

Summary of research No. 8

Outcomes of Educational Guidelines on Awareness and Self – Efficacy among Patients with Permanent Colostomy

Background: **Aim:** This study aimed to evaluate the outcomes of educational guidelines on awareness and self - efficacy among patients with permanent colostomy. **Subjects and Methods:** A quasi-experimental design was utilized in this study that was conducted in the Outpatients Clinics at El- Demerdash Surgical Hospital and Ain Shams Specialized Hospital which is affiliated to Ain Shams University. A purposive sample of (90) adult patients from both genders with permanent colostomy were taken from the above mentioned settings. The study tools were: 1) Patients' interviewing questionnaire (pre / post guidelines) to assess the knowledge about colostomy care.2). An observation checklist (pre / post guidelines) to evaluate studied patients' practices regarding colostomy care. 3) Hamilton Anxiety Rating Scale (pre / post guidelines) to assess anxiety level. 4) Ostomy Skin Tool assessment (pre/ post guidelines) to detect the extent and severity of peristomal skin complications and 5) Stoma Self- Efficacy Scale (pre / post guidelines) to predict coping with difficulties of the disease. **Results:** More than half of the studied patients had unsatisfactory level of knowledge and practices pre- guidelines, added to poor levels of anxiety and self - efficacy. Moreover, ostomy skin complications had more significant improvement post guidelines. **Conclusion:** On the light of the current study results, it can be concluded that, educational guidelines had a positive effect on improving awareness (knowledge and practices) and self - efficacy among patients with permanent colostomy. **Recommendations:** Further studies should be carried out on a large number of patients with colostomy for evidence of the results and generalization.