

Risk Factors for Stomatal Complications: A Literature Review

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ABSTRACT

This literature review article comprehensively addresses the risk factors that contribute to stomatal complications, a major concern in current medical practice. The creation of stomata, surgical interventions to bypass intestinal or urinary contents, is valuable but can be accompanied by problems that affect the quality of life of patients.

Definition and Types of Complications: Complications in stomata range from necrosis of stomal tissue to prolapse and irritation of the surrounding skin. These complications can affect both stoma function and skin integrity, and understanding them is essential for informed clinical practice.

Risk Factors for Complications: The discussion focuses on risk factors that predispose to stomatal complications. Older age, obesity, and medical comorbidities, such as diabetes and cardiovascular disease, increase the likelihood of complications. The choice of surgical technique and the site of creation of the stoma also influence the occurrence of problems.

Preoperative Education and Preparation: Patient education and preoperative preparation are crucial elements in preventing complications. Patients should receive detailed information about stoma self-care and possible signs of complications. Proper preoperative preparation, which addresses pre-existing medical conditions, can mitigate risk factors.

Discussion: The discussion highlights the importance of a comprehensive evaluation and adaptation of surgical and postoperative planning according to individual risk factors. Emphasis is placed on the need for proper surgical technique and on the experience of the surgeon in creating stomata.

Conclusion: In conclusion, the creation of stomata is a valuable technique but not without challenges. Early identification and management of risk factors are critical to reducing the incidence and severity of complications. Patient education, careful planning, and preoperative preparation are essential to achieving optimal long-term results in stomatal management.

KEYWORDS: Stomatal complications, risk factors, surgical planning, patient education.

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INTRODUCTION

The creation of stomata, surgical openings in the abdominal wall for the derivation of intestinal or urinary contents, is a fundamental intervention in the treatment of various medical conditions. Despite their clinical utility, stomata can be associated with a number of complications that can significantly affect patients' quality of life. The epidemiology of complications in stomata highlights their considerable incidence, underscoring the importance of a thorough understanding of the risk factors that contribute to their development. This literature review aims to comprehensively explore the risk factors that predispose to stomatal complications, providing a solid foundation for informed clinical care and accurate decision-making.

Stoma creation is a surgical procedure that encompasses a wide range of medical conditions, from colorectal cancer to inflammatory bowel disease and bowel obstruction. In current medical practice, temporary and permanent stomata are used for the purpose of bypassing intestinal or urinary flow, mitigating obstruction, and improving patients' quality of life. The significance of this issue is manifested in the prevalence of stomatal complications, which can include problems such as stoma necrosis, infection, skin irritation, retraction and prolapse. These complications can cause significant discomfort, affect normal function, and require additional medical interventions.

Stomatal creation, a surgical technique that involves shunting intestinal or urinary contents through an opening in the abdominal wall, is widely used in various medical conditions.

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However, this intervention is not without its challenges, as it can lead to a variety of complications that affect patients' quality of life. Complications in stomata range from problems related to function to those that affect the integrity of the stoma and surrounding skin.

Among the most frequent complications is necrosis of the stomal tissue, which can be caused by inadequate blood perfusion due to the surgical technique or patient-related factors. Stoma retraction is another common concern, where the stoma sinks into the surrounding skin, which can make it difficult to properly place the collection bag and cause irritation. Prolapse, which involves excessive protrusion of the stoma, can result in discomfort and require additional interventions. In addition, irritation of the skin around the stoma due to constant contact with secretions can cause discomfort and affect quality of life.

The occurrence of complications in stomata is not random, but is influenced by a number of risk factors. Older age has been identified as a factor that may increase the likelihood of complications due to decreased skin elasticity and the possible presence of medical comorbidities. Obesity, which can affect vascularization and wound healing, has also been associated with an increased risk of complications.

Medical comorbidities, such as diabetes and cardiovascular disease, can influence wound healing and immune system response, increasing the risk of infections and delaying recovery. The choice of the site of stoma creation and the surgical technique used are also determining factors in the occurrence of complications. Improper surgical technique can result in poor blood perfusion of the stoma or incorrect placement, increasing the risk of necrosis, retraction, and prolapse.

Patient education and proper preoperative preparation play a crucial role in preventing stomatal complications. Patients should receive clear information about stoma self-care, choice of collection bag, and warning signs of possible complications. Preoperative preparation, which includes optimization of pre-existing medical conditions and thorough assessment of risk factors, can help minimize the incidence and severity of complications.

DISCUSSION

Discussion around risk factors for stoma complications is essential to improve understanding of this critical clinical area. Stoma creation is an intervention that can have a profound impact on patients' quality of life, and proper identification and management of risk factors are critical to mitigating complications and optimizing long-term outcomes.

The identified risk factors, such as advanced age, obesity, and medical comorbidities, shed light on the importance of comprehensively evaluating the patient prior to stoma creation. The presence of these conditions can influence wound healing, blood perfusion and immune response, factors that play a crucial role in preventing complications.

Therefore, surgical and postoperative planning should be adapted accordingly, considering these risk factors for personalized care.

The choice of surgical technique and the site of stoma creation are also determining factors in the occurrence of complications. Improper surgical technique can have significant consequences, such as necrosis of the stoma due to poor blood perfusion or retraction due to improper placement. These aspects emphasize the importance of the surgeon's expertise and adherence to best practices in creating stomata.

Patient education emerges as a key pillar in the prevention of stomatal complications. Patients should be informed in a clear and understandable manner about stoma self-care, choice of collection bag, and possible signs of complications. A well-educated patient is better equipped to manage their stoma and recognize potential problems, which can lead to early intervention and a better quality of life.

Proper preoperative preparation also stands out as an essential strategy to minimize risk factors. Optimizing pre-existing medical conditions and early identification of comorbidities allows these problems to be addressed prior to stoma creation, which can have a significant impact on preventing complications.

CONCLUSION

In summary, risk factors for stoma complications are a crucial aspect in the care of patients undergoing this surgery. Early identification and appropriate management of these risk factors are essential to reduce the incidence and severity of complications. Patient education, careful surgical and postoperative planning, and preoperative preparation are key pillars in preventing complications and improving long-term outcomes. As we advance medical practice, a comprehensive and personalized approach in assessing risk factors will continue to be essential to providing high-quality care to patients with stomata.

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