

Nursing care for colorectal cancer patients using a colostomy bag: a literature review

Cuidados de enfermagem ao paciente com câncer colorretal em uso de bolsa de colostomia: revisão de literatura

Atención de enfermería para pacientes con cáncer colorrectal con una bolsa de colostomía: una revisión de la literatura

Josiane Pereira Da Costa Ribeiro¹, Leila Denise Costa Cavalcante², Luciana Tavares Dos Santos³, Andrey Hudson I. Mendes De Araújo⁴

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REVISA

1. Paulista University, Brasília, Distrito Federal, Brazil.

<https://orcid.org/0000-0001-7323-0905>

2. Paulista University, Brasília, Distrito Federal, Brazil.

<https://orcid.org/0000-0002-3256-9926>

3. Paulista University, Brasília, Distrito Federal, Brazil.

<https://orcid.org/0000-0003-2088-3675>

4. Faculty of Science and Education Sena Aires. Valparaíso de Goiás, Goiás, Brazil.

<https://orcid.org/0000-0003-4718-5084>

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RESUMO

Objetivo: analisar a importância da enfermagem no manejo da bolsa de colostomia em pacientes com câncer colorretal, buscando identificar o papel da enfermagem no processo de viver da pessoa ostomizada com câncer. **Método:** trata-se de uma revisão da literatura realizada nas bases de dados SCIELO, LILACS e BDeF, realizada entre abril e maio de 2022 com os descritores bolsa de colostomia, câncer colorretal, enfermagem. Os artigos selecionados para análise e interpretação tinham como os seguintes critérios de inclusão: textos completos sem restrição de delineamento ou cronograma do estudo; escrito em português, disponibilizado em bases de dados gratuitamente e que contemplam o objetivo da pesquisa. Já os critérios de exclusão foram: artigos de revisão bibliográfica, com publicações anteriores a 2016 e aqueles que não contribuíam para enriquecer a discussão do tema proposto. Assim, foram selecionados 10 artigos, que serviram de base para a discussão. **Resultado:** após a análise dos artigos foram encontrados os seguintes temas para discussão: câncer colorretal e a estomização, assistência de enfermagem à pacientes com colostomia e as percepções de pacientes ostomizados com câncer colorretal. **Conclusão:** a sistematização da assistência de enfermagem ao ostomizado e sua família é essencial para sua reabilitação, para sua autonomia e o pleno exercício de dignidade diante do enfrentamento de uma doença tão estigmatizada que é o câncer colorretal.

Descritores: Unidade de Terapia Intensiva; Pneumonia; Ventilação Mecânica.

ABSTRACT

Objective: to analyze the importance of nursing in the management of the colostomy bag in patients with colorectal cancer, seeking to identify the role of nursing in the life process of the ostomized person with cancer. **Method:** this is a literature review carried out in the SCIELO, LILACS and BDeF databases, carried out between April and May 2022 with the descriptors colostomy bag, colorectal cancer, nursing. The articles selected for analysis and interpretation had the following inclusion criteria: full texts without restriction of study design or schedule; written in Portuguese, made available in databases free of charge and covering the purpose of the research. The exclusion criteria were: literature review articles, with publications prior to 2016 and those that did not contribute to enrich the discussion of the proposed topic. Thus, 10 articles were selected, which served as the basis for the discussion. **Results:** after analyzing the articles, the following topics were found for discussion: colorectal cancer and ostomy, nursing care for colostomy patients and the perceptions of ostomized patients with colorectal cancer. **Conclusion:** the systematization of nursing care for people with stomas and their families is essential for their rehabilitation, for their autonomy and for the full exercise of dignity in the face of facing such a stigmatized disease that is colorectal cancer.

Descriptors: Colostomy Bag; Colorectal Cancer; Nursing.

