

The Impacts of Intestinal Ostomies on The Sexuality Of People With Colorectal Cancer: Integrative Review Protocol

Os Impactos Das Ostomias Intestinais Na Sexualidade De Pessoas Com Câncer Colorretal: Protocolo De Revisão De Integrativa

Los Impactos de las Ostomías Intestinales en la Sexualidad de Personas con Cáncer Colorrectal: Protocolo de Revisión Integrativa

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RESUMO

Objetivo: Analisar as percepções de pacientes ostomizados, identificar os efeitos das ostomias na sexualidade e mapear seu impacto na qualidade de vida. Método: Foi realizada uma revisão integrativa com base nas diretrizes do Joanna Briggs Institute (JBI) e no modelo PCC (Population, Concept, Context). Foram incluídos estudos qualitativos e quantitativos, além de revisões sistemáticas, publicados em português, inglês ou espanhol. A busca foi realizada em bases como PubMed, Scopus, Cochrane, Embase e LILACS, utilizando descritores controlados e palavras-chave relacionadas a CCR, ostomia e sexualidade. A análise seguiu o modelo PRISMA. Resultados: A análise dos dados foi realizada por meio de uma síntese integrativa, destacando os principais impactos das ostomias intestinais na sexualidade, com ênfase nos desafios psicossociais e físicos, como disfunção sexual e alterações anatômicas.

Descritores: Câncer Colorretal; Ostomia; Sexualidade

ABSTRACT

Objective: To analyze the perceptions of ostomized patients, identify the effects of ostomies on sexuality, and map their impact on quality of life. Method: An integrative review was conducted based on the guidelines of the Joanna Briggs Institute (JBI) and the PCC (Population, Concept, Context) model. Qualitative and quantitative studies, as well as systematic reviews, published in Portuguese, English, or Spanish, were included. The search was carried out in databases such as PubMed, Scopus, Cochrane, Embase, and LILACS, using controlled descriptors and keywords related to CRC, ostomy, and sexuality. Data analysis followed the PRISMA model. Results: Data analysis was conducted through an integrative synthesis, highlighting the main impacts of intestinal ostomies on sexuality, focusing on psychosocial and physical challenges, such as sexual dysfunction and anatomical changes.

Descriptors: Colorectal Cancer; Ostomy; Sexuality.

RESUMEN

Objetivo: Analizar las percepciones de los pacientes ostomizados, identificar los efectos de las ostomías sobre la sexualidad y mapear su impacto en la calidad de vida. Método: Se realizó una revisión integradora basada en las directrices del Joanna Briggs Institute (JBI) y el modelo PCC (Población, Concepto, Contexto). Se incluyeron estudios cualitativos y cuantitativos, así como revisiones sistemáticas, publicados en portugués, inglés o español. La búsqueda se realizó en bases como PubMed, Scopus, Cochrane, Embase y LILACS, utilizando descriptores controlados y palabras clave relacionadas con el CCR, la ostomía y la sexualidad. El análisis de datos siguió el modelo PRISMA. Resultados: El análisis de los datos se realizó mediante una síntesis integradora, destacando los principales impactos de las ostomías intestinales sobre la sexualidad, con énfasis en los desafíos psicossociales y físicos, como disfunción sexual y cambios anatómicos.

Descriptores: Cáncer Colorrectal; Ostomia; Sexualidad.

Introduction

Colorectal cancer (CRC) is one of the most prevalent types of cancer worldwide, being responsible for high morbidity and mortality. According to data from the World Health Organization (WHO), this type of cancer represents about 10% of all new cancer diagnoses globally, being the second most common in women and the third in men. In addition, it is estimated that the number of cancer cases will increase by 77% by 2050, reaching 35 million new cases¹. According to data from INCA1, the estimated number of new cases for Brazil is 45,630 between 2023 and 2025, with 21,970 cases among men and 23,660 cases among women.

The treatment of CRC may include surgical procedures that, in some cases, result in the need for an intestinal ostomy, an intervention in which an opening is created in the abdominal wall for the elimination of feces^{2,3}. The ostomy, while vital to the patient's survival and well-being, can pose significant challenges to quality of life. One of the aspects affected by this condition is sexuality, since body changes resulting from the ostomy can influence self-image, sexual desire and intimate relationships^{4,5}.

Epidemiological data show that 50% to 70% of post-surgical patients complain of sexual dysfunction in both sexes⁶. Some studies indicate, in addition to psychosocial adverse events, physical complaints such as dyspareunia secondary to the surgical approach, pain on penetration, due to changes in the angle of the vagina or its stenosis⁵. Thus, understanding the impacts of intestinal ostomies on the sexuality of people with colorectal cancer is important to improve therapeutic approaches and comprehensive care for these patients⁷.

