – Cleadon Park Primary Care Centre, NE34 8PS
 Appointments can be made via phone 07391866343 or via email amanda.logan1@nhs.net

Location	CHS		Primary Care	STSFT
Speciality	Colostomy/ Ileostomy	Urostomy/ Nephrostomy	All patients	All patients
Name	Maralyn Boyd Susan Rodda Rosemary Jobling Tamsin Collins Kate Mitton Melissa Campbell	TBC	Amanda Logan	Jane Barnes Teresa Liddle
Contact	0191 5656256 (ext.47221) stsft.sunderland-colorectal-nurse-specialists@nhs.net		07391866343 amanda.logan1@nhs.net	0191 2032908 teresa.liddle@nhs.net jane.barnes7@nhs.net

Prescribing of stoma appliances (bags/pouches)

The Stoma Care Nurse Specialists will provide each patient with a choice of appliances suitable for their individual needs:

- **One-piece systems** consist of a pouch and a seal (adhesive flange) as one item which is placed around the stoma and attached directly to the skin and as such are easy to apply and are not bulky on the patient's abdomen. This system comes either with a pre-cut opening or an opening that can be cut to fit the stoma.
- **Two-piece systems** have two parts, a base plate (flange) which attaches to the skin onto which the patient can clip a separate pouch. The base plate is usually changed every 2-3 days, whereas the pouch is changed on average about 2 or 3 times a day. This system comes either with a pre-cut opening or an opening that can be cut to fit the stoma. This system has the benefit of protecting the skin because the base plate is changed less often than the 'one piece' systems.
- **Closed appliances** are used for colostomy patients. These bags cannot be re-used and are discarded once filled.
- **Drainable appliances** are used for ileostomy and urostomy patients and are either designed with Velcro or a clip fastening or "non-return" valve and tap for semi-liquid or liquid effluent respectively. These bags can be emptied as required and left in situ for up to 48 hrs dependent on output.

Flange Cutting

- All pre-cut stoma products are circular. Some stomas are irregularly shaped and the product needs to be cut to an individual template.
- DAC's offer a bespoke cutting service. This is often a reason why an individual may choose their service.
- Not all community pharmacies offer a cutting service. They should be contacted on an individual basis to confirm.

Bags & Wipes

- DACs and community pharmacies are required to supply bags and wipes when dispensing stoma appliances and are reimbursed for this, therefore bags and wipes should not be prescribed.

Accessories / Supporting Products

- Stoma accessories should not be routinely required. Stoma patients should use a plain and simple procedure when changing their bag, thus avoiding the need for expensive accessories.
- Only accessories recommended by Stoma Care Nurse Specialist should be prescribed.
- High use of stoma accessories may indicate that the patient is struggling to manage their stoma and would benefit from a review with a Stoma Care Nurse Specialist.
- Most accessories are only required for short periods of time to combat a specific problem and once resolved, the accessory is no longer needed.
- Please see Appendix 2 for general guidance on the prescribing of stoma accessories to promote clinically appropriate use and to reduce waste and over-ordering.


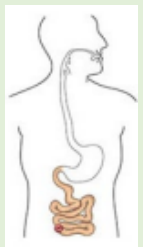
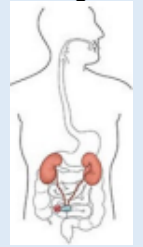
Dispensing Contractors and Pharmacies

- A full list of dispensing appliance contractors can be found at - <http://www.nhs.uk/Service-Search/pharmacies/appliancepharmacies>
- A full list of pharmacies can be found at - <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

Requests for prescriptions from appliance contractors without recommendation from a Specialist Stoma Care Nurse **should not** be accepted.

Patients who exceed quantities outlined in Appendix 1 should be referred back to the specialist who last reviewed them.

Appendix 1 – Stoma Types & Appliances

Type of stoma	Type of appliance	Directions	Usual quantity per month*	Notes
Colostomy Large bowel (colon) brought to surface Usually formed stool 	One-piece closed appliance	Changed 1-3 times per day	30 – 90 pouches	Not reusable
	Two-piece closed appliance	Flange – changed every 2-3 days	10 – 15 flanges	The flange is not changed every bag change
		Pouch – changed 1-3 times a day	30 – 90 pouches	Not reusable
Ileostomy Small bowel (ileum) brought to surface Semi-formed or loose output Average volume 500-800mls 	One-piece drainable appliance	Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable Usage depends on output
	Two-piece drainable appliance	Flange – changed every 2-3 days	10 – 15 flanges	The flange is not changed every bag change
		Pouch – Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable Usage depends on output
Urostomy Ileal conduit Small bowel stoma for passage of urine Require additional night bags 	One-piece drainable appliance	Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable Usage depends on output
	Two-piece drainable appliance	Flange – changed every 2-3 days	10 – 15 flanges	The flange is not changed every bag change
		Pouch – Drained as required. Changed every 1-3 days	15 – 30 pouches	Drainable. Usage depends on output
	Night drainage bags	Use a new bag every 7 days	4 bags	Drainable Rinse as directed by stoma nurse

**The quantities mentioned above are guidelines only. Some patients may require a higher or lower quantity than stated. If there are any prescribing concerns please refer to the patient's Stoma Care Specialist Nurse for detail or further assessment*

Appendix 2 – Stoma Accessories & Supporting Products

Table adapted from PrescQIPP

Only accessories recommended by Stoma Care Nurse Specialist should be prescribed.
High use of stoma accessories may indicate that the patient is struggling to manage their stoma and would benefit from a review.