RESUMEN

Objetivo: analizar la importancia de la enfermería en el manejo de la bolsa de colostomía en pacientes con cáncer colorrectal, buscando identificar el papel de la enfermería en el proceso de vida de la persona ostomizada con cáncer. **Método:** se trata de una revisión bibliográfica realizada en las bases de datos SCIELO, LILACS y BDeF, realizada entre abril y mayo de 2022 con los descriptores bolsa de colostomía, cáncer colorrectal, enfermería. Los artículos seleccionados para análisis e interpretación tuvieron los siguientes criterios de inclusión: textos completos sin restricción de diseño de estudio o cronograma; escrito en portugués, disponible en bases de datos de forma gratuita y que cubre el objetivo de la investigación. Los criterios de exclusión fueron: artículos de revisión bibliográfica, con publicaciones anteriores a 2016 y aquellos que no contribuyeron a enriquecer la discusión del tema propuesto. Así, fueron seleccionados 10 artículos, que sirvieron de base para la discusión. **Resultados:** después del análisis de los artículos, se encontraron los siguientes temas de discusión: el cáncer colorrectal y la ostomía, la atención de enfermería a los pacientes con colostomía y las percepciones de los pacientes ostomizados con cáncer colorrectal. **Conclusión:** la sistematización de los cuidados de enfermería a las personas con estomas y sus familias es fundamental para su rehabilitación, para su autonomía y para el pleno ejercicio de la dignidad frente al enfrentamiento de una enfermedad tan estigmatizada como es el cáncer colorrectal.

Descriptores: Bolsa de colostomía; Cáncer Colorrectal; Enfermería.

Introduction

Colon and rectum cancer, also known as colon and rectum or colorectal cancer, is the third most common type of cancer in the world, with the high number of cases associated with the more advanced stages. Colorectal CA includes forms of cancers that begin in the part of the colon called colon, rectum, and anus.¹

Assertive and early diagnosis will facilitate the treatment of colon and rectal cancer, with a higher chance of cure. CA is a silent disease and causes fear after its discovery, due to all the stigma that the disease carries.²

In this research will be used the term colorectal AC. The exact cause of colorectal CA is unknown. The main risk factors identified in the literature are age over 50 years, family history of colon and rectum AC, previous personal history of AC, obesity, sedentary lifestyle, excessive alcohol and smoking consumption, and hereditary factors among others.³

Colorectal CA treatment consists of surgery, chemotherapy and radiotherapy, the last two therapies being combined with surgery. Surgical resection of the affected site and definitive colostomy is the most effective therapy for colorectal AC, but many patients are unaware or do not have correct information regarding the postoperative period, culminating in the need for colostomy. Treatment depends on the size, location and extent of the tumor, as colorectal CA is a treatable disease and can be cured.⁴

Ostomy (or ostomy) has existed since 350 a.C. being is a therapeutic alternative. It is considered one of the most important surgical results, because it allows the person suffering from colorectal AC to have a survival. The most common indications for the use of colostomy involve patients affected with malignant neoplasms and firearm or stabbing injuries. In these latter conditions, colostomy can be temporary, closing in time that varies according to the conditions associated with the user; or definitive, for the whole life of the person in chronic cases of colorectal CA.⁵

Colorectal CA ends up affecting the quality of life of patients, as many of them have difficulties in accepting coexistence with colostomy and need to rethink the concept of life and the face of the affected neoplasm, among other factors.⁶

Patients with gastrointestinal diseases should be followed individually, such as people with Crohn's Disease, which usually causes chronic inflammation that can affect any part of the gastrointestinal tract. This pathology has been associated with an increased risk of various types of AC, including colorectal AC, and is the leading cause of death by digestive CA.⁷

New pre- and perioperative protocols and strategies are being continuously developed, aiming at faster postoperative recovery and early hospital discharge, in addition to reducing morbidity and mortality rates and surgical complications. Other stages of treatment include radiotherapy with or without chemotherapy to reduce the chance of CA returning. If the disease spreads, with metastases to the liver, lungs or other organs, for example, the chances of recovery decrease.⁸

Thus, nurses act as a generalist professional who recognizes skills gaps related to the demand for self-care, and thus contributes to teaching, guidance to patients with AC. It is up to the nurse to stimulate the development of the

patient's abilities to make him/her independent of care. These skills can be developed on a daily life, through a spontaneous learning process, supported by intellectual curiosity, by the guidance and supervision of others, or by experience in the implementation of self-care measures, especially if there is a need for the use of a colostomy bag.⁹

If colostomy is temporary, it can be reversed and bowel movements resume their normal function. However, if the last part of the colon or rectum is affected, a permanent stoma may be required. The person who lives with the AC every day goes through the contradictory process between health and disease and must be the protagonist of this phase, creating life projects that express the quality of life and contain the complexity that must be taken into account in the health-disease process.¹⁰

Thus, as the narratives of patients with colorectal AC about quality of life, after intestinal ostomy, are known, it is possible that there are improvements in health care. Thus, it is worth mentioning that the systematic intervention of nursing in stomatherapy allows the creation of adaptive strategies and new insights in the management of care with ostomy, favoring psychosocial adaptation.¹¹

The aim of this study is, based on recent literature, to analyze the importance of nursing in the management of colostomy in patients with colorectal cancer, seeking to identify the role of nursing in the living process of the ostomized person with cancer.

