

The Australian Association of Stomal Therapy Nurses Inc (AASTN) is the professional body in Australia for Stomal Therapy Nurses and is affiliated with the World Council of Enterostomal Therapists.

The AASTN offers many services to Stomal Therapy Nurses and the public including:

- Professional membership
- Biennial conference
- Quarterly "Journal of Stomal Therapy Australia"
- A website offering up to date information on services across Australia
- Educational resources
- Collaborative partnerships with Australian Council of Stoma Associations, nursing organisations and associations, government funding schemes and Industry.



STNs are highly qualified

STNs are Registered Nurses who have undertaken additional post graduate study.

Information about Stomal Therapy Nursing Education Programs can be found on the AASTN website.

We can help!

People with a permanent or temporary stoma should make contact with a Stomal Therapy Nurse if:

- You are having skin problems around your stoma
- Your pouch is not staying on
- Your stoma is changing size or shape
- Your weight is changing significantly
- You are developing a bulge around your stoma
- You are experiencing any other problems with your stoma



www.stomaltherapy.au

Pamphlet proudly sponsored by Dansac and Hollister Australia.
Updated 2022



Stoma • Wound • Continence



Stomal Therapy Nursing

What is a Stomal Therapy Nurse?

A Stomal Therapy Nurse (STN) specialises in the management of patients with faecal and urinary diversions. In addition, the STN is an expert in the management of difficult and draining wounds, fistulae, gastrostomies, acute and chronic wounds and associated skin care.

In short, STNs can assist with advice and management of any stoma and wound issue, and may also provide continence advice.

A Stomal Therapy Nurse may provide:

- Expert care and advice to patients, carers, nurses and medical staff on all aspects of stoma and fistula management
- Pre-operative and post-operative counselling for patients with a stoma
- Ongoing long term education and review
- Assistance and support for patients that have long term drain tubes / fistulae
- Expert advice on acute or chronic wound management
- Advice on continence issues
- Advice on bowel health

47,000+
people

in Australia
have a stoma¹

3,800+
stomas

are created in
Australia every year²

How do I find a Stomal Therapy Nurse?

Most major hospitals and community nursing services in Australia employ STNs. Visit www.stomaltherapy.au to find your nearest STN.

Ask your GP or community nursing service.

Ask your local ostomy association.

1. Australian Government, Department of Health, 2022.
2. Australian Council of Stoma Associations, 2022.

What is a stoma?

- A stoma is an artificial opening into the body created by surgery. It may be a planned or emergency procedure
- A stoma acts as an alternative exit for body wastes eg. faeces or urine
- A stoma may be permanent or temporary

Who may have a stoma?

- Anyone from a newborn baby to the very elderly
- A stoma is usually created because of cancer, disease, congenital disorders or trauma

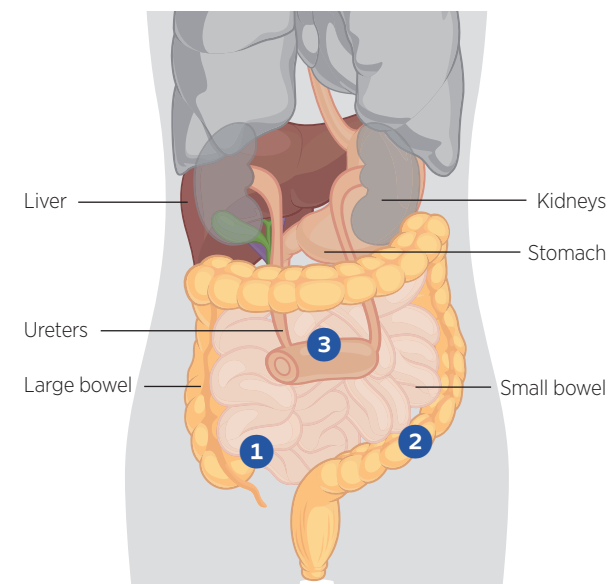
A stoma should not stop people from enjoying a normal family life, social activities, sport, travel or business life.



Did you know?

If you have a permanent stoma you should have a review by a Stomal Therapy Nurse every 1 – 2 years!

Major stoma types



1 Ileostomy

- An opening into the small bowel (ileum)
- May be temporary or permanent
- Faecal waste is always a fluid to paste consistency
- Waste is collected into a drainable adhesive ostomy appliance

2 Colostomy

- An opening into the large bowel (colon)
- May be temporary or permanent
- Faecal waste is usually a soft or formed consistency
- Waste is collected into a closed adhesive ostomy appliance

3 Urostomy (Ileal Conduit)

- A stoma made from a section of small bowel (ileum) to divert urine from the body
- Always permanent
- Urine is collected into an adhesive ostomy appliance
- Faeces continues to be passed normally