

Diet, Exercise & Sleep

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Agenda

Diet & stomas

Exercise & stomas

Sleep & stomas

Information provided in this session is a guide only. Discuss any issues you may have with your STN, GP/ Surgeon / Dietitian.

Stop exercising if you have any unexplained pain and seek medical help.



Aim

- Diet is a major concern for many ostomates
- What is a healthy diet?
- Let's identify soluble & insoluble fibre.
- How much liquid we should drink?
- What about exercise?
- How much sleep should we get?

Australian Dietary Guidelines 2013

1. Healthy **weight**, physically active, match nutritious food & drinks to energy needs

2. Eat from a **wide range** of nutritious foods: a) veg, b) fruit, c) grains, d) lean meats, fish, poultry, e) dairy, yoghurt, milk

3. **Limit** saturated fats, added salt, added sugar,

4. Encourage, **support**, & promote breastfeeding

5. **Care** for your food, prepare & store safely. I'd add don't waste.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts





Dietary fibre

“roughage or
bulk”



What does roughage do?

Keeps internal plumbing clear

Helps regulate bowel pattern.

Eat food → nutrients for body to absorb

Body cannot absorb or digest fibre (roughage).

“Roughage”

Soluble **Absorbs water**

- + Apples
- + Barley
- + Beans
- + Chia seeds
- + Citrus fruit
- + Oats
- + Sweet potato
- + **Psyllium**

Insoluble **Adds bulk**

- + Mushrooms
- + **Nuts**
- + Corn
- + Whole wheat bran
- + Whole grains
- + Fruits with skins
- + Mangos
- + Dried fruits
- + Shredded coconut

Experiment A



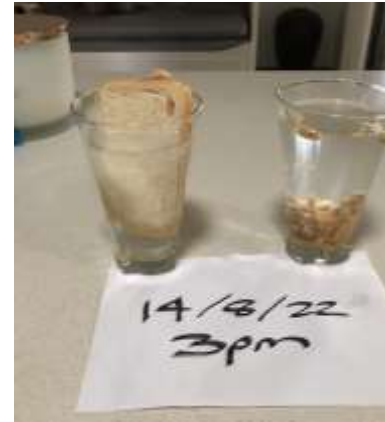
Soluble fibre

27g



Insoluble fibre

27g



250 ml H₂O

Bread & peanuts



250 ml H₂O

Bread & peanuts

Experiment B



Psyllium



**2 teaspoons &
water**



**Sucking up
water**



Set like a jelly

Blockage

- + Cause: Foods - bean sprouts, celery, corn, coconut, mango, nuts, oranges, mandarins, stir fry veggies, whole grain foods, zucchini skin, mushrooms, dried fruits, popcorn, fruits with seeds
- + Symptoms: abdominal cramping, watery diarrhea or no output +/- vomiting. Food having difficulty passing through bowel & out of stoma
- + Have a warm shower onto your lower back, try to relax, heat pack to abdomen with care not to burn stoma (stoma has no feeling) or skin.
- + Seek medical help if this persists
- + *HINT*: **chew** your food well, especially ileostomates & make low fibre food choices, ↑ fluids

Gas / Wind

Cause: fizzy drinks, beer, cabbage, cauliflower, legumes, peas, radish, onion, spicy foods

Non-food reasons: chewing gum, drinking with a straw, talking while eating, smoking, irregular eating times

HINT: regular meals, open fizzy drinks & allow to settle, add yoghurt daily, try changing pouch at night for fresh filter when going to bed, if wearing drainable pouch add Diamonds - odour reducing gelling sachets





Odour

- + Cause: fish, eggs, onions, garlic, beer, asparagus, beans, nutritional supplements, medications
- + *HINT:* If pouch output smelly try lubricating deodorants that aim to neutralise odour.
- + Try striking a match
- + Peppermint tea, live yoghurt culture, buttermilk

Diarrhea/High output

Cause: diet (spicy) & how your body processes food. Output mostly water, increased emptying, change from usual pattern.

