

# Inside Out Stoma Support Group

## Supporting Pupils in School



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## **PUPILS WHO REQUIRE ASSISTANCE WITH STOMAS**

### ❖ **What is a stoma?**

A stoma is a surgically created orifice on the surface of the abdomen that offers an outlet for the passage of waste material, urinary or faecal, from the body. Stomas may be of a temporary or permanent nature, dependent on the precise nature of the pupil's medical condition. Because no physical control can be exercised over the issue of waste material from the body a special pouch or stoma bag is fitted over the abdominal opening to collect waste material. Medical conditions that may necessitate a stoma include:

1. Congenital conditions, e.g. spina bifida, imperforated anus, ectopic bladder, Hirschsprung's Disease.
2. Medical conditions e.g. inflammatory bowel disease.
3. Accident or injury.

### ❖ **Stoma Control and Care**

All pupils who have a stoma will require an individual Health Care Plan, a copy of which should be retained by the School Health Service.

Most pupils will be able to cope with a changing their stoma appliance and will require only a minimum of adult supervision. It should be noted that the exposed membrane on the surface of the abdomen would usually appear red, as occasionally there may be sore areas around the stoma that will hurt if touched. Sometimes the membrane may bleed a little when washed but this will usually stop quickly and as such should not be a cause for concern to a carer. However, any problems should be mentioned to the parents.

The pupils Health Care Plan will include details of the following:

1. The type of stoma.
2. The type of pouch.
3. The frequency for changing the pouch.
4. Details of any specific individual requirements.

Equipment needed for changing a pouch includes.

1. A supply of warm water.
2. Tissues (not cotton wool, as fibres may attach to wet areas).

3. Measuring guide (needed to adapt a pouch to the size of the stoma).
4. Clean pouch.
5. Plastic sealing disposal bag and access to disposal facilities.

Materials and applications should be stored conveniently and safely at room temperature and away from direct sunlight.

Following discussion with the pupil and his / her parents individual decisions should be made as to whether to provide basic information on the pupils condition to his / her peer group so that they are made aware of their classmate's needs.

#### ❖ Training of Staff

Where pupils requires support in school on account of having a stoma a minimum of two staff who volunteer should undergo training in order to allow for the possibility of staff absence.

The training must:

1. Be provided through arrangements made with the School Health Service who should have access to a Community Stoma Nurse.
2. Meet the specific needs of the individual pupil as agreed in partnership with the parents, the LEA and the health professionals concerned.
3. Cover procedures to be followed in emergency situations.
4. Be recorded on the pupils file.
5. Be updated on an agreed regular basis as determined in the Health Care Plan.
6. Be recorded on the staff files.

In exceptional circumstances the provision of training may subject to delay. In these circumstances parents must retain responsibility for their child's medical support until the relevant staff have received their training.

#### ❖ Individual and Emergency Procedures

As stated above, all pupils with a stoma must have an individual Health Care Plan that will be kept with the pupils file in the school office. An



information card must be kept with Health Care Plan giving the following essential information:

1. Pupils name, date of birth, address.
2. Condition.
3. Current medication.
4. GP's name and contact numbers.
5. Other emergency contact numbers.
6. What to do in an emergency.

The information card should accompany the pupil if he / she has to be admitted to hospital, be shown to the hospital staff and then returned to the pupils file.

The information on the card must be reviewed at least annually and more regularly if required. Previous cards should be cancelled and retained and a new card used if amendments to the information are to be made.

#### ❖ **School Trips / Residential Visits.**

It is the right for every pupil to have access to a broad and balanced curriculum as well as access to out of school activities in accordance with the schools policy on educational visits.

Usually the school will need to take additional safety measures on outside visits and the following points should always be considered in conjunction with the schools educational visits policy prior to visit:

1. A trained member of staff must accompany the group, as a pupil with a stoma will be subject of a Health Care Plan.
2. The pupil's parent's permission for the visit must be obtained.
3. Staff must be aware of the medication and items of equipment the pupil will need to take on the visit.
4. Staff must ascertain if any "spare" medication equipment is required.
5. Consideration must be given to the safe storage of any medication and equipment.
6. The provision of adequate toilet facilities at the site to be visited should be checked.

7. Staff supervising the trip must be aware of the pupil's conditions and of any relevant emergency procedures.

Any further concerns should be addressed to the pupil's parents, the school nurse or the GP. Helpful advice on the school trips is contained in a DfEE booklet of guidance entitled "Health and Safety of Pupils on Educational Visits", published in 1998.

❖ **Issues Which May Affect Learning.**

Pupils with a stoma should be encouraged to participate as fully as possible in all aspects of school life. Pupils can participate in sport without harm to the stoma but care should be exercised to ensure that activities, which could involve direct contact of the stoma with sports apparatus or equipment, should be avoided. Special small pouches are available for stoma patients that are undetectable when worn under swimwear.

❖ **Checklist.**

1. The pupil will require a Health Plan.
2. The Health Care Plan is kept with the pupils file (copy to School Health Service).
3. The pupil's medication and equipment is kept in a locked cabinet in the school office.
4. Trained member of the school staff will administer the medication and procedures.
5. Enough members of staff have been identified to provide support.
6. The member of staff has been appropriately trained.
7. There is an information card with emergency details on the pupils file.
8. The information card is up to date. The staff training needs to be updated.
9. The school staff knows whom to contact in an emergency.
10. The pupil may require special dietary requirements.
11. The procedures to be followed for school trips / residential visits are required.

