

The Ostomy Life Study Review is a recurring publication developed by Coloplast in cooperation with expert ostomy care nurses in the Global Coloplast Ostomy Forum.


Have the needs of people with *outward peristomal body profiles* been overlooked?

A look into data from the Ostomy Life Study 2016¹ indicates that individuals with an outward peristomal body profile – about one third of all people with an ostomy – have very distinct challenges in dealing with their situation.


Summary of findings:

People with outward peristomal body profiles are more likely to be obese or overweight than those with regular peristomal body profiles.¹ They use more accessories², are more worried about leakage¹, are more concerned about lack of discretion¹, and have more uncontrollable bellies and stretched skin.¹ These findings indicate a need for special care when looking for the right ostomy appliance.

What the data shows about people with outward peristomal body profiles³


39% 
worry about leakage to a 'high or very high degree'

44% 
experience that their ostomy appliance is visible through clothing

84% 
have an ostomy above skin level (protruding)

64%
are 60+ years old

57%
are male

74% 
are overweight or obese

63%
find it difficult to hide the ostomy appliance because of ballooning

56%
use a 1-piece appliance



Outward peristomal body profile challenges are worthy of special care

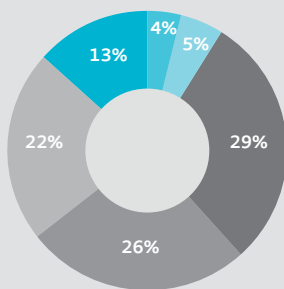
Many circumstances contribute in making it difficult for individuals with an outward peristomal body profile to obtain a proper ostomy product fit. For one, the curved shape of the area makes it difficult to obtain a tight seal and proper adherence of the baseplate – even when the ostomy location is perfect. Outward areas come in many different sizes, making it difficult to point to one solution suitable for all.

When you combine how people with an outward peristomal body profile experience a large negative impact on their quality of life, it is clear that there is good reason to focus more on these individuals, both in terms of research and product innovation.

Outward peristomal areas come in many sizes

The outward peristomal area of individuals with an outward peristomal body profile can vary from below 5 cm to over 20 cm in size.

Size of outward peristomal areas

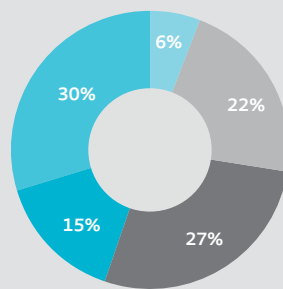


- A lime (up to 5 cm)
- An orange (6-10 cm)
- A grapefruit (11-15 cm)
- A coconut (16-20 cm)
- A watermelon (larger than 20 cm)
- Don't know

Outward peristomal areas can develop late

It is most common (50%) for outward areas to develop within the first 6 months after surgery. However, for almost a third of people (30%) with outward peristomal body profiles, the area didn't develop until more than a year after surgery.

When outward peristomal areas develop

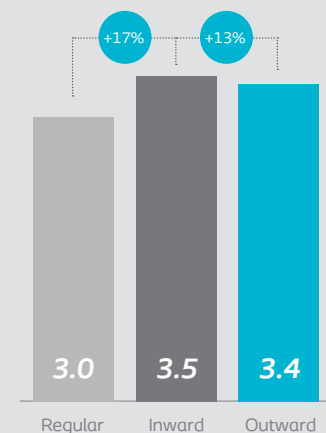


- Within 1 month after surgery
- Within 1-6 months after surgery
- Within 7-12 months after surgery
- More than 1 year after surgery
- Don't know

People with outward peristomal body profiles use more accessories

Similar to inward peristomal body profiles, outward peristomal areas require more accessories to obtain proper fit and care.

Average number of accessories used



■ % agree (low degree to very high degree)



Outward peristomal body profiles are challenged by body movement

- Many people with outward peristomal areas experience stretching of the ostomy shape when they change body position.
- The findings show that many people with outward peristomal body profiles have uncontrollable bellies as they move up and down when active and moves to the side when lying down.
- A little more than half of the people with an outward peristomal body profile experience stretching of the skin when sitting down.



Want to learn more?

The aim of the Ostomy Life Study is to raise awareness about important aspects of ostomy care by sharing empirical data, clinical insights and inspiring trends in order to improve the standard of care. To get more insights from the Ostomy Life Study, go to <https://www.coloplast.com/OLS>

1. Coloplast Ostomy Life Study, 2016, Data on file; 2Ostomy Life Study 2016/17, Review (p 13); 3The Ostomy Life Study 2016/17, Review (p. 22-23).