Infection - C'Diff

Food poisoning

Eat banana, cheese, apple sauce, marshmallows, white rice, mashed potato, milk arrowroot biscuits, rice noodles

HINT: put marshmallows in freezer (last longer), wear drainable pouch, empty more frequently

Use gelling agent into pouch e.g. Perform



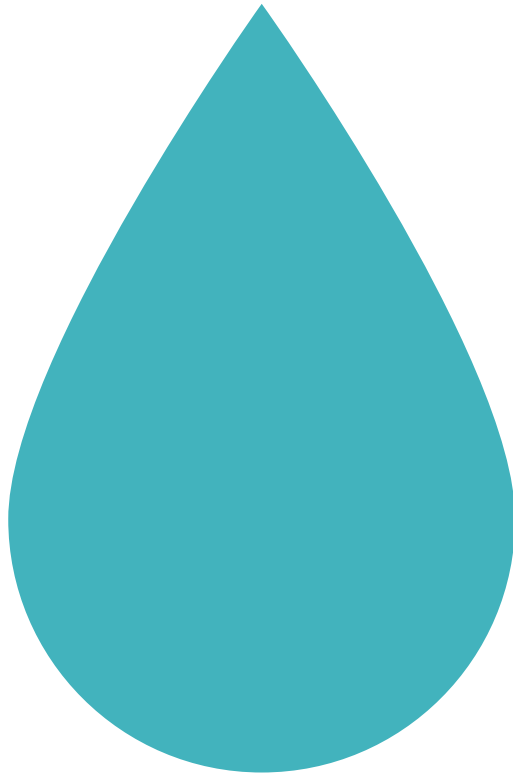


Dehydration

- + Increased emptying of pouch, change in consistency +/- vomiting risk of dehydration
- + Signs of dehydration: thirst, dark coloured urine, reduced amount of urine, weakness, lethargy, faintness, dry mouth, dry skin, muscle & abdominal cramps, confusion, headache, tingling in fingers &/or toes.
- + Ring an ambulance if tingling in fingers & toes a later sign of dehydration

Constipation

- + Colostomates
- + ↑ fluid
- + ↑ insoluble fibre, roughage, bulk e.g., pears, kiwi fruit, leafy veg, watermelon, rockmelon, fluid, if possible, prunes, prune juice, cabbage
- + Consider liquorice or some type of food you know makes you regular
- + Gentle exercise
- + Soluble fibre like Psyllium (***)need to drink 2ls H2O***)
- + Know bowel pattern & output consistency
- + Ring STN or GP for guidance



HOW MUCH WATER?

50-70% body weight

**Individual: activity, environment,
breastfeeding, health e.g., dialysis**

Every body cell needs water

**Water removes waste in urination,
perspiration, bowel movements & lost in
breathing**

Regulates temperature

Lubricates & cushions joints

Protects sensitive tissues

20% fluid from food & drinks

mayoclinic.org



Urostomates

- + Coffee, tea, alcohol, diuretics, try reducing before bed if not connecting to an overnight drainage bag or try an overnight drainage bag
- + Foods ↑ vit C make the urine more acidic (citrus, soft berries, blackcurrant cordial), ↓ risk of UTI
- + Try limiting bananas, peanut butter or add cranberry to reduce mucous. Cranberry & Warfarin medication should not be taken together.
- + Food dye, vitamins, beetroot, spinach = colour change



Hints & Tips

Choosing healthier food options, read labels e.g., diet drinks often sweetened by sorbitol. Too much sorbitol can cause diarrhea

Understand your medication - Metformin = diarrhoea

Avoid high levels of salt (sodium)

After new faecal stoma small frequent meals, bland type food

Revisit foods again later that may have caused discomfort

Colostomate try not to eat evening meals too late

GP management plan = dietitian

Exercise

- + “Staying active regularly is essential for good physical and mental health and wellbeing. This is true no matter how young or old you are. But the amount of activity varies, depending on your age.”
- + Australian Government Dept of Health and Aged care



18-64 years

- + “Adults should be active most days, preferably every day. Each week, adults should do either:
 - 2.5 to 5 hours of moderate intensity physical activity – such as a brisk walk, golf, mowing the lawn or swimming
 - 1.25 to 2.5 hours of vigorous intensity physical activity – such as jogging, aerobics, fast cycling, soccer or netball
 - an equivalent combination of moderate and vigorous activities.
- + Include muscle-strengthening activities as part of your daily physical activity on at least 2 days each week.”



