

# Urostomy Skills Checklist

**Directions:** Please use this guide along with your skills kit supplies to practice. Then share this checklist with your nurse/surgeon. They will add in any comments or special instructions.

## Patient/Care Provider Evaluation

1 I can do this on my own
2 I need a little help
3 I need much help
4 I had no chance to practice

## Professional Evaluation

1 Can do independently
2 Needs some help
3 Needs much help and additional review
4 No chance to review, home care to follow up

## 1 SKILL — Empty the Pouch

	Patient/Provider	Professional	Comments/Instructions
1 Empty pouch when 1/3 to 1/2 full.			
2 Assume a correct position.			
3 Raise and open the spout.			
4 Pinch the pouch opening.			
5 Point nozzle down, unpinch, and drain into toilet (or diaper if for infant).			
6 Close the pouch nozzle.			

## 2 SKILL — Remove the Old Pouching System

	Patient/Provider	Professional	Comments/Instructions
1 Assemble supplies for pouch change: new pouch, towel, measurement guide, pen, scissors, disposable garbage bag (barrier ring, powder, and adhesive releaser, if needed).			
2 Empty the pouch.			
3 Remove the outer adhesive by starting at one corner/edge.			
4 Place one hand on skin and push down while your other hand lifts up the barrier. Use warm wet cloth or adhesive remover if needed.			
5 Place the old pouch in a garbage bag.			

## 3 SKILL — Clean and Inspect the Skin

	Patient/Provider	Professional	Comments/Instructions
1 Check the skin for color, bleeding, and irritation.			
2 Clean the skin around the stoma with warm water.			
3 Pat the skin dry.			

4 SKILL — Measure and Cut the Opening

	Patient/Provider	Professional	Comments/Instructions
1 Cover the stoma opening with a piece of tissue or gauze while measuring.			
2 Measure your stoma accurately with the measurement guide.			
3 Trace the correct size on the back of the pouch barrier.			
4 Place your finger into the pre-cut opening and push the pouch away from the barrier, if a one piece system.			
5 Cut the traced opening.			
6 Center the new opening over the stoma making sure it is close to the stoma edge. Adjust as needed.			

5 SKILL — Apply the New Pouching System

	Patient/Provider	Professional	Comments/Instructions
1 Remove the paper backing from the pouch barrier.			
2 Date and keep the paper from the backing to use as your next template.			
3 If the skin is weepy, apply skin barrier powder.			
4 Remove any gauze/tissue placed over the stoma.			
5 Center and apply the pouch skin barrier around the stoma. Starting closest to the stoma, press on the barrier for 30-60 seconds until secure.			
6 For a two-piece system, apply the pouch to the barrier flange.			
7 Correctly close the bottom opening of the pouch: Turn the tap to a closed position. Place the cap on the nozzle or bend the nozzle up in the holder.			

Special Instructions