WOCN Society Ostomy Care Associate Program:
Learning Outcomes

Upon completion of this educational program, the participant will be able to:

1. Incorporate knowledge of anatomy and physiology into the assessment and management of a patient undergoing/or with a fecal or urinary diversion, percutaneous tube; or who has developed a fistula.
2. Identify indications, surgical construction and options for fecal and urinary diversions, including continent diversions.
3. Describe parameters to include in the assessment and management of a patient undergoing/or with a fecal or urinary diversion, percutaneous tube; or who has developed a fistula.
4. Identify key elements to include when assisting with/or providing basic preoperative education for a patient undergoing a colostomy, ileostomy, or incontinent urinary diversion.
5. Discuss the importance and established guidelines for preoperative stoma site marking.
6. Evaluate the viability of the stoma, function of the ostomy, and status of the peristomal skin.
7. Differentiate the distinguishing characteristics of common stomal and peristomal complications.
8. Identify appropriate strategies for management of common stomal and peristomal complications.
9. Differentiate among types of pouching systems, including accessory products (e.g., components, features, benefits, advantages, disadvantages, etc.), when selecting a pouching system for a patient.
10. Identify key factors that must be included in the evaluation of a patient to establish an effective pouching system (i.e., type of ostomy, construction of the stoma, peristomal contours, type and consistency of the output, impaired vision, limited mobility, and/or other functional limitations).
11. Demonstrate the correct technique for sizing, selecting, and fitting a pouching system; including measuring the size, determining the shape of the stoma or fistula, and pattern making.
12. Demonstrate the correct technique for the following: Application of a pouching system, use of accessory products, pouch emptying, and attachment of an appropriate drainage collector for a urostomy pouch.
13. Identify factors that inhibit or facilitate the rehabilitation and adaptation of a patient with an ostomy.
14. Describe key elements to include in patient/caregiver instructions for ostomy care and management:
   - When and how to empty the pouch.
   - When and how to change the pouching system.
   - How to measure the stoma and size the pouching system.
   - Normal characteristics of the stoma and peristomal skin.
   - Normal stomal output.
   - Incorporation of ostomy care into activities of daily living.
- Dietary and fluid modifications for the type of ostomy.
- Rehabilitative care and resumption of usual activities, including sexual activity.
- Community and internet resources related to ostomy management.
- Prevention and recognition of potential complications specific to the type of ostomy (e.g., food blockage, urinary tract infection, dehydration, etc.).
- When to seek assistance from the WOC specialty nurse (i.e., certified wound, ostomy, and continence nurse [CWOCN]; certified ostomy care nurse [COCN]; certified wound and ostomy nurse [CWON]) or other healthcare provider.

15. Identify indications for managing a colostomy by irrigation.
17. Describe medical surgical management of the patient with a fistula.
18. Demonstrate options for skin protection and containment of drainage for the patient with a fistula.
19. Identify strategies for management of a patient with a percutaneous tube: stabilization, skin protection, maintenance of tube patency, and containment of drainage if needed.
20. Demonstrate how to stabilize percutaneous tubes.
21. Determine situations and indications that warrant collaboration with, or referral to, a WOC specialty nurse or other healthcare provider.