65+

- + “As you get older, it’s important to do some form of physical activity every day.
- + What you do depends on your health and lifestyle. But there are easy ways to add activity to your day.
- + If you have health problems, it’s a matter of finding what works for you. Talk to your doctor about what activity suits you. For example, if you have:
 - heart problems, diabetes or asthma – you can start moderate walking or swimming
 - arthritis – you can try hydrotherapy or swimming in a warm pool
 - osteoporosis – you can try weight bearing and strength activities.”

Core engagement

- + Abdomen+ spine = core
- + Abdominal muscles supporting stoma are part of core
- + Strengthening core = better posture, body awareness, reduction in parastomal hernia development, greater independence.





Lifting

- + Heavy lifting be avoided until you are comfortable
- + If lifting bend knees
- + Feet apart
- + Keep objects close to body
- + Regular lifting wear a support garment
- + STN needs to measure you for support belt



Hints & Tips

01

See GP for
Management
Plan for Exercise
Physiologist or
Physiotherapist

02

See your STN for
measurement of
support garment
& help ordering

03

Look out for
ConvaTec Me+
coming soon.

Youtube exercises from Me+ Recovery

- + <https://www.convatec.com/en-gb/stoma-care/living-with-a-stoma/lifestyle-support/me-recovery-series/>

Don't Lose Sleep Over It





What is sleep?

Sleep is the natural state of rest in which your eyes are closed, your body is inactive, and your mind does not think

- Sleep requirements vary from person to person, for most adults 7 to 8 hours a night appears to be the best amount of sleep.
- The most common sleep position is side sleeping, followed by back sleeping and stomach sleeping. The position you sleep in can affect your health and the quality of your sleep.
- Regular exercise can help regulate sleep patterns and promote better sleep by reducing stress and anxiety, and by increasing the production of sleep-promoting hormones.
- Generally, if you feel drowsy during the day, you haven't had enough sleep. The same is true if you fall asleep within five minutes of lying down. Microsleeps, or very brief periods of sleep in an otherwise awake person, are also warning signs of sleep deprivation.
- Insomnia is considered chronic when a person has difficulty falling or staying asleep for two nights a week for a month or longer.
- Sleep studies show that men and women over the age of 65 experience frequent problems with deep sleep, also known as REM. Therefore, they tend to sleep more lightly and for shorter periods of time. Plus, insomnia tends to be a bit more prevalent among older adults.
- During daylight saving time, we tend to go to bed and fall asleep later at night, resulting in sleep loss. The spring and fall time changes also can disrupt our sleep schedule and have a negative effect on the quality of our sleep.
- If you can not sleep do not go on electronics and scroll social media. You should get out of bed and go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.

Sleep Disruptions – A Global Issue



45 million

live with
chronic sleep disorder that
impacts **daily**
functioning
and health¹



of population
do **not** get
sufficient
sleep²

1. Medic G, Wille M, Hemels ME. Short- and long-term health consequences of sleep disruption. Nat Sci Sleep. 2017;9:151-161. Published 2017 May 19. doi:10.2147/NSS.S134864
2. <https://www.weforum.org/agenda/2019/08/we-need-more-sleep>



Sleep deprivation has serious impacts including decreased pain tolerance, increased immunosuppression, delayed healing, confusion, disorientation and delusions.

Longer impacts include decreased performance on activities of daily living and lower physical functioning.

Emotional Effects



Sleep helps your brain work properly. While you are sleeping your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.