Method

To carry out this literature review, a literary survey was conducted through scientific articles searched in the Nursing Database (BDEnf), the Scientific Electronic Library Online (SCIELO) and the Latin American and Caribbean Literature on Health Sciences (LILACS). In the search for the journals, the keywords were used, followed by the Boolean operator "AND": colostomy bag AND colorectal cancer AND nursing. The descriptors are in connection with the Descriptors in Health Sciences (DeCS).

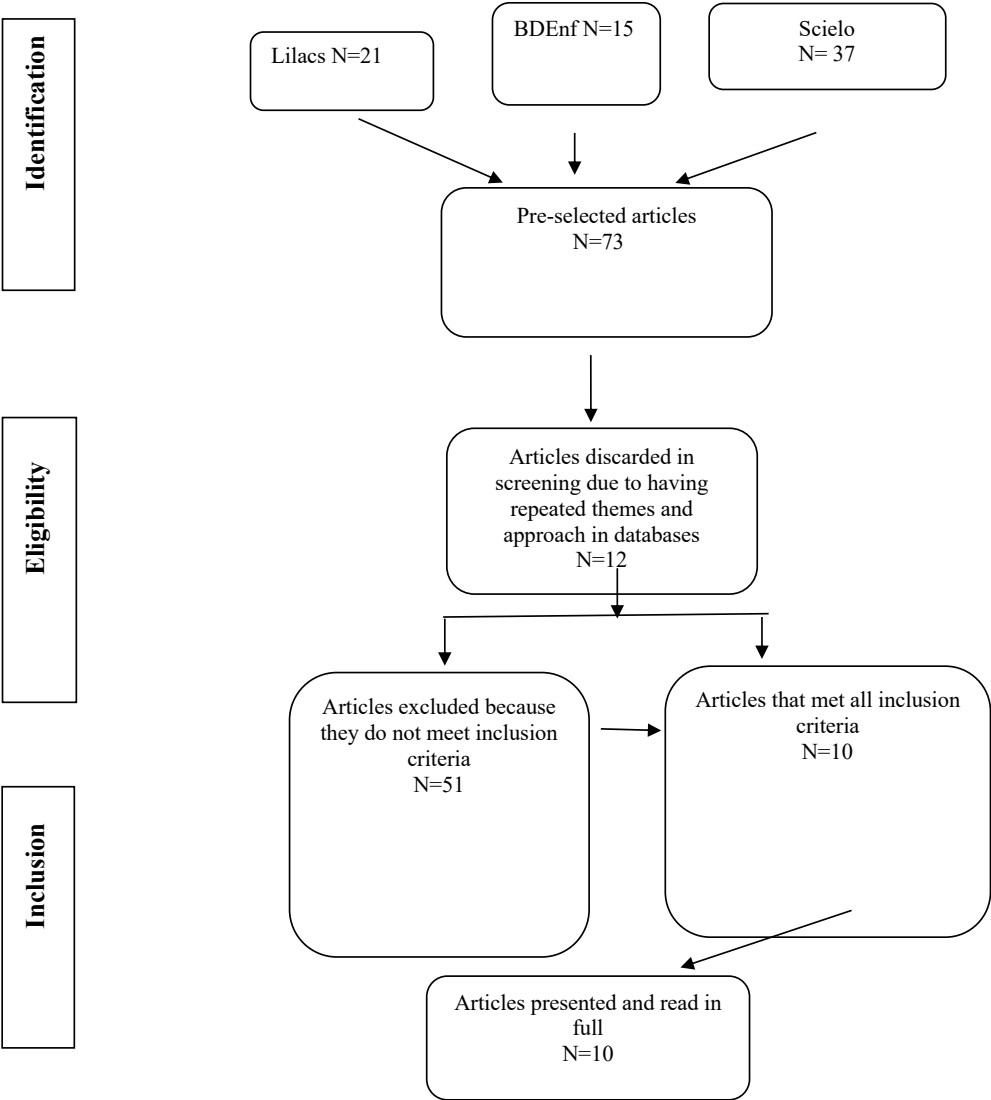
The inclusion criteria were: complete texts without design restriction or study schedule; published in Portuguese, available in databases free of charge, published between 2016 and 2022 and which include the objective of the research.

