ABSTRACT

BACKGROUND:
An ostomy is an opening of the intestine onto the abdominal wall, created surgically or appearing spontaneously after trauma. This procedure may not only treat disease but also affect patient quality of life. Therefore, quality of life should be measured in order to assess the impact of disease and therapeutic procedures. To identify patients’ problems, it is necessary to assess several dimensions of quality of life, including physical, spiritual, economic, and social aspects. In this regard, we conducted a qualitative study to explore quality of life and its dimensions in ostomy patients operated in our hospital.

METHODS:
Patients are enquired using the self-designed questionnaire focusing on mainly patient’s awareness about ostomy, physical problems, self-care, skin complication, sleep, clothing, diet, family support, social activities, religious activities, sexual activities. For answers which indicate improved quality of life are given 1 mark, for negative response 0 mark given for a total of 20 marks. Out of 20 marks if patients score 6 and below indicate poor quality of life, 7-12 indicate average quality of life, more than 13 indicates good quality of life.

RESULTS:
In our study overall quality of life is poor (64%) among most of the patients. 26% of the patients are having the average quality of life, 10% of the patients are having good quality of life.

CONCLUSION:
To improve the quality of life we have to take several measures like creating the awareness among the patients who are planned to be operated, preoperatively as well as post-operatively. To increase the family and social support awareness also created among family members and public regarding nature of the surgery and course of life after ostomy.