This integrative review aims to analyze the perceptions of ostomy patients, evaluate the impact on quality of life, and identify and map the main effects of intestinal ostomy on sexuality.

In this sense, the objective of the study was to analyze the perceptions of ostomy patients, identify the effects of ostomies on sexuality and map their impact on quality of life.

Method

This is an integrative review prepared in Campinas, Brazil, between August and December 2024, which followed the methodological guidelines proposed by the Joanna Briggs Institute (JBI)⁸, and conducted based on the PCC (Population, Concept, and Context) model, to guide the formulation of the research question and the search for relevant studies. The protocol was registered on the Open Science Framework (OSF) platform (DOI 10.17605/OSF.IO/ER6Y5) and can be consulted through the link: https://osf.io/er6y5/?view_only=703df80e5cce4c829434b939c60e3c78.

Review Question

The integrative review involved five stages: formulation of the research question, literature search, selection of studies, analysis and interpretation of data, and presentation of results^{8,9,10,11}.

The guiding question was "What are the impacts of intestinal ostomies on the sexuality of people with colorectal cancer?". The construction of the

research question was guided by the PCC model, structured as follows: Population (P) - people with colorectal cancer; Concept (C) - human sexuality; and Context (C) - intestinal ostomies.

Inclusion and Exclusion Criteria

The inclusion criteria include: primary studies, both qualitative and quantitative, and systematic reviews that address the impact of intestinal ostomies on the sexuality of people with colorectal cancer, published in Portuguese, English or Spanish.

Exclusion criteria include studies that do not specifically address the sexuality of ostomy patients with colorectal cancer, theses, dissertations, conference abstracts, and letters to the editor, articles that are not available in full after three attempts to contact the authors, and studies that include other types of elimination ostomies or other types of neoplasms.

Research strategy

The search strategy was carried out in recognized databases, including PubMed/MEDLINE, Scopus, Cochrane, Embase, Web of Science, and the Latin American and Caribbean Literature on Health Sciences (LILACS), in addition to the Virtual Health Library (VHL). Controlled descriptors and uncontrolled keywords were used, based on the Health Sciences Descriptors (DeCS) and the Medical Subject Headings (MeSH). English descriptors include: "colorectal cancer", "ostomy", "sexuality", "sexual dysfunction"; in Portuguese: "colorectal cancer", "ostomy", "sexuality", "sexual dysfunction"; and in Spanish: "neoplasms associated with colitis", "estomía", "sexualidad", "dysfunciones sexuales fisiológicas".

Table 1 - Model of Search Strategies for each Platform:

Source of information	Search Strategy	No. of articles
PubMed	"colorectal cancer" AND "ostomy" AND "sexuality"	8
Scopus	"colorectal cancer" AND "ostomy" AND "sexuality"	11
Cochrane	"colorectal cancer" AND "ostomy" AND "sexuality" OR "dysfunctional sexuality"	1
Embase	('colorectal cancer'/exp OR 'colorectal cancer') AND ('ostomy'/exp OR 'ostomy') AND ('sexuality'/exp OR 'sexuality')	101
Web Science	"colorectal cancer" AND "ostomy" AND "sexuality"	18
Lilacs	(câncer colorretal) AND (ostomia) AND (sexualidade OR disfunção sexual)	4
Virtual Health Library (VHL)	('colorectal cancer'/exp OR 'colorectal cancer') AND ('ostomy'/exp OR 'ostomy') AND ('sexuality'/exp OR 'sexuality')	9

Study Selection, Analysis and Data Extraction

The selection of studies occurred in two phases: the first phase included the reading of titles and abstracts to identify studies that fit the inclusion criteria, and the second phase involved reading the full texts to verify final eligibility. In case of doubts or disagreements, a third reviewer was consulted. Data were collected according to the PRISMA flowchart ¹².

The data were organized in a table (Table 2) for later analysis. The analysis was conducted based on integrative synthesis as recommended by JBI ⁸.

Table 2 - Table of variables for data collection:

Title	Authors	Journal	Date	Popularion	Context	Concept	Method	Results	Key findings	Link

Presentation of Results

The results will be presented in a descriptive way, addressing the main themes found related to the impacts of intestinal ostomies on the sexuality of people with colorectal cancer. The clinical implications and recommendations for future practice and research will also be discussed.

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