



AUSTRALIAN ASSOCIATION OF STOMAL THERAPY NURSES Inc

ABN 16 072 891 322

Stoma / Wound / Continence

STANDARDS
OF
STOMAL THERAPY NURSING PRACTICE

Australian Association of Stomal Therapy Nurses Inc.

Preface

The Australian Association of Stomal Therapy Nurses Inc. is the professional organisation of Stomal Therapy Nurses in Australia.

The *Standards of Stomal Therapy Nursing Practice* can be used as a guide for practicing Stomal Therapy Nurses in their goal of achieving optimal outcomes for individuals that meet best practice.

Compiled by the AASTN Inc. Education and Professional Development Subcommittee

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The fourth edition of the AASTN *Standards of Stomal Therapy Nursing Practice* has been updated and revised by the Education and Professional Development Subcommittee.

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Fiona Bolton RN, BN, STN (Cred.)

Susan Delanty RN, AdvDipMgt, BAppSc, MClinNurs, STN (Cred.)

Lorrie Gray MSc (Nur&Ed)

Rosalind Probert RN, GradCertHlthMgt, Cert IV WA&T, STN (Cred.)

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AASTN Inc. Vision, Values and Purpose

(Adopted 1998. Revised 2012)

Vision

Enduring recognition for excellence and innovation in Stomal Therapy Nursing practice at a national and international level.

AASTN members believe recognition is important, and that this recognition should acknowledge diversity of opinion and intellectual contribution, as well as demonstration of excellence in nursing practice. Members believe it is important to be responsive to changing demands and be able to meet challenges of the future with excellence and innovation.

Values

Quality:

Members strive for excellence in everything they do and in so doing promote Stomal Therapy Nursing as a profession.

Quality is encompassed in clinical practice, clinical research, management, education and administrative roles that meet best practice to promote optimal outcomes for patients / clients.

Cultural Respect:

Recognition, protection and continued advancement of the inherent rights, cultures and traditions of patients / clients from Australian and Torres Strait Islander and other culturally and linguistically diverse backgrounds. ²

Commitment:

AASTN members recognise that commitment includes relationships with patients / clients and colleagues as well as the Association.

Stomal Therapy Nurses believe in the importance of support, encouragement and mentorship, in addition to sharing knowledge and experience. Commitment also entails being dedicated and loyal, and demonstrating allegiance to the professional body.

Innovation:

The AASTN supports members in the pursuit of research and its implementation into practice, continuing professional development and professional excellence.

Purpose

To provide support and leadership for Stomal Therapy Nurses in their endeavour to deliver optimal nursing care that meets best practice.

AASTN Inc. Code of Ethics

(Adopted 26th April 1984. Revised March 2001, July 2011) ³

1. The Stomal Therapy Nurse must at all times maintain the highest professional standards of nursing care and professional conduct by the use of sound judgement and practice which meets the standards developed by the Association.
2. The Stomal Therapy Nurse will provide needed services to persons irrespective of race, colour, creed, gender, sexual orientation, age and political or social status.
3. The Stomal Therapy Nurse must respect the rights of individual people, their dignity, needs, culture, life-directing values and customs.
4. The Stomal Therapy Nurse will maintain the individual's right to privacy by maintaining confidentiality and respecting the privileged nature of client information provided. The right to privacy extends to the protection of the physical, emotional and social rights of clients from unwarranted intrusion.
5. The Stomal Therapy Nurse will not participate in unethical practice and must at all times maintain the highest standard of ethical practice in nurse-client, nurse-colleague, nurse-organisation and nurse-society relationships.
6. The Stomal Therapy Nurse must maintain competency by keeping informed of new trends, practice-related products and current knowledge of relevant research, and be able to apply the results to promote change and innovation in practice.
7. The Stomal Therapy Nurse will participate actively in professional, inter-professional and community endeavours to support meeting the highest professional standards.
8. The Stomal Therapy Nurse must maintain impartiality in regard to products and material resources.
9. No Full Member shall be in the employ of a company or self employed in the manufacture or sale of products, prostheses or pharmaceuticals due to the possible perception of a conflict of interest.
10. The Stomal Therapy Nurse maintains practice under the assumption that society has a responsibility to respect and protect the environment and its resources.