Thus, the exclusion criteria were: bibliographic review articles, with publications prior to 2016 and those that did not contribute to enrich the discussion of the proposed theme.

Results and Discussion

Ten articles were selected for the discussion, as shown in Figure 01.

Figure 1- Flowchart of the process of search and selection of studies included in the Literature Review, Brasília (DF), Brazil, 2022.



Source: It was

In possession of the selected articles, an instrument was developed to facilitate the evaluation and analysis of the data that could provide detailed information of the studies (Chart 1). The identification variables were as follows: Title, authors/year, objectives, methods and conclusion.

Table 1- Distribution of articles according to the year of publication, author(es), title, design and results. 2022.

Title	Authors/ Year	Objectives	Method	Conclusion
Multiple senses after stomization: implications for the beginning of socialization of people with colorectal cancer	Correa Júnior, AJS et al (2021)	Understand the meanings attributed by people with colorectal cancer and their companions about surgical treatment with stomization.	Ethnographic study anchored in comprehensive sociology and small narratives. Performed in a surgical clinic and outpatient clinic of a High Complexity Center in Oncology, Pará, Brazil, with 22 participants. The collection occurred between July 2018 and February 2019, by observation and registration in a field diary and semi-structured interviews, with subsequent analysis of inductive content	Secondary socialization was explained by concentric circles of socialization. Nursing needs to act by sharing technical informational knowledge, informing the sick and companions the responsibilities of the macrosocial sphere.
Perceptions of colostomized patients about nursing care in oncology hospitalization units.	Perin CB et al. (2021)	To analyze the perceptions of colorectal cancer patients using colostomy about nursing care in oncology hospitalization units of a hospital in western Santa Catarina.	This is an exploratory descriptive study conducted in the oncology hospitalization units of the Regional Hospital of the West, from January to August 2020, through a questionnaire containing sociodemographic data and semi-structured interviews.	At the end of the research, it is concluded that the colostomized perceive that the nursing team performs the essential care.
Sociodemographic and clinical factors associated with the time for the start of colon and rectum cancer treatment in Brazil, 2006-2015	Lima MAN; Villela DAM. (2021)	Analyze sociodemographic and clinical factors associated with delay in the initiation of colon and rectum cancer treatment in hospitals in Brazil	Patients with initiation of treatment between 2006 and 2015 were selected, considering the implementation of Ordinance No. 741 in December 2005.	Greater attention should be paid to reducing the time to start treatment in disadvantaged regions and strata identified as barriers to access to treatment in a timely manner.
Nursing care for colostomy	De Souza Santos C	Identify timely tasks in performing	As inclusion criteria were elected the	The systematization of nursing care

patients	et. Al (2020)	intervention, particularly with regard to the classification of Nursing Interventions to colostomized patients, in addition to describing nursing care to these patients	archives published in full format, in Portuguese and Spanish, in the last 13 years (2006 to 2019).	provided to patients with stoma and their families is essential for their rehabilitation, autonomy and exercise of citizenship in a dignified and humane manner
Perceptions of patients with colorectal cancer about quality of life	Macêdo, LM et al. (2020)	Understand the perceptions of patients affected by colorectal neoplasia with stomies about quality of life	Qualitative research with 15 patients undergoing outpatient treatment. Data collected by semi-structured interview	Patients with ostomies from colorectal cancer, in general, have variations in the perceptions of quality of life, so that, in the physical domain, they considered the device vital in the treatment, but that generated, a priori, social isolation.
Nursing care in stomatherapy: development of an intervention program	Souza CF, Santos CB (2019)	Develop a nursing intervention program in stomatherapy (PIEE)	Sequential multi-etapic study, supported by the Medical Research Council guidelines for the development and evaluation of complex interventions	The creation of the EIP contributed to define nursing interventions in stomatherapy, constituting a systematized and individualized proposal in human dimensions vulnerable to the presence of EE.
Construction and validation of a simulated scenario for nursing care for patients with colostomy.	Negri, Elaine Cristina et al (2019)	To construct and validate a high-fidelity clinical simulation scenario on nursing care for colostomy patients.	Descriptive study of construction and validation of appearance and content of a high-fidelity clinical simulation scenario related to nursing care for patients with colostomy	Well-designed and successful simulated practices are necessary to carefully elaborate, validate and pre-test planned activities, simulated patients and ostomy.
Analysis of the anatomical location of pattern of colorectal cancer in Brazil since 2000	Pullig EA et al. (2019)	Given the epidemiological importance of colorectal cancer and the clinical implications of the anatomical location of the tumor, the objective is to	This is a descriptive, retrospective, observational and quantitative epidemiological study, in which data were obtained through consultation of the population-	Left colon cancer and rectal cancer showed higher incidence and percentage growth, however, the rates of right colon cancer also stood out, especially in the