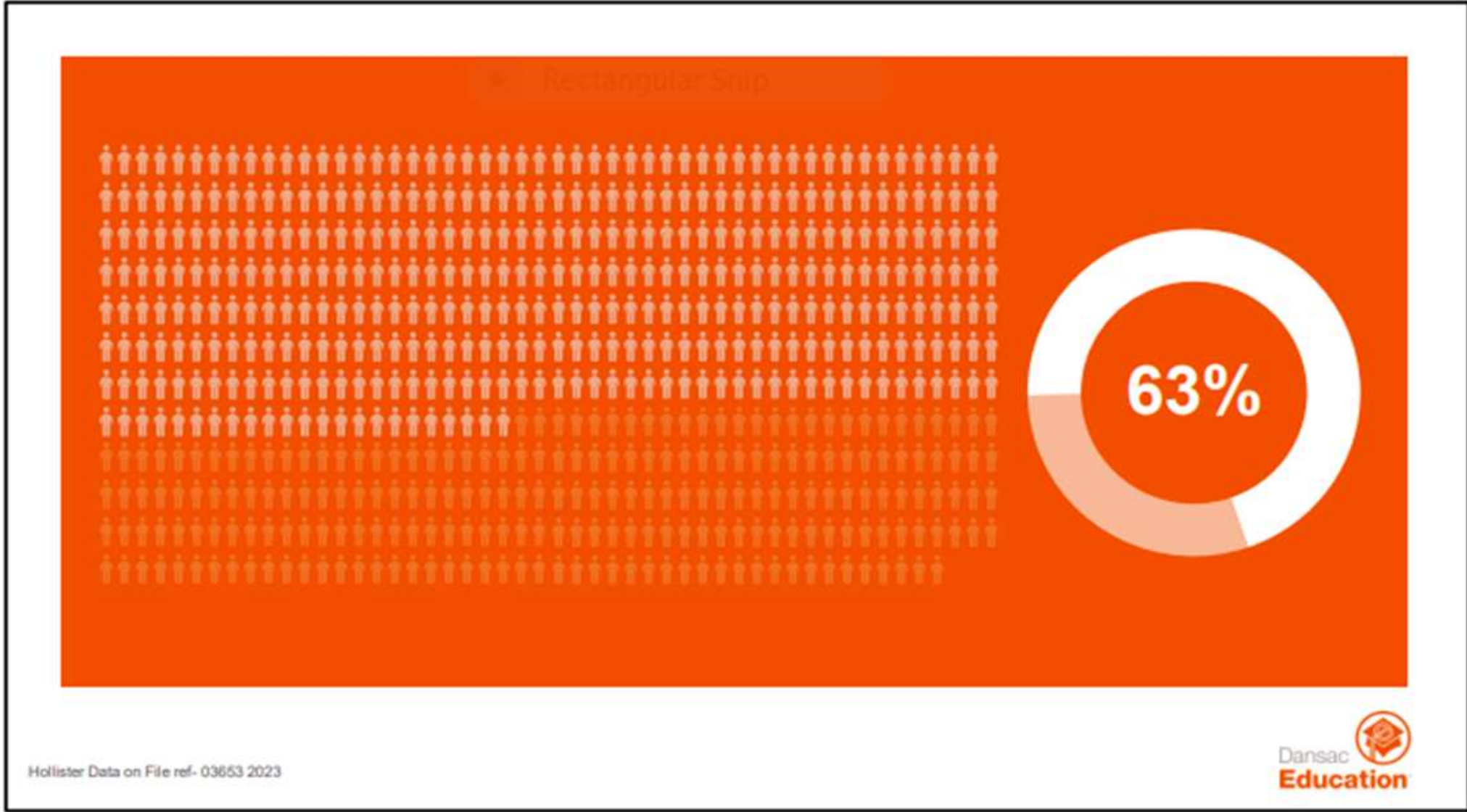
Dansac conducted a survey in 2023. The study included patients from the UK, New Zealand and Australia. There were a total of 597 people who took part of this survey.