Accessory	Usual Quantity/month	Directions	Notes
Adhesive Remover Spray	Up to 2 sprays per month	Used every time bag is changed	Sprays should be used first line as they are more cost-effective than wipes. 'Non-sting' silicone-based products are recommended. Wipes may be useful for individuals with reduced or limited dexterity or where problems of excess adhesive residue exist.
Adhesive sprays/solutions	Not recommended for routine prescribing		Not recommended for routine prescribing Need for these are superseded by availability of newer bags, therefore patients still using these should be referred for a review
Bag covers			
Barrier Creams	Not recommended for routine prescribing		Not recommended for routine prescribing Barrier creams are NOT routinely recommended as they reduce adhesiveness of bags/flanges
Belts (bag support)	3-6 per year	1 to wear, 1 to wash, 1 spare	Specialist initiation only One-off prescription – DO NOT ADD TO REPEAT Belts are adjustable and are used to secure stoma products to skin in patients with problematic stoma's
Belts (hernia support)	3 per year	1 to wear, 1 to wash, 1 spare	Specialist initiation only and MUST be measured. One-off prescription – DO NOT ADD TO REPEAT Belts are used to prevent parastomal hernias or support existing hernias. Patients with manual jobs/hernia require a heavy-duty belt. Use a lightweight belt for sports.
Deodorants	Not recommended for routine prescribing		Not recommended for routine prescribing If correctly fitted, no odour should be apparent except when bag is emptied or changed. Household air freshener is sufficient in most cases. If odour present at times other than changing or emptying – refer for review. <i>Deodorants should only be prescribed where the use of an odour neutraliser is considered essential to the patient's acceptance of the stoma.</i>
Discharge Solidifying Agents	Quantity directed by specialist on initiation	Used each time bag is emptied	Not recommended for routine prescribing. Specialist initiation only. Output should be managed with medication to prevent dehydration and kidney injury. If the patient has been reviewed and is on medication but output is still loose then this product can be considered. 1-2 sachets/strips to be used each time appliance is emptied

Filters and bridges	Not recommended for routine prescribing		Not recommended for routine prescribing Need for these is superseded by availability of newer bags, therefore patients still using these should be referred for review.
Flange extenders	Up to 3 packs a month (depending on pack size)	Changed every time bag is changed. May require 2-3 for each bag change	Specialist initiation only Sometimes required for extra support and adhesion. Use may vary and may not be needed every day.
Gauze and wet wipes	Not recommended for routine prescribing		Not recommended for routine prescribing These should not be prescribed. Dry wipes are supplied by DACs/pharmacies
Lubricating deodorant gels	Not recommended for routine prescribing If required 1-2 bottles per month.	One squirt in stoma bag before use.	Not recommended for routine prescribing Only recommended if patients have difficulty with 'pancaking', which is often a short-term issue. Bottles are more cost effective than sachets. A few drops of baby oil or olive oil can be used as an alternative. A filter cover can also be helpful with pancaking and advise patient to increase fluid intake and assess diet.
Pressure plates/shield	Not recommended for routine prescribing		Not recommended for routine prescribing Need for these is superseded by availability of newer bags, therefore patients still using these should be referred for review.
Powders	Not recommended for routine prescribing Used for protection of excoriated/bleeding skin	Used each time stoma appliance change	Not recommended for routine prescribing Specialist initiation only – for ACUTE prescription only Quantity and use dictated by initiating specialist. Short term use only.
Protective Rings	Ileostomy and urostomy patients 1 pack per month Colostomy patients 1-3 boxes	Change every bag	Specialist initiation only Create a leak resistant seal if there are dips and creases in skin. Protects skin from irritation. The patient should be reviewed to ensure the ring is the correct size before prescribing. If colostomy patients are requiring three boxes then it may be more cost effective to consider a convex pouch – to be assessed by the specialist nurse.
Protective Wafers	Not recommended for routine prescribing		Not recommended for routine prescribing Specialist initiation only – for ACUTE prescription only Quantity and use dictated by initiating specialist. Short term use only.
Skin Fillers (pastes)	1 tube per month Not usually for long term use.	Used each time bag changed.	Specialist initiation only Fills dips or creases in skin around the stoma. Alcohol containing products may sting.
Skin protective wipes and sprays	Follow directions of stoma nurse	Apply when bag is changed as directed	Specialist initiation only – for acute prescription only May be used on skin that is broken, sore or weepy to promote healing. If used for over 3 months – refer. Barrier wipes or sprays should not routinely be needed for colostomy patients with healthy functioning stoma.