		analyze the anatomical location pattern of colorectal cancer in Brazil, from the 2000s, considering the year of notification, gender, age group, topography and ethnicity	based Cancer Registry database provided by the National Cancer Institute	Midwest, South and Northeast regions
The nurse as a health educator of the person stomized with colorectal cancer	De Farias DLS., Nery R N B., & de Santana, ME. (2019)	To know the experience of nurses in the health education process as a self-care teaching strategy for people with cancer with intestinal ostomy	Semi-structured interview for data collection, and Minayo's content analysis technique.	It was evidenced that nurses recognize their role as a health educator in their care process, enabling the exchange of experiences and strengthening the confidence of the person with intestinal ostomy in their self-care, revealing that professional updating is essential for quality of care provided
Systematization of nursing care to a colorectal cancer patient: contributions to nursing	Numer C, Both CT, Rosanelli, CLSP (2018)	To know the understanding of quality of life of nurses working in the clinical sector in a hospital in the interior of Rio Grande do Sul, Brazil	It was based on descriptive and exploratory research, with a qualitative approach, and the Content Analysis proposed by Bardin (2011) was performed.	Nurses have quality of life, each with their own perception and uniqueness/particularity of expressing and enjoying their time outside the work environment.

In relation to the year of publication of the 10 articles, it was found that the largest amount was published in 2019 with a total of 4 articles (40%), followed by the year 2021 with 3 articles (30%), in 2020 with 2 articles (20%) and 2018 with 1 article (10%).

According to the journals, 1 article was found in each in the following journals: *Cogitare Enfermagem*; *Esteem*; *Public Health Notebook*; *Brazilian Interdisciplinary Health Journal*; *Rene Magazine*; *Focus Nursing*; *Health Education Journal*; *Rev Col Brasileira*; *Science and Health Space*; and *Text and Context in Nursing*.

After the analysis of the articles, the following topics were found for discussion: Colorectal Cancer and Stomization; Nursing Care to Colostomy Patients; and the Perceptions of Stomized Patients with Colorectal Cancer.

Colorectal Cancer and Stomization

Colorectal CA treatment is based on chemotherapy and radiotherapy processes, but surgery stands out as the main treatment. It is believed that resection of the affected part of the intestine is an effective treatment option, where ostomy is indicated, which is most often permanent, and another care is to avoid metastases to other organs.¹²

The clinical manifestations of colorectal CA are constipation, diarrhea, tenesmus, dark-colored stools, reduced size and thinning of the stool, hematochezia, and presence of pus/mucus in the contents of the stool. Fatigue, irritability, and abdominal pain may also occur in colorectal and colostomized PATIENTS. In addition to weight loss, palpable abdominal masses can develop in advanced stages.⁶

Colostomy occurs when part of the colon is removed and another part is removed. This leads to a change in the body for fecal excretion. When colostomy is temporary, the procedure can be reversed and intestinal activity resumes in its normal function. However, if the last part of the colon or rectum becomes compromised, a permanent stoma may be required.⁹

The individual who lives daily with the treatment of cancer goes through the contradictory process between health and disease and should be the protagonist of this phase, seeking to understand the dilemmas of life, the concepts of quality of life in the midst of complexity in the face of such aggressive neoplasms. Therefore, the possibility of nursing care to patients with colorectal AC and colostomy, takes contours that only with the integration and awareness of the multidisciplinary health team, the provision of rehabilitation for these people will be possible in full.¹⁰

It is worth mentioning that the studies indicate that it is up to the nurse to plan the individual care of patients with colorectal cancer to minimize suffering and obtain better adaptation. This patient is experiencing changes in their living conditions, especially in relation to pain, nutrition, hygiene, sexuality and body image, due to the symptoms associated with the disease and side effects of treatment, in addition to the use of the colostomy bag.¹³

Nursing Care for Colostomy Patients

Nursing has two areas of work that are interconnected: nurses are not only nurses, but also health educators. This professional should use health education as a tool for effective and comprehensive care, promoting actions that stimulate self-care and allow patients and/or family members to become multipliers of the knowledge acquired.¹⁴

