

Summary

As an NDIS provider, Life Without Barriers (LWB) must comply with the NDIS Practice Standards and Quality Indicators to deliver high-quality and safe High Intensity Daily Personal Activities (HIDPA) support. In addition, trainers should use the [High Intensity Support Skills Descriptors](#) to ensure the training they offer equips LWB staff with the skills and knowledge expected to provide high-intensity supports.

To support this, on the next page is a table to guide Appropriately Qualified Health Practitioners (AQHP) in the training requirements regarding the provision of complex bowel management.

When training LWB staff in ostomy care, please include ALL the essential elements relevant to the person's plan and support task.

You will be asked to complete an endorsement following training to confirm the following:

- you have accessed the NDIS LWB HIDPA 5638 Ostomy Care - Training Essentials (this document)
- you have accessed the relevant LWB HIDPA Support Procedure
- names of staff member/s you trained in the person's plan and support task
- that the staff member/s were assessed as competent and effectively demonstrated skills, knowledge and understanding associated with the plan, or whether further training is required.

If you have any additional questions regarding the training and requirements of our staff, please contact our Professional Learning Team at LearningDMH@lwb.org.au.

Thank you for working in partnership with LWB to maintain the safety and wellbeing of the people we support, and assist us in complying with the [NDIS Practice Standards and Quality Indicators](#) related to the provision of complex bowel care.

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
Understands the anatomy of the lower gastrointestinal tract, the purpose of and complications associated with the procedures	An understanding of the basic anatomy of the lower gastrointestinal tract
	An understanding of the need and purpose for Ostomy Care
	An understanding of the person's Ostomy Care Plan, including when and what action is required
	An understanding of any complications associated with Ostomy Care
Emergency Response	Knowledge of when to stop the procedure and what action to take
Administer Ostomy Care as per the person's plan	How to check the person's Ostomy Care plan
	How to wash hands and put on appropriate PPE
	How to ask the person if they want to use the toilet before the procedure
	How to gather equipment and prepare the area
	Emptying the drainable pouch system only
	How to place a suitable container under the pouch or assisting the person to the toilet to empty the pouch
	How to open the end of the pouch and allow the contents to drain into the container or toilet
	How to expel the air from the pouch, close the valve and fasten it securely
	How to dispose of waste and clean the container
	Changing the pouch
	How to measure the Ostomy base plate and cut it to the correct size

Essential Training Element	Training Outcome LWB staff members will practically demonstrate:
	<p>If a two-piece system, how to attach the pouch to the base plate, unless otherwise directed by the person</p> <p>How to carefully remove the existing colostomy appliance</p> <p>How to clean the stoma and surrounding skin using wet wipes</p> <p>How to check the skin for redness, tenderness, or ulceration</p> <p>Peel the backing from the base plate and place it over the stoma.</p> <p>How to check that the pouch is firmly attached with no leaks</p> <p>How to dispose of all equipment and wash hands</p>
Shows respect for the individual and works with them to make the process comfortable	<p>Ensuring support practice respects the person throughout the process</p> <p>An explanation to the person of each step to be taken and seek their consent before performing any tasks</p> <p>Actively involving the person in their support, as outlined in their plan, and to their chosen level</p> <p>How to assist the person in removing and replacing clothing before and after the procedure</p> <p>How to assist the person into the correct position for the procedure and reassure them throughout the process</p>
Health, Safety and Environment	<p>How to follow hygiene and infection control procedures. For example, they wash their hands and put on appropriate PPE before commencing activities</p> <p>How to clean and dispose of all equipment and waste appropriately</p> <p>Appropriate and accurate documentation, and when it is completed.</p>

