

# Get FIT

with the new digital  
ostomy skin barrier  
**Fit Indicator Tool**



**Developed with an international panel of experienced stoma care nurses, a new tool from Hollister Education has been designed to provide a simple patient assessment methodology to determine the need for a flat or convex barrier.**

As you know, finding the right barrier fit helps provide the most secure seal around a stoma, which helps prevent leakage and peristomal skin problems. Now there is a handy guide at your fingertips to help assist both experienced and novice clinicians during this critical assessment process.



*Look for this icon to indicate an official Hollister Education app developed to impact positive patient outcomes and advance the profession.*

## FIT Your Day

So many factors go into creating a secure, leak-free fit. There are even more demands for your time, and we understand staying mobile and organized is critical. The new Fit Indicator Tool (FIT) is available as an app and online to help you quickly and easily assess the patient's stoma and peristomal area to determine the type of barrier that will provide the best fit.

## FIT Your Patients

It's no secret that preventing leakage is critical when it comes to skin health and patient comfort. Getting the right fit depends on several variables that can change with the body over time. FIT is designed to help standardize assessment for all your patients to help determine the correct barrier shape. **The goal: promote healthy peristomal skin and positive patient outcomes.**

## Fit Indicator Tool

- Please refer to instructions before use
- Ideally the patient should be assessed in the sitting position
- Remove the pouch prior to assessment

 **Surgery Date**

### Stoma Type

- Colostomy
- Ileostomy
- Urostomy

### Stoma Construction

- End (one stoma with one opening)
- Loop (one stoma with two openings)

 **View Images**

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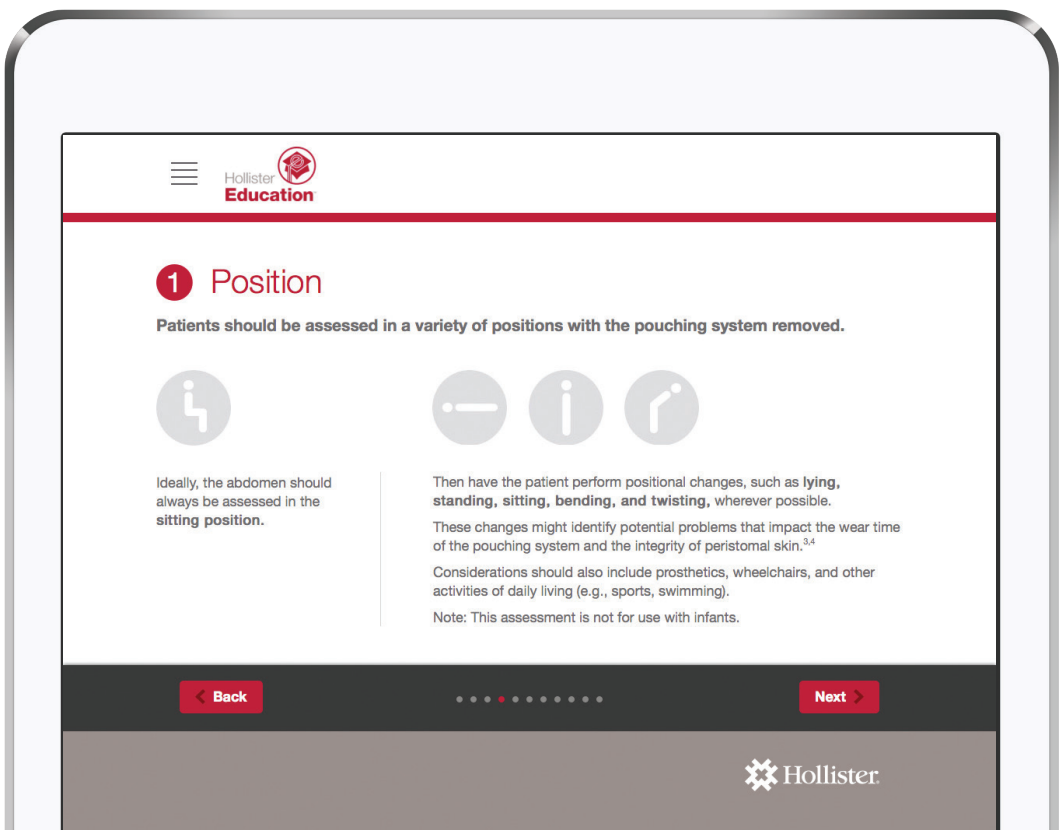
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# FIT Guides You Through Assessment

- 1 **Position**—observe patient in a variety of positions with pouching system removed
- 2 **Assess**—select a response to each question as directed
- 3 **View**—refer to full library of clinical images and definitions as needed →
- 4 **Score**—answer the questions and find your patient’s barrier fit assessment score at the end



## Stoma Assessments

## End Stoma



An end stoma results when the distal portion of the GI or urinary tract is removed or over sewn. The result is one stoma with one opening.<sup>5</sup>

[References](#)

## Loop Stoma



A loop stoma results when a loop (segment) of bowel is brought through the skin on the abdomen to create a diversion for the passage of feces. There is one stoma with two openings — proximal or functioning and distal or non-functioning. These stomas may have a supporting device (rod, bridge) used. The distal stoma may secrete varying amounts of mucous.<sup>5</sup>

