

# The elements of self-care in patients with urostomy: a phenomenological study

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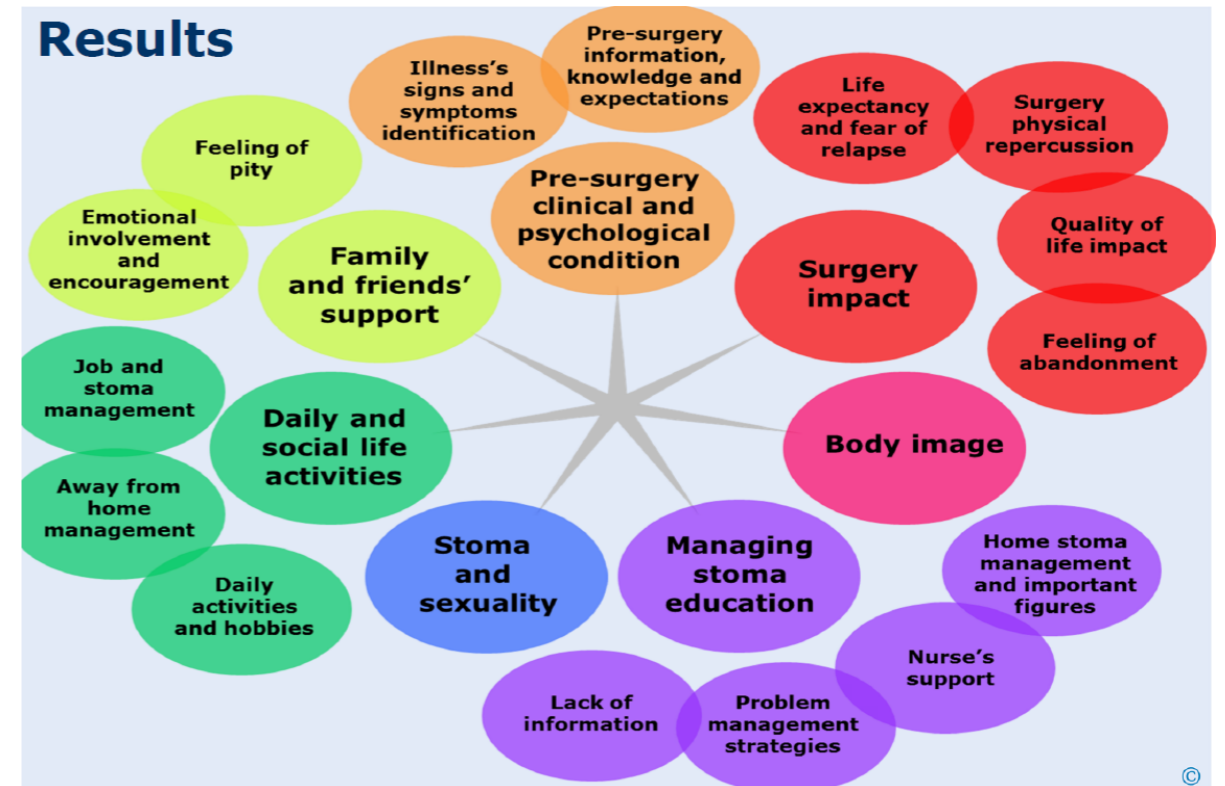
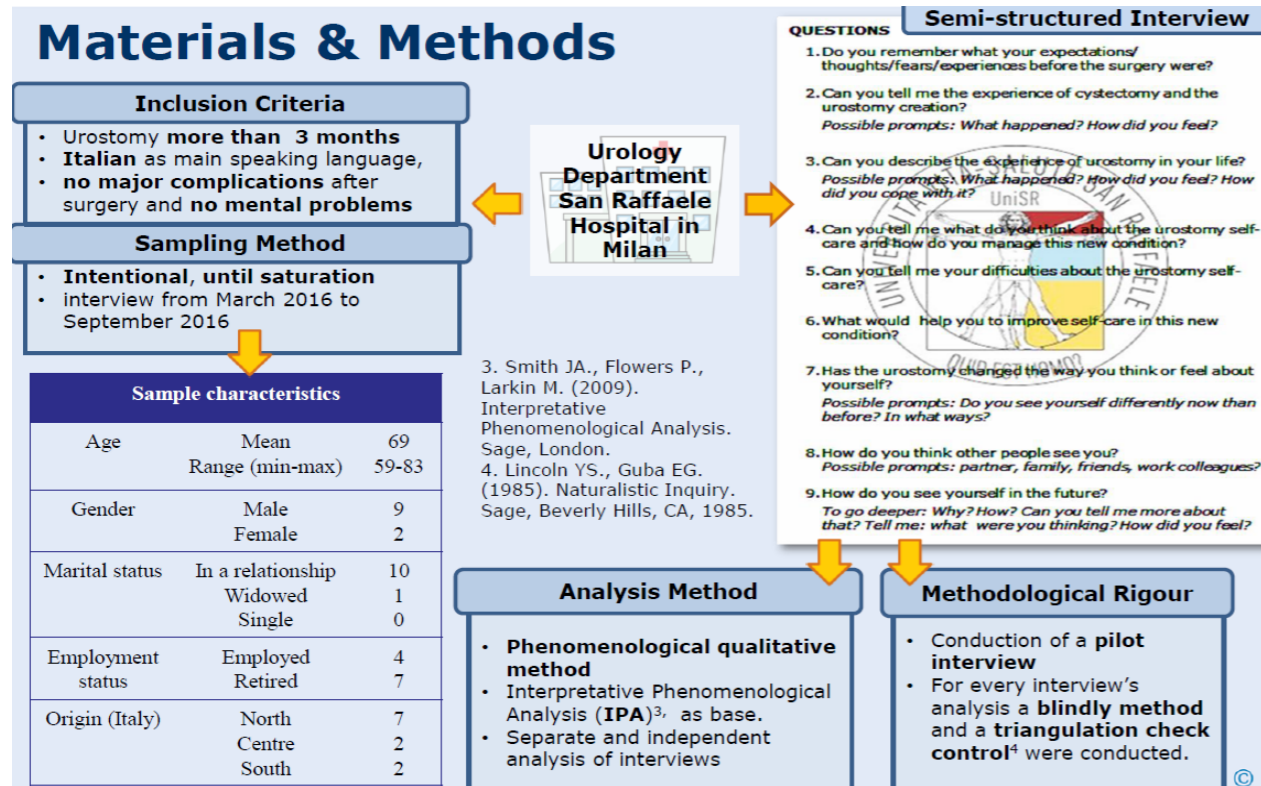
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**BACKGROUND:** The creation of a urostomy results in the loss of important bodily functions and an alteration of the body image. Self-care is considered essential for the maintenance of psychological stability and quality of life among individuals with urostomy, promotion of effective self-care among individuals with urostomy is extremely important for the optimal ostomy adjustment.

**AIM:** The elements of self-care in patients with urostomy have not been studied so far. Therefore, the purpose of this study was to explore the experiences of self-care of patients with a urostomy and to identify the influencing factors of self-care.



**DISCUSSION:** Before the surgery, the quantity and quality of information played an important role in shaping the patient's expectations. Regarding body image perception, the research showed opposite results: some patients affirmed that the stoma did not change the way they saw themselves, while others asserted that it was both aesthetically and visually disturbing. Patients affirmed that the stoma clashed with their previous customs, leading to a difficult adaptation process to manage the stoma the best they could. Speaking of sexuality, the patients referred of having physical and psychological difficulties, as a result of a body image alteration.

**CONCLUSION:** The results show that a urostomy brings important changes in all possible aspects of a person, resulting in the need for a relational support system.

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