

# Quality of life in colostomy patients practicing colonic irrigation: An observational study

Boutry, E., Bertrand, M., Ripoché, J., Alonso, S., Bastide, S. and Prudhomme, M., 2021. Quality of life in colostomy patients practicing colonic irrigation: An observational study. *Journal of Visceral Surgery*, 158(1), pp.4-10

The presence of a colostomy has a major impact on quality of life that could potentially be improved by performing colonic irrigation (CI), yet few studies have assessed the impact of this technique on quality of life. The aim of this study was to assess the quality of life between two groups of patients having a colostomy: those practicing CI vs those not practicing CI.

The French Federation of Ostomy (FFO) members were evaluated by a self-questionnaire assessing their experience of CI. Quality of life as assessed by the Stoma-QOL questionnaire was compared between patients practicing CI or not.

In total 752 patients were eligible for the study. The median age was 75 years and 47.26% were men. The median duration between stoma surgery and questionnaire completion was 12.3 years. Forty-one percent of the patients practiced CI. The median quality of life score was significantly higher for the patients practicing the CI: (69.26 vs 58.33,  $P < 0.001$ ). In multivariable analysis, the risk factors for not performing CI were age, obesity, the presence of colostomy for less than six years and a non-oncologic indication for operation.

I will have to admit to being a fan of colostomy irrigation and this paper clearly demonstrates the key benefits to ostomates. I also reflected yet again on how the use of validated tools within our clinical practice can enable us to demonstrate the hidden value of the SCN. By utilising all the tools available to you, you truly can show the impact of your role and this article proves that. Recently Coloplast Professional ran a webinar discussing Colostomy Irrigation and we were taught, challenged, and empowered by an expert by experience. If you missed it, you could consolidate the learning from this article by viewing the webinar via [this link](#).

