

00046 Evaluation of a STOMA Psychosocial Intervention Programme on the Improvement of Outcomes of Colorectal Cancer Patients With Stomas: A Pilot Randomised Controlled Trial

Lim Siew Hoon¹, Chan Wai Chi Sally², Lai Jiunn Heng³, He Hong-Gu⁴

¹Singapore General Hospital, ²The University of Newcastle, Australia, ³Mount Elizabeth Hospital, ⁴National University of Singapore

Aims: To evaluate the preliminary effects of a tailored STOMA psychosocial intervention programme delivered via a multi - modal and multi - dimensional approach on the outcome improvements of colorectal cancer patients with stoma. With a distorted body image and loss of an essential body function, stoma patients face difficulties in everyday life in terms of physical, psychological and social aspects. Few studies have explored effects of psychosocial interventions on improving stoma - related health outcomes.

Methodology: This was a two - group pre - test - post - test pilot randomised controlled trial. Participants were recruited from July 2015 to November 2016 in a tertiary public hospital. They were randomised into the intervention (n = 29) or control (n = 24) groups. The STOMA psychosocial intervention programme was specially developed in this study which integrated a multi - modal and multidimensional approach for the outcome improvements in colorectal cancer patients with stoma. A combination of psychosocial strategies including a face - to - face individual session with presence of family members, a comprehensive booklet, and five telephone follow - ups was included in the programme. Stoma care self - efficacy, acceptance of stoma, level of stoma proficiency, length of hospital stay, anxiety and depression, and quality of life were measured. IBM SPSS 24.0 was used in data analysis.

Result: There was a significant improvement in the acceptance levels of stoma, anxiety and depression levels in the intervention group. The effects on stoma care self-efficacy, stoma proficiency, length of hospital stay and quality of life were not shown.

Conclusion: This study developed a feasible and applicable psychosocial intervention programme and generated

preliminary evidence in the positive outcomes of colorectal cancer patients with stoma.

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