

Parastomal Hernias

Management and prevention



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What is a Parastomal Hernia

- A type of incisional hernia that allows the protrusion of abdominal contents through the abdominal wall defect created during stoma formation.
- Not every deformity in the stomal region is considered a 'real' hernia, especially if it is relatively small. (Devlin)

In lay terms

- It's a bulge around your stoma

Risk factors

- Emergency surgery
- Sepsis
- Diabetes
- COPD/persistent cough
- Long term steroids
- Connective tissue disorder
- Waist above 100cm
- Manual work
- Radiotherapy/chemotherapy
- Female
- Above 60 years

Focus on minimising risks

Stoma Nurse Role

- Preoperative preparation
- Siting within rectus muscle
- Assessment of those at higher risk for early intervention

Patient Role

- Weight loss (if appropriate)
- Exercise program- core and breathing exercises pre op
- Avoiding inactivity post op – this approach has been adopted to avoid parastomal hernia developing, but is now known to be wrong

Facts and figures

- In UK- 11,500 are formed each year due to rectal cancer and 2000 for IBD
- 30% Parastomal Hernias (PSH) form by 12 months, 40% by 2 years and 50% after this time
- End colostomies most commonly develop PSH with end ileostomies after this and to a lesser extent in Loop colostomy and loop ileostomy
- Important to note too many variables and not enough available data-presumptions

Surgical v Conservative treatment

Surgical- Reluctance to repair surgically in UK due to recurrence rate

- Repair with mesh 0-33.3% (2.9% mean)
- Repair Suturing 46-100% (64.9% mean)
- Re site 0-76% (24.3% mean)

Conservative management

- Education for all- recognising those at greater risk and earlier intervention
- Weight loss and lifestyle management (smoking)
- Exercise - Pilates-based exercise
- Support Garments

Prescription 'Facts'

- All DACS can dispense Support Garments available of drug tariff
- Manufacturers – Supportx / Eakin/ Comfizz /CUI wear/ SASH/ Vanilla Blush (*Ostomart- are now out of business (supplied through Respond previously)*)
- *Most stoma care departments now have formularies for GPs to use as a reference. They have been asked to do this by the ICB (Integrated Care Board – was CCG)*
- You can have a maximum of 3 level 3 garments per year on prescription
- You can purchase support belts or supportive underwear

Don't forget M&S now sell support garments for men and women

Contacts for support belts

- <https://www.comfizz.com>
- <https://www.vblush.com>
- <https://suportx.co.uk>
- <https://www.sashstomabelts.com>
- <https://cuiwear.com>
- <https://www.eakinostomy.com>

Round up

- For some parastomal hernias are inevitable- how they are managed is key
- It has been recognised regarding the huge impact a parastomal hernia has on QOL
- High importance has been given to research and prevention
- Conservative treatment is preferable to surgical intervention in the UK unless health is threatened, and risks mitigated
- Budget/cost is a fact of life unfortunately
- Support is paramount whether this is through local stoma nurses, family and friends, national charities such as Colostomy UK

Reading list- links

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5890847/>
- <https://www.securestart.co.uk/ostomy/keeping-fit-and-healthy/>
- <https://www.britishjournalofnursing.com/content/ostomy-complications/parastomal-hernia-an-overview/>
- https://www.utsurgery.com/spec_hernia_parastomal.php
- <https://www.frontierspartnerships.org/articles/10.3389/jaws.2023.11214/full>
- <https://atm.amegroups.org/article/view/13579/html>
- <https://pilotfeasibilitystudies.biomedcentral.com/articles/10.1186/s40814-023-01329-8>
- https://meplus.convatec.co.uk/about/?utm_source=google&utm_medium=cpc&utm_campaign=Stoma_Bag_Generic_-_Search_-_Sample&gclid=Cj0KQCQiAgK2qBhCHARIsAGACuzkGzxWgrl66PPI-3eJw8yG3wisZXWUPZzKWwL6qu6u8IRPjvuLixH8aAsHDEALw_wcB
- <https://www.coloplast.ca/Global/Canada/Continence/HerniaGuide.pdf>
- <https://iasupport.org/pdfs/ParastomalHernia.pdf>
- <https://www.healthline.com/health/parastomal-hernia>
- <https://badgut.org/information-centre/ostomies/parastomal-hernias/>

hiowhealthcare.nhs.uk



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