

## 00048 A Qualitative Evaluation of the STOMA Psychosocial Intervention Programme for Colorectal Cancer Patients With Stoma

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**Aims:** To explore the experiences of patients who underwent a STOMA psychosocial intervention programme for colorectal cancer patients with stoma. The STOMA psychosocial intervention programme was developed to improve stoma - related health outcomes for patients with colorectal cancer and stoma. Evaluation was carried out to explore their experiences.

**Methodology:** A qualitative exploratory approach was adopted. A total of 13 colorectal cancer patients, who were (1) scheduled for surgery that resulted in a surgical formation of stoma at a tertiary public hospital in Singapore and (2) were allocated to the intervention group and received the STOMA psychosocial intervention programme, were recruited for the process evaluation (September to November 2016). The STOMA psychosocial intervention programme was specially developed 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. Participants were asked to comment on the contents and delivery methods of the intervention, as well as the effect of the presence of family members during the sessions. Thematic analysis was used to analyze the data.

**Result:** Four themes were generated: (1) individual attitudes towards stoma, (2) benefits of the STOMA psychosocial intervention programme, (3) strengths of the STOMA psychosocial intervention programme, and (4) recommendations for future programmes. The programme provided patients with mental preparation pre - operatively and enhancing their confidence levels and knowledge on stoma self - care. Patients received adequate follow - ups after discharge with sufficient support and resources, which also improved their positive attitudes and provided feelings of being cared for.

**Conclusion:** The process evaluation reflected the benefits of the intervention programme in improving the outcomes of colorectal cancer patients with stoma with its multimodal and multidimensional approach. Trial Registration Number. ISRCTN41915584.