64%

Sleep problems have been reported in over 64% of people with a stoma¹

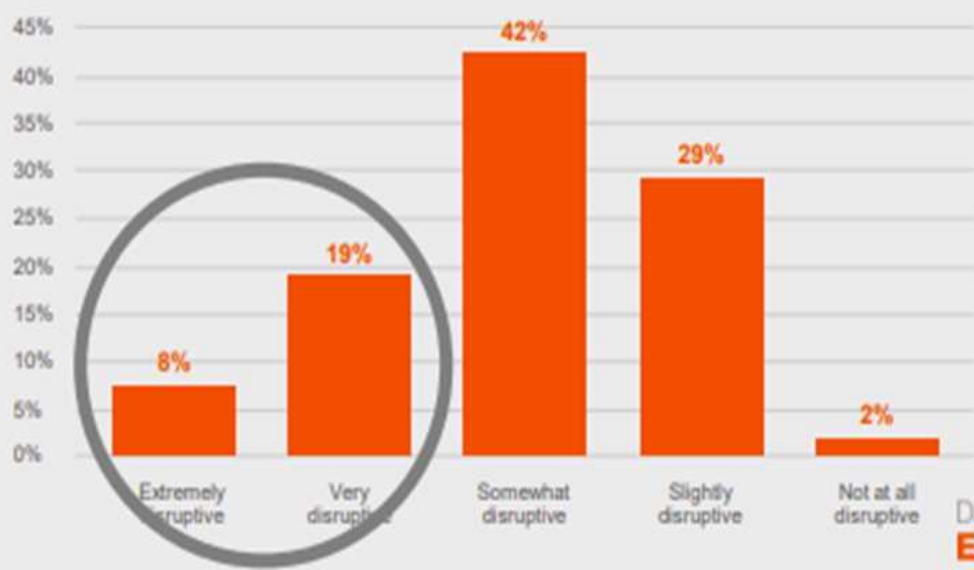
1. Isik A, Balanuye B, Erturk E, Karahan A, Ustundag C, Ugurlu Z, Hin A, Aydin D, Baykara Z, Acarliar H, Akar E, Kosker Y, Koc M. Sleep Problems in Individuals With Intestinal Stomas and determining the Quality of Sleep 2023. JWOCN Jan/Feb, 50(1):39-46, p.g.39-46.



63%, that's 376 out of 597 reported having sleep disruptions due to having a stoma

