

COMMON DEFICIENCIES IN STOMA PATIENTS

The risks of nutritional deficiencies in people living with a stoma are high
KNOW THE WARNING SIGNS

17%

are deficient in

Iron

Symptoms - Breathlessness, weakness, headaches, dizziness, cold hands and feet, tongue soreness, pale skin, brittle nails, increased appetite.

31%

are deficient in

B12**

Symptoms - Fatigue, cold hands and feet, pins & needles, mood changes, mouth ulcers.

13%

are deficient in

Vit D

Symptoms - Fatigue, bone pain, muscle weakness and/or cramps, depression.

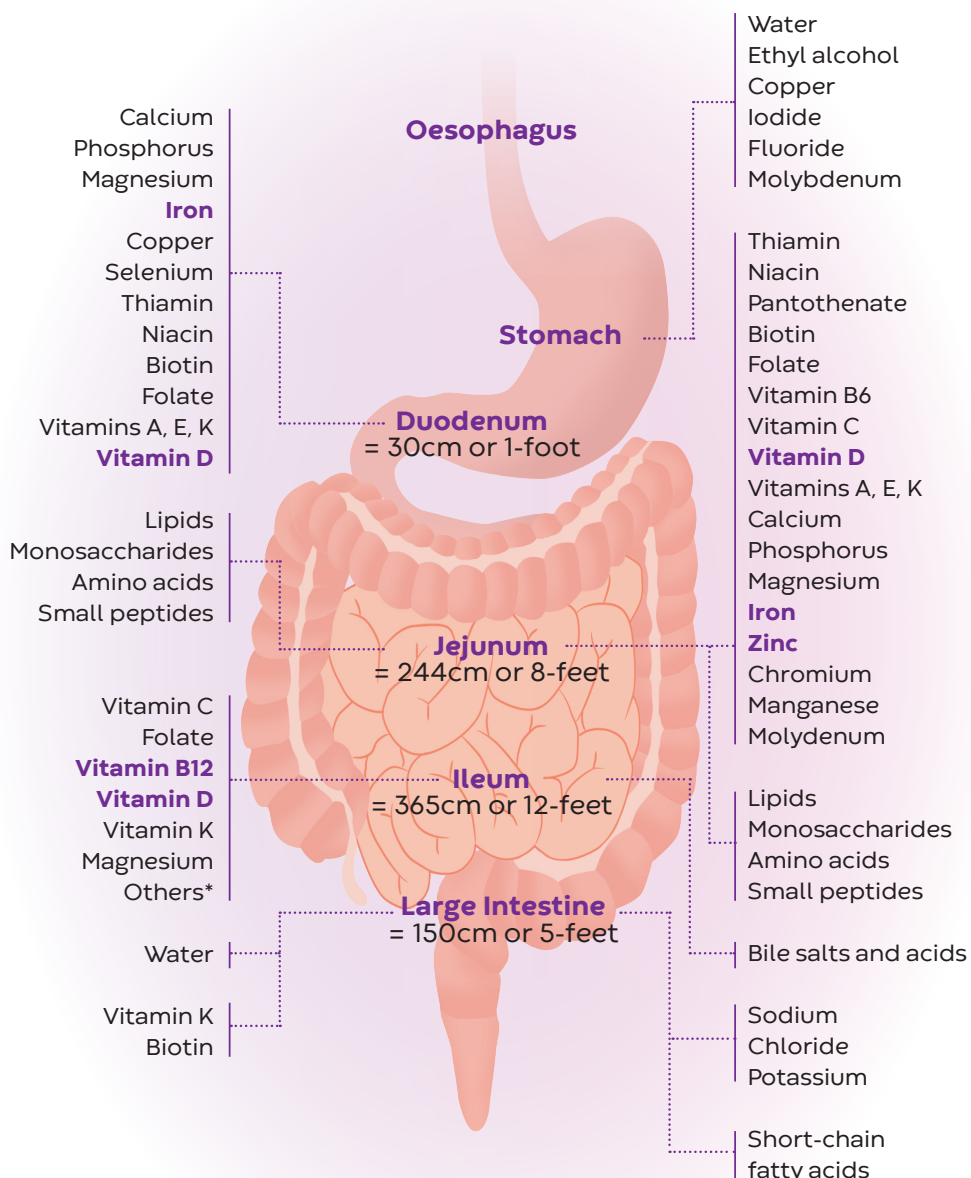
8%

are deficient in

Zinc

Symptoms - Loss of appetite, hair loss, impaired immune function, diarrhoea, taste changes, fatigue.

WHERE NUTRIENTS ARE ABSORBED IN THE DIGESTIVE TRACT



Nutritional deficiencies in people living with a stoma are high, particularly in patients with an ileostomy.

Often, patients won't absorb adequate amounts of vitamins and minerals from their diet and even multivitamin supplements can pass through without being absorbed.

As healthcare professionals, we must be alert:

- Talk to your patients about the common symptoms.
- Screen routinely for nutritional deficiencies when requesting blood tests.
- Add verbal and biochemical vitamin and mineral screening to protocols.
- Educate and empower your patients.



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*Many additional nutrients may be absorbed from the ileum depending on transit time. Reprinted with permission from Cengage Learning Nelson education as published in Advanced Nutrition and Human Metabolism by Grooper & Smith (copyright 2009).