The ‘abdomen’ models allow wafers to adhere, but peel off easily. ‘Stomas’ were realistic in size, painted for color assessment, and fit wafers well. The staff nurses that utilized the models for ostomy care and management education were verbally delighted to successfully return demonstrate the in-service knowledge and skills. Additionally, nurses were able to verbalize their comprehension of scientific rationale behind each step. Several patients with new ostomies have also been educated using the ostomy models. The patients have verbalized how much the models significantly enhanced their comprehension of ostomy care and management. The patients stated that they were less anxious by using the molds for ‘practice’ before providing care for their own ostomy.

Breaking the Mold: How to Create Homemade Ostomy Molds

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Introduction

Wound, ostomy and continence (WOC) nurses strive to provide education to new ostomy patients and to staff nurses to gain the necessary knowledge and skills of ostomy care and management. Anatomical models are highly effective in the development of psychomotor skills by the use of return demonstration. These models allow the nurse and ostomy patient to practice applying a wafer, cutting the wafer to fit properly, and troubleshooting issues, such as leakage. However, manufactured models can be very expensive, particularly in a specialized area. Upon investigation, purchase prices for the manufactured ostomy models ranged from $250 to $2,500. Many healthcare facilities have financial constraints and WOC nurses already battle role justification; therefore, the purchase of manufactured ostomy models would be unreasonable. Consequently, creative engineering pursued. Homemade, realistic and cost-effective ostomy models succeeded for only $50.

Objectives

To create cost-effective, realistic, durable homemade ostomy models:
- Various stoma sizes and colors
- Durability, especially to be disinfected
- ‘Abdomens’ that allow wafers to adhere and peel off easily for reuse.

Process

First, use Playdoh® to mold ‘abdomens’ and ‘stomas’ to desired sizes. Let molds harden for 24-48 hours.

Second, use 100% silicone and squeeze into bowl of soap water. Then apply silicone over hardened Playdoh, forming a mold, and let set in room air for 24 hours. The photos above demonstrate front and back views.

Third, remove hardened Playdoh from silicone molds. Then pour liquid rubber latex or plastic into silicone molds. Let the latex sit at room temperature for 24 hours.

Results

Example of manufactured ostomy models that was chosen as template for homemade models. Photo retrieved from Lifeform® Training Models.

The homemade ostomy molds. Compare the manufactured models to the homemade. Do you see $3,000 worth of a difference?

Conclusion

The ‘abdomen’ models allow wafers to adhere, but peel off easily. ‘Stomas’ were realistic in size, painted for color assessment, and fit wafers well. The staff nurses that utilized the models for ostomy care and management education were verbally delighted to successfully return demonstrate the in-service knowledge and skills. Additionally, nurses were able to verbalize their comprehension of scientific rationale behind each step. Several patients with new ostomies have also been educated using the ostomy models. The patients have verbalized how much the models significantly enhanced their comprehension of ostomy care and management. The patients stated that they were less anxious by using the molds for ‘practice’ before providing care for their own ostomy.

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References