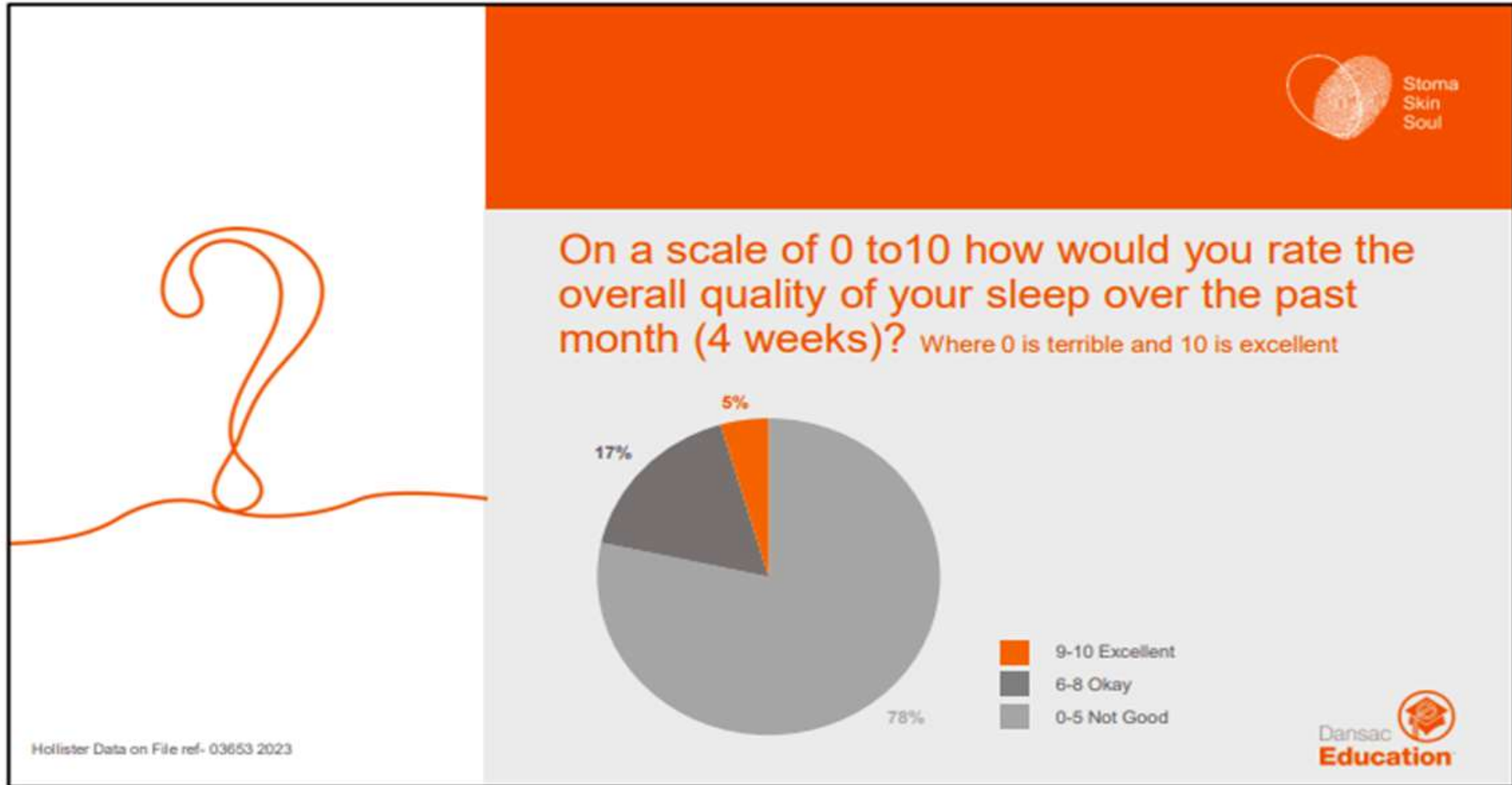


We asked, how many people in the last 4 weeks experienced very or extremely disrupted sleep.



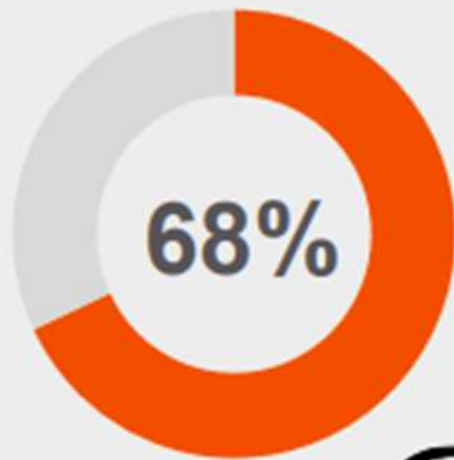
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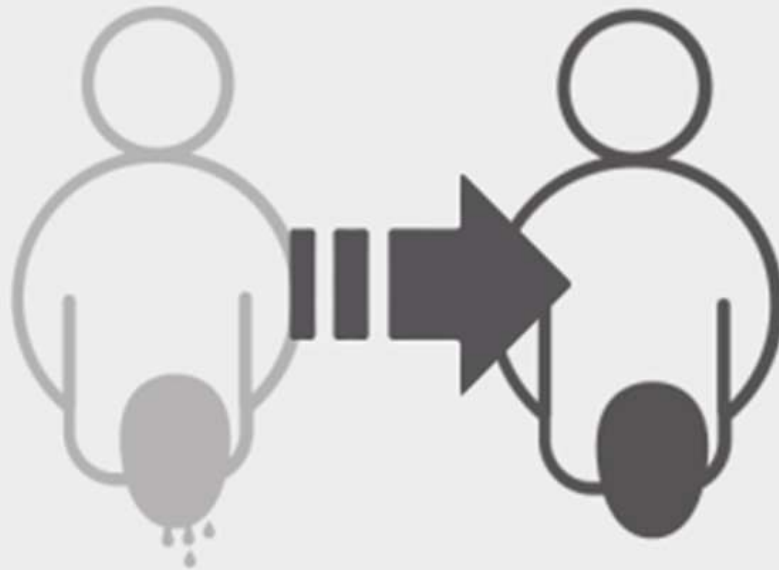


78% reported even if they managed to sleep, 78% rated the quality of that sleep as not good.