Nurses are the first to provide care to people with ostomy together with the multidisciplinary team. Thus, it should be able to answer your questions and concerns and ensure safe care, preventing and detecting early complications that may affect social inclusion or compromise the biopsychosocial integrity of these people.⁹

In the current literature, it is noticed that there is a long waiting time between the diagnosis and treatment of colorectal AC in Brazil. The relationship between sociodemographic and clinical factors in the delay in the beginning of treatment, end up harming the entire therapeutic process. The excessive delay to

start cancer treatment may reflect deficiencies in access to patient care, culminating in the feeling of public health carelessness, neglecting principles such as justice and equity, because neglect and delay in care often reflects health inequalities. When the first symptoms, consultation and screening and assertive diagnosis arise, they corroborate the impact on survival of cancer patients.¹

In view of this reality, it is emphasized that the visibility of the role of nursing in clarifying the meaning attributed to recent care with ostomy for these people is associated with a psychoemotional dimension that permeates education for self-care during hospitalization and treatment. Nursing support with its multiple knowledge is part of the whole holistic care process, which permeates the functional-reductionist model of the past.^{15,14}

People with colorectal CA who rely on intestinal ostomy to maintain hopes of healing need to strengthen self-care for their recovery and rehabilitation. Therefore, nurses play a fundamental role in the education of patients with intestinal ostomy and their families for the development of autonomy. The professional's achievement goes beyond teaching patients and family members how to handle and empty the bag.¹²

The nursing intervention consists in the elaboration of individualized treatments, specific and consistent with the patient's health status. The systematic intervention of nursing in ostomy therapy from the preoperative to the postoperative period and the if due monitoring, allow the creation of adaptive strategies and new insights on the management of ostomy care, which favors psychosocial adaptation. In addition, the need to use materials and other equipment for ostomy and skin care is seen as something new, different and therefore guidance is essential.¹⁰

Perceptions of Stomized Patients with Colorectal Cancer

The context of an ostomy not only alters biological aspects, but can often lead to psychological morbidity and emotional impacts that affect the patient's quality of life. From this point of view, the negative effects of ostomy care are reflected in the patient's family and social relationships, at work and in sexual activity. These negative feelings can be aggravated by socioeconomic and cultural factors to which the stomized is presented, which can lead to social isolation and the feeling of mutilation.¹⁴

Those with colorectal AC usually present differences in the perception of quality of life, so much so that they consider the physical domain as a crucial tool in the treatment, but this has led a priori to social isolation, for example. shame that requires adjustments to the new reality, to reduce the emotional impact that often takes the form of sadness and unacceptability.¹⁶

The continuous intervention of nursing in stomatherapy, from the preoperative phase and after returning home, favors the construction of a more proactive attitude towards the new circumstances of life. It is emphasized that nurses recognize their role as a health educator in their care process, enabling the sharing of experiences and increasing the confidence of the stomized person in their self-care, demonstrating that professional development is vital for the quality of care provided.^{11,12}

Undoubtedly, there are changes in the quality of life of patients when nursing care is effective. The main aspects in question, as well as strategies

developed by patients to deal with this new reality, because not only the diagnosis of cancer, but also the changes in lifestyle resulting from the ostomy generate challenges that these people should be addressed. Such planning can provide caregivers with information on the quality of life of these people and guide them in implementing a coherent care plan based on the real needs of these people.¹⁶

Conclusion

When considering the growing number of cases of colorectal CA and, consequently, more and more people who are experiencing the symptoms of this disease, and, if the side effects of treatment and the difficulty of adapting to the colostomy bag are taken into account, the importance of nursing team professionals in the care of these patients is very valuable.

It was found that given the complexity of a person with intestinal ostomy and colorectal AC, the information and care provided to these patients are fundamental for the success of the therapies performed. Yes, the guidelines can enlighten the sick whenever there is doubt. It is also up to nurses to monitor patients until hospital discharge. It is also necessary post-discharge guidance regarding the preparations and care with the colostomy bag. It is concluded that the Systematization of Nursing Care to the stomized and his family is essential for their rehabilitation, for their autonomy and the full exercise of dignity in the face of the face of a disease so stigmatized that it is colorectal CA.

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Correspondent Author

Andrey Hudson I.Mendes de Araújo
17/18 Acre Lt.. ZIP: 72880-508- Chácaras
Anhaguera. Valparaíso de Goiás, Goiás, Brazil.
profandreyh@gmail.com