

## Volunteering among patients to normalise ostomies

**LOCATION:** Málaga.

**DURATION:** 1'53"

**SUMMARY:** People who wear an ostomy bag help other patients like them to face this medical problem. It is a volunteering programme promoted by nurses from the Digestive Surgery Unit of the Malaga Regional Hospital. 12 people have received training to work as volunteers and have achieved to make other patients give less importance to their condition and accept it as normal.

### VTR:

A volunteering project developed in the Malaga Regional Hospital allows people who have gone through ostomy surgery, this means, that wear a bag that collects their faeces, tell their positive experience to patients in their same situation and that recently went through surgery. Ana Carmen is one of the nurses who have promoted this programme.

### **ANA CARMEN MONTESINOS** Stomatherapy nurse

*"So a person can hear from others how they overcame it. This could encourage them or just help them to better cope with the situation they are going through."*

These patients have undergone surgery to create an opening from their abdomen to the outside so their faeces can be collected in a bag designed for that purpose. This is a consequence of an intestinal problem, in most of the cases colon cancer. María Victoria went through this procedure. It was supposed to be something temporary but eventually she will have to wear the bag for life.

### **MARÍA VICTORIA MARTÍN** Patient

*"Very hard, you feel lost, this is something strange for you, and you don't know how to get out of this... Family, people who surround you and support is very important. Thank God, this has given me the chance to stay alive. Offering support, showing people that you could get over it, is very important."*

Antonio is one of the 12 people who have received training to work as volunteers in this programme. He also created the Association of Ostomized People of Malaga.

### **ANTONIO NARANJO** Pres. Assoc. of Ostomized People

*"I sincerely have a normal life. I accepted it and I have to wear the bag for life. I came here to visit patients in our same situation, to collaborate, so these patients feel supported."*

The result of this programme is that 46% of the patients who talked to a volunteer valued ostomy as a not much serious health problem, however, only 16% of the patients who didn't have this conversation thinks the same. This volunteering programme was awarded in 2016 in the Spanish Congress of Stomatherapy Nursing.

For more information or support please call +34 647 310 157 or email [info@andalusianstories.com](mailto:info@andalusianstories.com)