Introduction

Original *Standards for Stomal Therapy Nursing Care* were developed by the Education Subcommittee in 1991 and subsequently revised to more accurately reflect the broader scope of the Stomal Therapy Nurse's role as an Advanced Practitioner within the health care system. Regular review of the Standards promotes best practice in Stomal Therapy Nursing.

The *Standards of Stomal Therapy Nursing Practice* are to be used by Stomal Therapy Nurses to guide practice. The public and employers can use these Standards for validation of that practice. The Standards should act as a guide for those conducting Stomal Therapy Nursing Education programs.

The Association's Objectives reflect the promotion of quality care for a wide range of people with specific needs. These needs may be related to Stoma, Wound, Continence and Breast care. Individuals across the life span are provided with preventative, acute, rehabilitative and continuing care as required.

These Standards were adapted from the Australian Nursing Federation (ANF) Victorian Branch Community Health Nurse Special Interest Group *Standards for Community Nursing Practice* and updated following the revised *Competency Standards for the Advanced Registered Nurse* (ANF) 2005. ¹

Objectives of the AASTN Inc.

(As per Constitution April 2005)

1. To promote, maintain and develop professional standards to the highest degree in relation to Stomal Therapy Nursing.
2. To promote public knowledge and awareness of Stomal Therapy Nursing and the role of the Association and its members in providing such therapy, as well as engender public confidence and respect therein.
3. To promote the use of Stomal Therapy Nursing interventions to enhance self-care and empowerment of the person with the potential for, or actual, stoma, wound or incontinence which will result in optimum recovery and rehabilitation of the individual.
4. To promote and support independent or collaborative education and research programs related to Stomal Therapy Nursing.
5. To represent Stomal Therapy Nurses as a professional body and achieve a harmonious liaison with other individuals and professional bodies associated with Stomal Therapy Nursing.
6. To promote professional communication through publications, meetings and educational forums to allow opportunities for the membership to present and discuss the practice, education, research, technological and scientific developments in, or pertaining to, Stomal Therapy Nursing.

STANDARD 1

PROFESSIONAL ROLE AND SELF DEVELOPMENT

(Conceptualises and Leads Practice) ¹

The Stomal Therapy Nurse assumes responsibility for advanced practice through:

- Compliance with legislation, regulation and codes of practice reflecting professional responsibilities
- Organisational policies and procedures
- Use of Best Practice Guidelines and Consensus Documents
- Research activities
- Evaluation and reflection
- Continuing professional development
- Promotion of professional growth in others

Rationale

The Stomal Therapy Nurse accepts responsibility for practice at an advanced level to ensure quality outcomes for the patient / client, organisation and the community. ^{1, 4, 5}

Clinical governance provides Stomal Therapy Nurses with a framework for clinical audit, clinical risk management and professional development to promote clinical quality and evidence of change in practice. ⁵

Structure Criteria

The Stomal Therapy Nurse:

- Maintains current registration with the Australian Health Practitioners Registration Agency ⁶
- Maintains membership of their professional body
- Works within their scope of practice determined by legislation, state and organisational governance / policies ⁷⁻⁹
- Updates policies, procedures and role description to reflect the philosophy of Stomal Therapy Nursing
- Strives to ensure that organisational structure and administrative services and environment are adequate for the nurse to provide optimal nursing care
- Provides a mechanism for peer review which is nurse initiated
- Is part of the interdisciplinary health management team and participates in program planning and decision making
- Develops skills in leadership ¹⁰, management, education, counselling and research appropriate to the interdisciplinary health care environment ¹¹ and Stomal Therapy Nursing
- Promotes best practice through involvement in quality improvement activities ^{5, 12, 13}

Process Criteria

The Stomal Therapy Nurse:

- Complies with the AASTN Inc. Code of Ethics
- Practices in accordance with legislation, nursing regulation and common law affecting practice
- Practices within own abilities and qualifications
- Acts to rectify unsafe nursing practice or professional misconduct
- Participates in workplace administration and management including budgetary requirements and allocation of human and physical resources
- Maintains the rights and safety of clients, groups and communities
- Participates in decision making about health care planning, practice and evaluation
- Evaluates and reflects on own practice and engages in peer review ¹⁴
- Participates in activities designed to maintain and /or improve the quality of client care
- Maintains continuing professional development to update knowledge and skills through formal and informal learning of self and others ^{6,7}
- Is familiar with theories, practices and research pertaining to current Stomal Therapy Nursing practice
- Participates in research related to the specialty role to inform practice
- Adheres to National and State legislative guidelines on the ethical conduct of research ^{15, 16,}
- Promotes change in practice through research evaluation and publication of findings ¹⁷
- Demonstrates professional responsibilities by membership and active participation in appropriate professional organisations ¹

Outcome Criteria

The Stomal Therapy Nurse:

- Practices in accordance with common law and duty of care
- Practices within own competency and qualifications and meets legal and ethical requirements
- Provides evidence of participation in continuing professional development and credentialing ⁶
- Evaluates the effectiveness of established methods of stomal therapy nursing against evidence based practice, measuring outcomes in health status of clients, groups and communities
- Participates in and provides assistance with writing research proposals, collecting and analysing data and implementing findings relevant to practice
- Publishes results of descriptive studies and research in professional literature ¹⁷
- Demonstrates documented evidence of quality improvement activities
- Provides evidence of education of others through presentations, clinical supervision, preceptorship and mentorship ¹⁸
- Participates in decision making in meetings at local, regional and, where appropriate, national level

STANDARD 2

COLLABORATIVE PRACTICE and INTERDISCIPLINARY CARE

*(Adapts Practice)*¹

The Stomal Therapy Nurse establishes and maintains communication processes in professional relationships

Rationale

All persons are affected by the environment they encounter. Stomal Therapy Nurses acknowledge that effective communication processes will foster collaborative relationships within the interdisciplinary team, patients / clients, organisations and others using health care services. ^{19 - 36}

Structure Criteria

The Stomal Therapy Nurse:

- Strives to ensure that environmental surroundings are conducive to effective communication processes
- Ensures that client consultations are conducted within accepted professional nursing and legal limits
- Strives to ensure that financial resources and appropriate advocacy support are available to provide relevant health care information in a format and style acceptable to clients
- Practices autonomously to promote, facilitate and implement effective communication for all clients
- Strives to ensure that opportunities exist for interdisciplinary collaboration

Process Criteria

The Stomal Therapy Nurse:

- Establishes initial and ongoing effective communication processes with client populations ^{19 - 24}
- Utilises appropriate communication tools and strategies to effect communication with all clients, including the disabled and those from Australian and Torres Strait Islander and other culturally and linguistically diverse backgrounds ^{19 - 24}
- Provides an environment of confidentiality, respect and dignity, and facilitates open communication in client consultations ¹⁹
- Assesses clients' receptiveness to the Stomal Therapy Nurse and respects the right of clients to determine their health care requirements ²⁵
- Intervenes appropriately and counsels clients ^{25, 26}

- Is available to the client to discuss and clarify health related information and initiate health care referral where required ^{25 - 29}
- Establishes and maintains a network of collaboration within the interdisciplinary team and other health care workers to meet the needs of individuals and groups ^{30 - 32}
- Communicates with other health workers on matters pertaining to clients' attainment of optimal health ^{30 - 32}
- Advocates for clients within health care services ^{33, 34}
- Practices confidently as an individual within the interdisciplinary team ^{30, 32}
- Advocates for Stomal Therapy Nursing within the local, regional and national health care networks ^{32 - 35}

Outcome Criteria

The Stomal Therapy Nurse:

