

Ostomy Pouch Management with Arthritis and Dexterity Challenges:

Tips and Tricks from an OT

Matty Shepard OTR/L



UnityPoint Health
Des Moines

What is Occupational Therapy?

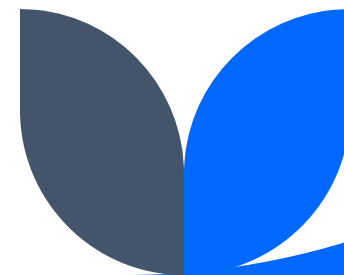
OTs help people complete any activity that has meaning.

- Task Analysis
 - Modify the Person
 - Modify the Task
 - Modify the Environment



General Tips for Arthritis:

1. Modify the Environment
2. Warm up for the task
3. Use larger joints
4. Maximize your force
5. Use tools efficiently



Modify the Environment

Think about your positioning and support for the task:

- Sitting vs. Standing to focus better on the task
- Ensure adequate lighting to fully see the task
- Try propping your elbows to focus on your hands



Warm up for the task

If you are dealing with arthritis in your wrists/fingers/thumbs, make sure you are attempting this challenging task when your hands are feeling good.

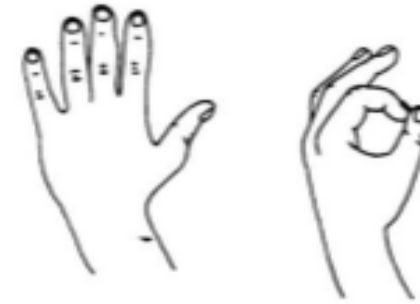
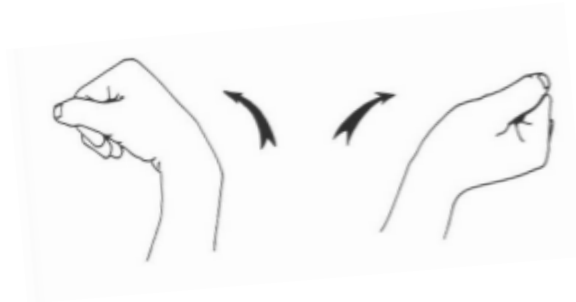
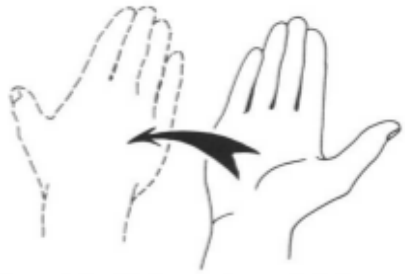
a. Start with moist heat:

- a. Paraffin
- b. Microwave heat/rice bag
- c. After the shower or a warm hand soak

b. Follow with gentle motion for your joints



Gentle Active Movements



Use larger joints

Shift the effort to come from your elbows or shoulders to minimize the stress on your wrists/fingers

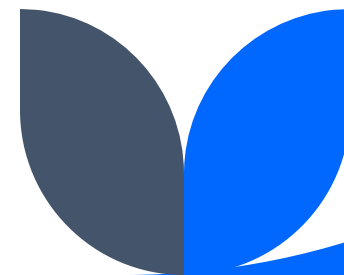
Instead of pressing between your thumb and fingertips, try using your palm



Maximize your force

Add some extra texture to your fingertips:

- Dishwashing gloves
- Rubber Fingertips (available at Staples, Office Depot, etc.)
- Shelf/Drawer liner (“gorilla grip” or other perforated styles)
- Non-Slip Material-Dycem ([link at end of slideshow](#))



Use tools efficiently

Use the right tools and make them easier to hold:

- Pliers with smooth jaws
- Mini tongs, chip clip, or small clamp
- Loop scissors
- Add built-up handles ([link at end of slideshow](#))



General Tips for Dexterity Challenges:

1. **Modify the Environment**
2. Maximize your force
3. Use tools efficiently



Modify the Environment

Think about your positioning and layout for the task

- Sitting vs. Standing to avoid accidentally dropping equipment
- Use your sight:
 - Ensure adequate lighting
 - Take a picture or a video



Demonstration

Steps to Apply a Pouch

1. Separate the sticker from the pouch
 - a. Add texture-to help with the pinch
 - b. Use Mini tongs, chip clip, or small clamp to pinch the pouch
2. Roll/clamp the bottom
 - a. Use a tool or larger joint to press the sides after rolling
3. Marking & cutting the skin barrier
 - a. Modified scissors or built-up handles
4. Remove the skin barrier/tape
 - a. Add texture-to help with the pinch
 - b. Use Mini tongs, chip clip, or small clamp to pinch the pouch
5. Flatten or clip on the barrier
 - a. Flatten the sticker with your palm
 - b. Add texture-to help with the pinch



Questions...



Resource Links:

Dycem Non-Slip Material:

<https://www.amazon.com/s?srs=2590919011>

Foam Tubing:

<https://www.amazon.com/6-Pack-Foam-Grip-Tubing-Latex-Free/dp/B06XTLQ95N>





Thank you

Matty Shepard OTR/L
Occupational Therapist
Unity Point Health—Des Moines
1200 Pleasant St., Younker 3
Des Moines, IA 50309
515-241-5284