[References](#)

## Stoma Protrusion



An ideal fecal or urinary stoma protrudes at least 20 mm (approx. 3/4") above the skin level.<sup>5</sup>

[References](#)

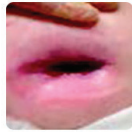
## Flush Stoma



A stoma that is level with the peristomal skin.<sup>7</sup>

[References](#)

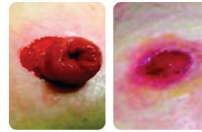
## Retracted Stoma



The disappearance of normal stomal protrusion in line or below skin level. Also known as Recessed Stoma.<sup>8</sup>

[References](#)

## Stoma Opening



Centered stoma opening

Off-centered stoma opening

An ideal fecal or urinary stoma protrudes at least 20 mm (approx. 3/4") above the skin level.<sup>5</sup>

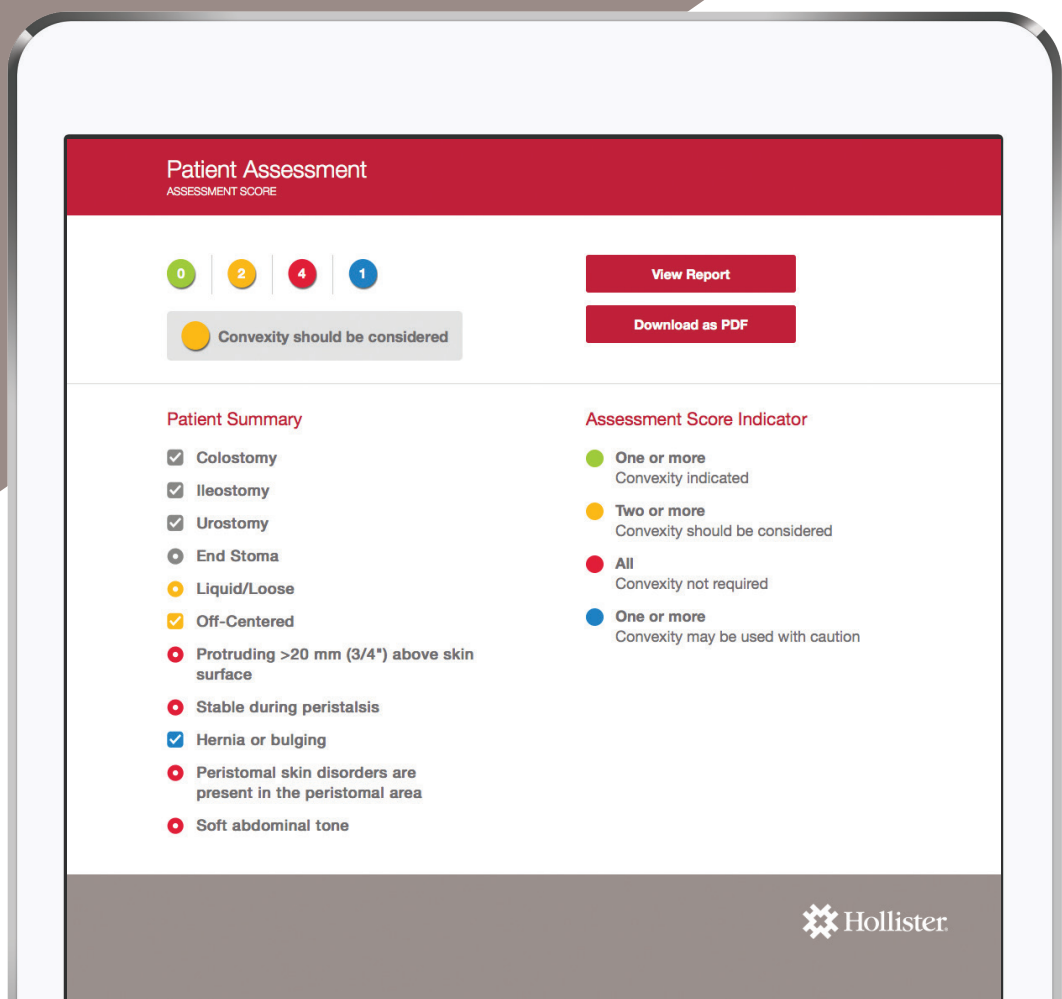
[References](#)

5 **Report**—click the download as PDF button to print and share with patient →

6 **Refer**—review method of determining assessment score next to patient summary

7 **Repeat**—check patient's barrier fit regularly to track progress

FIT is a great refresher *and* a teaching tool. Use it yourself, and consider sharing it with other clinicians who may benefit from easy-to-follow assessment guidance.



# Ready. Set. FIT.

**Ready to get started?**

**Visit [hollister.com/education](https://hollister.com/education) or download the app by searching “Hollister Education” on iTunes or Google Play.**

FIT is brought to you by Hollister Education, your trusted source for educational solutions that support and advance the ostomy care you provide. We know your time is valuable. That is why we are committed to supporting you with easy-to-access information that positively impacts patient outcomes and quality of life.