

# CLINICAL ASSESSMENT GUIDELINE\*

## PARASTOMAL HERNIA RISK

Patient name \_\_\_\_\_

PREDISPOSING CONSIDERATION	RISK FACTOR 1 LOW RISK   2 MEDIUM RISK   3 HIGH RISK	RISK SCORE	VALUE
Age	Age 5-15 yrs		1
	Over 70 yrs		3
BMI	Obese		3
Occupation / lifestyle	Manual		3
	Young family		2
Activity / hobbies	Active - regular exercise and activity		1
	Irregular exercise / activity		2
	Minimal levels of activity		3
Surgery / stoma site	Emergency surgery		3
	Robotic / laproscopic surgery		2
	Transverse colostomy		3
	Colostomy		2
	Stoma out of rectus muscle		2
	Previous parastomal hernia repair		3
	Trephine stoma (no other surgery)		2
	Aperture > 35 mm		3
Diagnosis	Malignancy		2
	Diverticular		2
	Existing hernia (any)		3
	Previous hernia		3
	AAA		1
	Connective tissue disorders		2
	Diabetic and in 1 <sup>st</sup> year after surgery		3
Smoking	Smoker		3
Medication	Steroids within 1 year of surgery		3
	Steroids long term		2
	Chemotherapy within 1 year of surgery		2
	Pelvic radiotherapy		3
Raised intra abdominal pressure	COPD / emphysema		3
	Ascites		3
	Acute / chronic constipation (colo / uro)		2

**TOTAL RISK SCORE | 0-15 LOW RISK | 16+ HIGH RISK**

\*Association of Stoma Care Nurses UK (ASCN), National Clinical Guidelines

**TOTAL RISK SCORE:**

Other specialist clinical assessment notes to support garment choice:

**YES NO N/A Recommended action list for preventing parastomal hernia formation<sup>1</sup>**

- Given professional advice around relative risk of developing a parastomal hernia for each individual<sup>2</sup>

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- Identified risk level (prior to surgery) for developing a parastomal hernia using ASCN Clinical Assessment Guideline

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- Advice/demonstration given on abdominal (core) strengthening exercises that can be done preoperatively and commenced soon after surgery. Pelvic tilting, knee rolling and abdominal sit-ups<sup>3</sup>

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- Advice/demonstration given on appropriate methods of getting in and out of bed post-surgery<sup>4</sup>

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- Advice/demonstration given on supporting the abdomen/newly formed stoma when coughing

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- Measured for a moderate support garment such as Omnigon Diamond Plus Waistband to wear postoperatively

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- Recommended patient to wear support garment after surgery, on discharge from hospital and when doing light exercise

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- If high risk for developing parastomal hernia, measured for intermediate or firm support garment such as Omnigon ISOFLEX, TOTAL CONTROL or KOOLKNIT to be used after 3 months or once exercise levels have increased.<sup>5</sup>

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- Given general advice to help minimise the risk of parastomal hernia development following surgery:
  - avoid heavy lifting for 3 months post-surgery
  - try to maintain good posture at all times
  - carry out exercises from as early as discharge if wound is completely healed
  - use an intermediate or firm support garment/belt after 3 months when doing heavy lifting or work, continue until at least 12 months post-surgery
  - Keep weight at healthy levels BMI 20-25
  - Support your stoma and abdomen when coughing especially in the first few months post-surgery

Based on your assessment what would be your recommended support garment product:

Moderate support                      Intermediate support                      Firm support

Please advise which is your recommended support product (if appropriate):

Name of product \_\_\_\_\_ Product code: \_\_\_\_\_ No. ordered \_\_\_\_\_

**Scientifically tested,<sup>6</sup> only Omnigon offers support garments tailored to suit your lifestyle**

3	<p><b>MODERATE support</b></p> <ul style="list-style-type: none"> <li>• After surgery</li> <li>• Wear during light exercise</li> <li>• To prevent or to support a small bulge</li> </ul>	<p>Men's Support Pants Diamond Plus Briefs &amp; Boxers Diamond Plus Support Waistband</p>
4	<p><b>INTERMEDIATE support</b></p> <ul style="list-style-type: none"> <li>• Wear during daily activities as prevention (housework, shopping, golfing)</li> <li>• Support a more developed hernia</li> </ul>	<p>Support Briefs for Her IsoFlex Support Belt</p>
5	<p><b>FIRM support</b></p> <ul style="list-style-type: none"> <li>• Wear during active work or sports as prevention</li> <li>• Support a more developed hernia</li> </ul>	<p>Total Control Support Belt KoolKnit Support Belt</p>

**REFERENCES:** 1. North J (2014) Early Intervention, parastomal hernia and quality of life: a research. British Journal of Nursing, Vol 23, No 5. 2. Osborne W, North J, Williams J. (2018) Using a risk assessment tool for parastomal hernia prevention. British Journal of Nursing Vol 27, No 5. 3. Thompson MJ (2008) Parastomal Hernia: Incidence, prevention and treatment strategies. British Journal of Nursing Stoma Care Supplement Vol 17, No 2. 4. Espensen P, Liljan K, Laden M. Getting Fit after Surgery. Dansac. 5. Andrews L. Your guide: Parastomal hernia prevention, support and management. Omnigon 6. CSIRO. Data on file.