The Top 3 Reasons

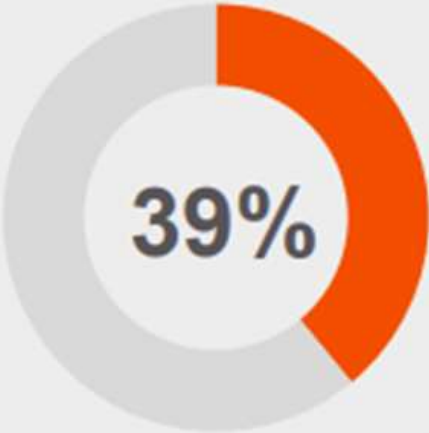


Pouch full
needed emptying



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The Top 3 Reasons

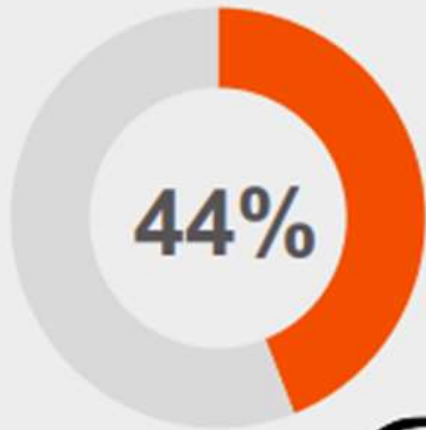


Worry pouch
leaking or falling off

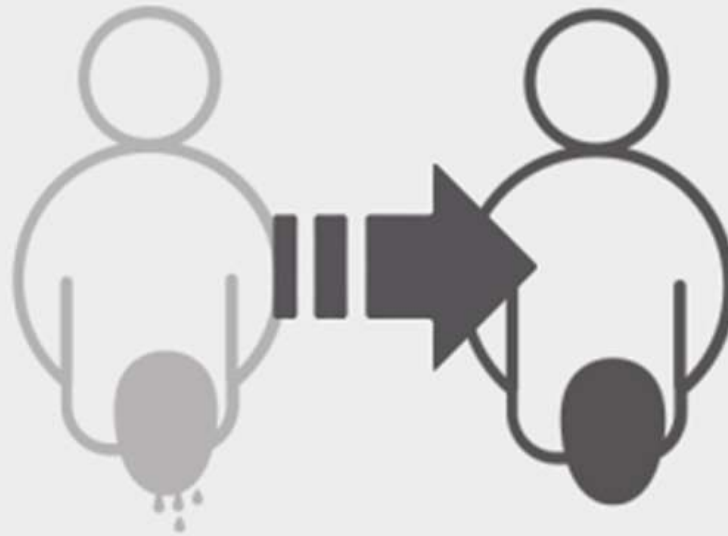


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The Top 3 Reasons



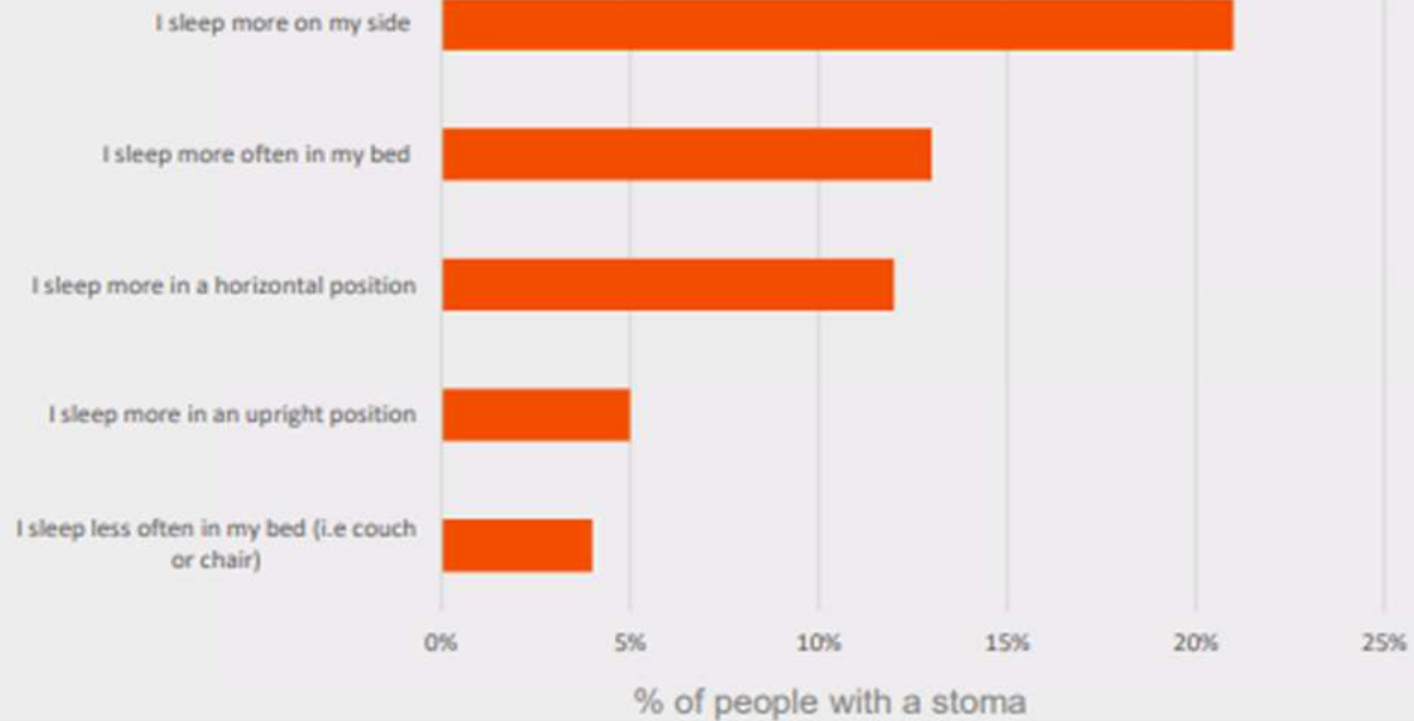
Pouch system leaked and needed changing



Hollister Data on File ref- 03653 2023



How Do Patients Manage Sleep Disturbances?



Hollister data on file ref-03209 2020



“Hints and Tips” for a better night sleep

- + Invest in mattress protection
- + Empty pouch before getting into bed
- + Think about when you ate your last meal or snack?
- + Think about when you last drank?
- + Try showering at night at least 2 hrs. after your last meal.
- + Relaxation
- + Clean pouch with a new venting filter
- + Consider a two-piece pouch that can be swivelled around to lesson drag or a new pouch attached for a clean filter.
- + Connect to under bed night bag if possible
- + Trial gelling products - if too watery
- + Sleeping position may interfere with achieving sleep - support belt may help?

“Hints and Tips” for a better night's sleep

Don't drink alcohol too close to going to sleep.

Limit overstimulation from gaming, technology, TV, sport, phone