- Strives to ensure clients feel comfortable in the current treatment setting
- Strives to ensure clients understand health information presented by the nurse ²⁸
- Encourages clients to identify and use the available community and institutional resources
- Encourages clients and /or families to participate in the evaluation of nursing care and revision of nursing care plans ³⁶
- Ensures there is documented exchange of information between referral sources
- Encourages appropriate and coordinated use of health care resources
- Is recognised as an effective, autonomous member of the interdisciplinary health care team
- Promotes Stomal Therapy Nursing services in interactions with planning and policy making health bodies
- Is seen as an advocate for enhanced health care in local, national and international settings

STANDARD 3

CLINICAL BEST PRACTICE

*(Conceptualises Practice)*¹

The Stomal Therapy Nurse provides comprehensive, accurate and systematic, evidence based nursing care with professional autonomy in any practice setting

Rationale

Nursing care enables and advocates improvement in and conservation of health status, preservation of health function, avoidance of harmful changes and restoration of health. Late identification of disease and disability will impact on the level of optimum health functioning.

The Stomal Therapy Nurse will use evidence, based on best practice, personal observation and experience to “plan conduct and evaluate practice in ways which incorporate complexity and / or a multiplicity of elements”.¹

The framework of the nursing process affords opportunity for the development of clinical pathways and individualised nursing plans for patients / clients. This process consists of assessment, problem and outcome identification, implementation and evaluation using critical decision making and analysis.

Data collection and nursing assessment is essential for the provision of comprehensive care of patients / clients and their significant others. The process must be accurate, systematic, comprehensive and ongoing to allow the nurse to plan appropriate interventions and facilitate the achievement of desired client outcomes.^{26, 36 - 43}

Structure Criteria

The Stomal Therapy Nurse ensures that:

- The data collection method in use provides for systematic, accurate and comprehensive collection of client assessment data and follow-through of client health concerns
- The record keeping process facilitates concise, comprehensive, accurate, timely and ongoing recording of patient / client consultations
- The record keeping system maintains confidentiality
- The caseload management enables nursing consultation in a variety of clinical settings as appropriate
- Patient / client health monitoring and assessment methods are in place
- Independent nursing interventions are able to be provided to enhance patient / client health status and minimise patient / client health risk factors
- Nursing intervention skills are maintained and increased through continuing professional development and education

- As far as possible, health agency resources, staffing and environment allow for assessment, implementation and evaluation of nursing interventions
- The practice setting environment provides safe surroundings free from hazards
- Ongoing evaluation of nursing interventions is undertaken in a format suitable to the nurse and patient / client
- Documentation processes promote continuity of care in a variety of settings

Process Criteria

The Stomal Therapy Nurse:

- Collects initial and ongoing patient / client and family health-related assessment data within acceptable nursing and legal limits, and in a manner acceptable to the patient / client
- Identifies cultural and belief systems that influence the patient's / client's physiological, psychological, social and spiritual functioning ²²
- Assesses role relationships and interaction patterns of patients / clients and their significant others
- Assesses stressors and coping mechanisms of patients / clients and their significant others
- Assesses adequacy of support networks and facilitates sources of support when needed
- Assesses and monitors patients' / clients' health status by processes including observation, interview and physical examination when required
- Obtains patient / client data from a variety of sources
- Records data obtained in a systematic manner ⁴²
- Analyses patient / client data to devise and record a plan of nursing care including priorities and expected outcomes in collaboration with patient / client, and if appropriate, significant others ⁴¹
- Initiates appropriate referral to other health care professionals for patient / client health concerns
- Collaborates with health care professionals and significant others to provide coordinated, planned health care ⁴¹
- Implements independent nursing interventions to promote patient / client and family health
- Documents nursing management to ensure continuity of care between health care settings ^{40 - 43}

Outcome Criteria

The Stomal Therapy Nurse ensures:

