REFLECTIVE ACCOUNTS FORM

You must use this form to record five written reflective accounts on your CPD and/or practice-related feedback and/or an event or experience in your practice and how this relates to the Code. Please fill in a page for each of your reflective accounts, making sure you do not include any information that might identify a specific patient, service user, colleague or other individuals. Please refer to our guidance on preserving anonymity in the section on non-identifiable information in *How to revalidate with the NMC.*

Reflective account: Peristomal Mastery – Masterclass

What was the nature of the CPD activity and/or practice-related feedback and/or event or experience in your practice?

The CPD activity focused on peristomal skin care and best practices for managing ostomy-related complications. It provided a comprehensive understanding of skin anatomy, peristomal complications, patient assessment, and the effective selection of ostomy products to optimise outcomes for individuals with a stoma.

The training included:

Understanding the Skin and its Functions:
- Anatomy and physiology of the skin, including epidermis, dermis, and hypodermis.
- The acid mantle and pH balance, highlighting the impact of faecal output, sweat, and moisture on skin integrity.
- The role of digestive enzymes in peristomal skin breakdown.

Assessment and Categorisation of Peristomal Skin Complications (PSCs):
- The importance of baseline assessments and validated tools to ensure accurate diagnosis.
- The DET score for evaluating discoloration, erosion, and tissue damage.
- Classification of PSCs, including irritant contact dermatitis, allergic reactions, and infection-related complications.

Peristomal Management Strategies:
- Understanding the causes of leakage and its role in peristomal skin complications.
- Strategies to prevent and manage leakage, including correct pouching techniques, use of seals, and peristomal skin protection.
- The impact of mechanical trauma from repeated baseplate removal and how to minimise skin stripping.

Product Selection and Patient Empowerment:
- The importance of convexity, its role in optimising fit, preventing leakage, and managing flush/retracted stomas.
- Key considerations for choosing adhesives, supporting products (seals, tapes, skin barriers), and adhesive removers.
- Empowering patient choice in product selection to enhance confidence, security, and overall quality of life.

The session emphasised evidence-based practices supported by clinical guidelines and research, ensuring a structured, patient-centred approach to peristomal management.

What did you learn from the CPD activity and/or feedback and/or event or experience in your practice?

How did you change or improve your practice as a result?

How is this relevant to the Code?

1. Prioritise People
   - Ensuring patients receive individualised, holistic care by addressing both physical and emotional aspects of living with a stoma.
   - Encouraging patient engagement and empowerment in product selection and care routines.
2. Practise Effectively
   - Using evidence-based strategies to assess and manage peristomal skin complications.
   - Implementing validated assessment tools to standardise care and improve clinical outcomes.
3. Preserve Safety
   - Minimising peristomal skin complications through early intervention and tailored management strategies.
   - Ensuring product selection aligns with clinical need, reducing risk of leakage, mechanical trauma, and infection.
4. Promote Professionalism and Trust
   - Demonstrating a commitment to ongoing learning and best practice implementation.
   - Enhancing interdisciplinary collaboration to provide comprehensive patient care.

The Peristomal Management Mastery Masterclass has significantly influenced my practice by providing a deeper understanding of skin health, structured assessment tools, and advanced product selection techniques. The knowledge gained ensures the delivery of safe, effective, and patient-centred care, fully aligning with the NMC Code.