Sports shield	1-2 per year	Use as directed	Specialist initiation only One-off prescription only, do not add to repeat. For use during sporting activities
Stoma caps	15 to 30 per month depending on usage	Use as directed	Specialist initiation only A stoma cap is a small mini pouch used for discretion when a standard pouch is deemed unnecessary, for example if the patient has established a reliable bowel routine or uses irrigation. They can also be used for short-time wear, e.g. while swimming, playing sports, intimate activity etc. They are designed to cover a stoma or mucous fistula but have little or no actual capacity. They are not suitable for ileostomy patients due the high activity of this type of stoma
Support underwear	Not recommended for routine prescribing		Not recommended for routine prescribing Commercially available support underwear is available and should be purchased by the patient.

Appendix 3 – Example Discharge/Review Letter

Coloplast® Nursing Service

Clinical Nurse Division
Coloplast Limited
Peterborough Business Park
Peterborough
Cambs PE2 6FX

Date: 23/06/2023

Test GP Email Practice
Dr TEST DOCTOR
PLEASE DO NOT SEND
COLOPLAST TEST LTD,PETERBOROUGH
TESTSHIRE

PE2 6FX

Dear Dr DOCTOR,

Re: John Pelan Hospital No:- test1 D.O.B:- 01/10/1970
Coloplast Ltd Nene Hall Peretborough Business Park Test Estate Area Peterborough PE2 6FX

The above patient has been seen by the Stoma Nurse and the products below have been recommended to be added for REGULAR/REPEAT PRESCRIPTION.

Company	Product Details	Code Number	Approx Qty P/Mth	Pack Size
Coloplast Ltd	SenSura® Mio 1-piece closed with BodyFit Technology™ and full-circle filter Neutral Grey with Inspection Window Starter hole 15-45mm Maxi	10681	2	30

The below products have been recommended as short term use and therefore should only be added to VARIABLE LIST.

Company	Product Details	Code Number	Approx Qty P/Mth	Pack Size

The patient has been advised these products will be issued for a **TIME FRAME** and further review has been arranged to assess these products further use.

CLINIC DATE AND TIME

The products below are to be discontinued:

Company	Product Details	Code Number	Approx Qty P/Mth	Pack Size

Appendix 4 - How to add items to variable repeat on EMIS

1) Change Rx Type to 'Repeat'

The screenshot shows the 'Add a Drug' form in EMIS. The patient is 'TEST, Dennis (Mr)' with preferred name 'Dennis George', born 16-Mar-1944 (79y), male, EMIS No. 17584, and usual GP 'SCHOFIELD, S (Dr)'. The drug is 'Brava adhesive remover spray 12010 (Coloplast Ltd)'. The 'Rx Types' dropdown menu is open, showing options: 'Acute', 'Repeat' (selected), 'Repeat dispensing', and 'Automatic'. Other fields include 'Quantity' (ml), 'Duration' (28 Day(s)), 'Authorising Clinician' (SCHOFIELD, S (Dr)), and checkboxes for 'Private', 'Personally-administered', 'Use DAC', and 'For STI - free of charge'. The 'Optional Prescription Information' section includes 'Pharmacy Info', 'Patient Info', 'Review Date' (28-Sep-2023), and 'Days Before Next Issue' (Min/Max). The 'Selected Drug' section shows 'Brava adhesive remover spray 12010 (Coloplast Ltd)' with 'No Warnings Found'. Buttons at the bottom are 'Add Another', 'Issue', 'Issue Later', and 'Cancel'.

2) Tick 'variable use' and tick 'DAC' if the patient is using a direct appliance contractor for stoma products

The screenshot shows the 'Add a Drug' form in EMIS. The patient is 'TEST, Dennis (Mr)' with preferred name 'Dennis George', born 16-Mar-1944 (79y), male, EMIS No. 17584, and usual GP 'SCHOFIELD, S (Dr)'. The drug is 'Brava adhesive remover spray 12010 (Coloplast Ltd)'. The 'Rx Types' dropdown menu is open, showing options: 'Repeat' (selected), 'Repeat dispensing', and 'Automatic'. The 'Authorised Issues' field is empty. The checkboxes for 'Use DAC' and 'Variable use' are checked and circled in red. Other fields include 'Quantity' (ml), 'Duration' (28 Day(s)), 'Authorising Clinician' (SCHOFIELD, S (Dr)), and checkboxes for 'Private', 'Personally-administered', and 'For STI - free of charge'. The 'Optional Prescription Information' section includes 'Pharmacy Info', 'Patient Info', 'Review Date' (28-Sep-2023), and 'Days Before Next Issue' (Min/Max). The 'Selected Drug' section shows 'Brava adhesive remover spray 12010 (Coloplast Ltd)' with 'No Warnings Found'. Buttons at the bottom are 'Add Another', 'Issue', 'Issue Later', and 'Cancel'.

3) Once ticked either click issue or issue later