- Patient / client and family assessment data, clinical pathways and nursing care plans are recorded in a systematic and retrievable format ⁴¹
- The assessment information and nursing plan recorded are current and accurately reflect the patient / client 's present health status
- There is evidence that the patient / client and significant others participated in the nursing assessment, planning and evaluation of nursing care ³⁶
- The plan of care will show evidence of revision as patient / client goals are achieved or changed
- Evaluation of nursing interventions is documented in a manner that may contribute to the development of nursing knowledge
- The plan will include referral of the patient / client to other health professionals if indicated
- That documentation is sufficient to enable ongoing / continuing care in other health settings, especially when transferring patients / clients ^{43, 44}

STANDARD 4

EDUCATION AND HEALTH PROMOTION

*(Leads Practice)*¹

The Stomal Therapy Nurse assists individuals, significant others and communities to achieve optimal levels of wellness through health education and promotion

Rationale

Activities of health education, health promotion, disease prevention and counselling are essential parts of a nurse's role. Every interaction can be maximised as a teaching, learning and counselling situation. Formal and informal teaching and learning methods can be used in working with individuals, families, groups and the community. Stomal Therapy Nurses encourage people to make informed decisions through health education and promotion.^{21, 45 - 53}

Structure Criteria

The Stomal Therapy Nurse:

- Ensures that there are opportunities to use varied and appropriate teaching styles and counselling methods
- Strives to ensure appropriate facilities and resources are provided within the practice setting for teaching and counselling
- Ensures that health education and promotion activities by nurses are specified in position descriptions / statement of duties
- Strives to promote identification of community health care needs and cooperates with human services and government bodies in the development and implementation of programs to meet community needs
- Strives to promote advocacy for the patient / client, community and disadvantaged individuals at all times

Process Criteria

The Stomal Therapy Nurse:

- In consultation with individuals / groups assesses the actual and perceived health needs⁴⁵
- Assesses readiness to learn and willingness to integrate new knowledge and /or skills or belief-systems into current lifestyles in order to bring about behaviour modification in the patient / client⁴⁵
- Calculates the resources required and establishes an optimal learning / counselling environment to facilitate the behaviour modification^{46 - 48}
- In consultation with the patient / client sets learning / counselling goals utilising appropriate teaching strategies and counselling modes to achieve these goals^{49 - 50}
- In light of patient / client feedback and evaluation adapts teaching strategies / counselling methods as necessary

- Acknowledges and respects an individual's background, cultural and religious beliefs, values and perceptions in the process of health education / promotion ⁵⁰
- Functions as a resource person, clarifies information and establishes networks for / with patients / clients ^{48, 49}
- Protects and promotes the rights of individuals ^{49, 50, 53}
- Is involved in environmental health and safety through formal and informal activities
- Promotes and participates in identifying community health care needs and program development to meet those needs
- Collaborates with health care professionals, health administrators and other personnel to plan, implement and evaluate health care programs
- Promotes and participates in community health education / promotion activities
- Promotes and supports the health education / promotion activities of nurses ^{33, 45}

Outcome Criteria

The Stomal Therapy Nurse:

- Evaluates the progress during and after each session or series of sessions based on documentation, performance measurements and anecdotal notes
- Reviews the needs of the patient / client / community and the strategies used in light of the evaluation results
- Documents outcomes of sessions to enable future health education / promotion activities
- Shows evidence of community involvement in health education / promotion planning
- Demonstrates documented evidence of community improvement activities
- Intervenes appropriately for patients / clients experiencing health risk factors

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Resources

Advanced Nurse Competencies

Available on the Australian Nursing Federation website www.anf.org.au

Books

Craig JB. & Smyth RL. (Eds). 2007. *Evidence based practice manual for nurses*. 2nd ed. Philadelphia: Churchill Livingstone.

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Web sites

Australian Nursing Federation, Advanced Nurse Competencies

Australian Association of Stomal Therapy Nurses www.stomatherapy.com

Australian Nursing and Midwifery Council (ANMC) www.anmc.org.au

Bladder and Bowel www.bladderbowel.gov.au

Cancer Council Australia www.cancer.org.au

Continence Foundation of Australia www.continence.org.au

Department of Health & Ageing www.health.gov.au

National Health and Medical Research Council www.nhmrc.gov.au

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