Softly play music that relaxes you

Meditation

Use a relaxing burner with a scent that you like to help relax you.

Think about APPs

1) CALM: 7day free trial then if you do not cancel will opt into a monthly plan \$16.99

Offers: mediation, sleep techniques on basic level

2) Sleep Cycle: tracks your sleep pattern, has an alarm, offers aids to relax \$2.99 / month up to \$52.00 (includes an initiation set up cost), 30% battery life per night.

***All APPS need you to put phone in Airplane mode or you will receive notifications



**"I CAN'T CUT THE GRASS UNTIL
I FIND THE LAWNMOWER AND I
CAN'T FIND THE LAWNMOWER
UNTIL I CUT THE GRASS!"**

ANY
QUESTIONS
?



Thank you

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Resources

- + Eatforhealth.gov.au (brochures available – see attached and good information)
- + Nutrition Australia ([<https://nutritionaustralia.org>])<https://nutritionaustralia.org>)
- + Dietitians Australia ([<https://dietitiansaustralia.org.au>])<https://dietitiansaustralia.org.au>)
- + Harvard Health (health.harvard.edu)
- + <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-adults-18-to-64-years>
- + <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-people-with-disability-or-chronic-conditions>
- + <https://www.dansac.com.au/enau/livingwithastoma/recoveryafterstomasurgery/theimportanceofcoreexercisewithastoma>