

# Ostomy Care newsletter

For healthcare professionals

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care



## Making the right choice – and making it sooner

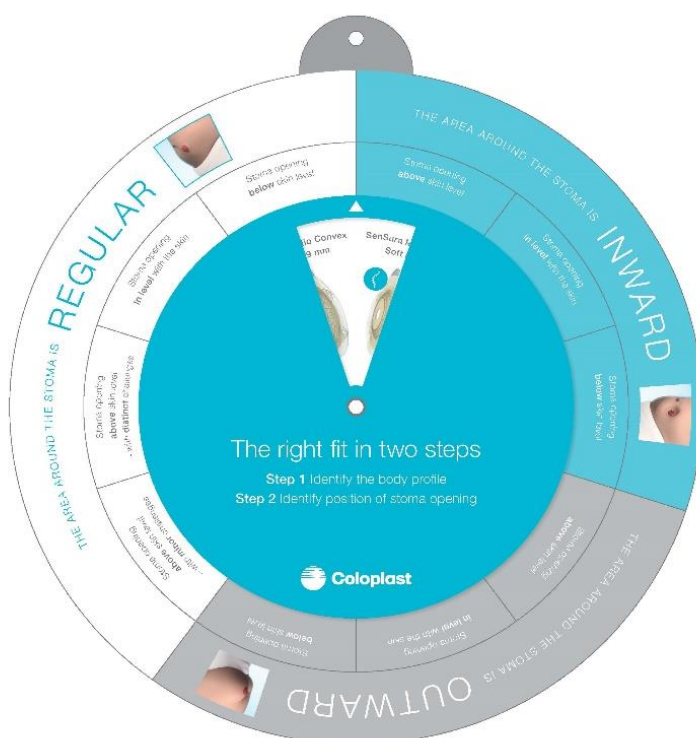
How can nurses guide patients to the best available solution for their specific body shapes - as quickly as possible? This is a central question in ostomy care. And the drive to find the optimal solution becomes even more urgent when dealing with people with inward peristomal areas.

Research from the Ostomy Life Study 2014<sup>1</sup> shows that many people are struggling with their existing convex solutions. There is evidence of a high degree of worrying about leakage – and also a higher actual leakage experience than other ostomy patients. Data also shows that these concerns greatly impact quality of life for the patients negatively.

### Taking complexity out of convexity

Through both global and local cooperation between experienced ostomy care nurses in the Coloplast Ostomy Forum<sup>2</sup> and Coloplast, a lot of work has been done to help nurses everywhere make informed decisions and optimal choices. The goal has been to create a tool that could simplify the process of choosing the right solution, especially for inward peristomal body shapes - patients with a higher likelihood of needing a convex solution.

And the result is the "Convexity Wheel" - a simple guide that takes the complexity out of convexity.



<sup>1</sup> Mason 2015. Leakage experience and worries among convex users in the Ostomy Life Study (Countries: FR, DE, UK, NL, IT, BE, SE, US, CA, AU, JP). Data on file.  
<sup>2</sup> The Coloplast Ostomy Forum is a global network for stoma care nurses facilitated by Coloplast. The mission of the Forum is to create better innovation, education and knowledge sharing to improve Stoma Care and to set new standards to the benefit of patients. More than 400 stoma care nurses across more than 20 countries are participating in the Coloplast Ostomy Forum.

The guide is based on the Body Profile Terminology, characterising individual body shapes, leading to more uniform treatment and processes – as in the online self-assessment tool - BodyCheck: [www.bodycheck.coloplast.com](http://www.bodycheck.coloplast.com)

It helps less experienced nurses manage ostomies that might need convexity by guiding them to the right shell.

And even for experienced nurses, it can serve as a practical tool to explain the choice of a particular appliance to the patient.

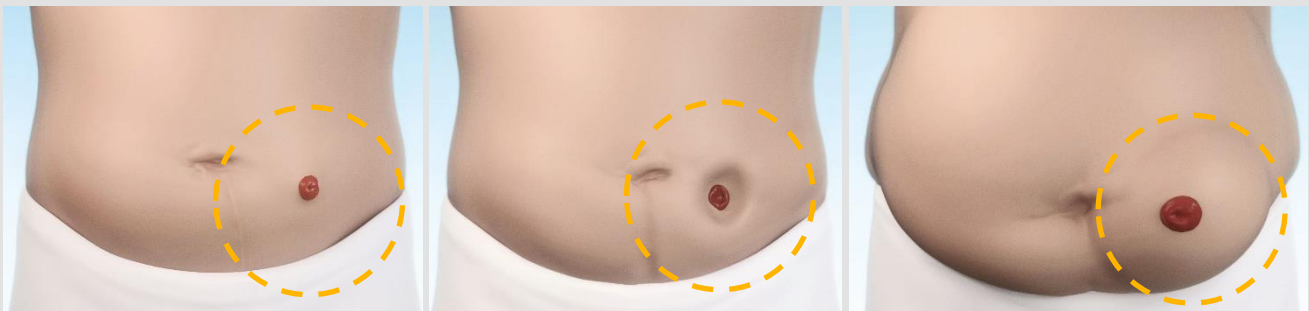
The Convexity Wheel is a guide that helps all nurses make the best choice when it comes to convexity.

### The Convexity Wheel: Taking the complexity out of convexity

- A [simple tool](#) developed together with nurses in the Coloplast Ostomy Forum
- Comprises of two easy steps to find the right fit:
  - Step 1: Identifying the body profile
  - Step 2: Identifying the position of the stoma location
- The Convexity Wheel is based on the [Body Profile Terminology](#)
- Helps all nurses make the [best choice](#) when it comes to convexity

### What is the Body Profile Terminology?

- A [simple, universal 'language'](#) designed for use in daily care
- Developed together with 300 ostomy care nurses worldwide
- Describes the peristomal area as either [regular, inward or outward](#)
- It adds details about abdominal firmness, skin creases or folds, ostomy location and positioning relative to skin surface level
- The Body Profile Terminology aims to create a [common understanding](#) in order to [improve ostomy care](#)



Regular

Inward

Outward