



GESTO Group

GESTO is an Italian group composed by about fifty nurses expert in Ostomy. It was created as a national project divided into working groups for geographical macroareas. Its aims:

- **raising public awareness** about the importance of **professional knowledge and specialized and personalized care** for ostomate patients and their relatives
- **developing projects that help improving the services delivered and the quality of life** of people with ostomy.

GESTO Group Objectives

The main objective of the GESTO Group is the COMMUNICATION with the conviction that the diffusion of a "culture of ostomy" will favor the continuous improvement of the services provided and therefore **the quality of life of people with an ostomy condition.**

To this end, the Group is strongly convinced of the importance of the following:

- Support the person during the entire period of his rehabilitation and guarantee the quality of care for the ostomate patient, providing a set of services centered on the person, in accordance with his/hers values and needs.
- Plan the assistance according to case management principles.
- Provide counselling to colleagues.
- Ensure continuity of care in the territory.
- Convey to the civil society the relevance of a service able to give the best answer to the ostomy patient, thanks to the work of expert and specialized personnel.
- Optimize resources through structured and codified processes and help establish efficiency indicators.
- Overcome the differences of prescription-supply of devices within Italian Regions.
- Support the establishment a system of accreditation and quality recognition for ostomy outpatient clinics.
- Make the knowledge and expertise of the group members available to the Legislator, the Public Administration and the Patient Associations.

**Decalogo
per un'Assistenza Di Qualità
alla Persona Portatrice di Stomia**

1. Vivere con la stomia comporta variazioni nella propria routine quotidiana che impattano pesantemente sulla qualità della vita. La riabilitazione e l'educazione sono strumenti fondamentali per la corretta gestione della stomia, che è alla base dell'equilibrio fisico, sociolavorativo, sportivo e sessuale.
2. La corretta presa in carico della persona con stomia rappresenta un indicatore della qualità dell'assistenza erogata nelle strutture sanitarie.
3. I portatori di stomia hanno diritto di essere assistiti da un infermiere esperto in stomaterapia (stomaterapista)
4. L'infermiere esperto in stomaterapia è responsabile dell'assistenza e riabilitazione prima, durante e dopo l'intervento chirurgico.
5. L'infermiere esperto opera in base a conoscenze scientifiche, all'Evidence Based Nursing e Evidence Based Medicine
6. L'infermiere esperto in stomaterapia collabora con un team multidisciplinare garantendo l'assistenza più appropriata.
7. Lo stomaterapista offre un punto di riferimento che assicura un'assistenza qualificata e cure personalizzate per una corretta gestione della stomia.
8. L'ambulatorio di stomaterapia è un elemento fondamentale per l'assistenza della persona con stomia.
9. I contatti con le Associazioni che rappresentano persone portatrici di stomia agevolano il percorso di recupero e la tutela dei diritti.
10. Attraverso le Associazioni professionali ed in collaborazione con le Associazioni dei portatori di stomia, gli stomaterapisti lavorano per assicurare l'accesso a un'assistenza competente, offrendo

informazioni corrette.



**Decalogue
for a High Standard Care
to the Person Carrying Ostomy**

1. Living with an ostomy can affect one's daily routine and seriously impact quality of life. Rehabilitation and education are essential tools to grant a correct stoma care, which is the foundation of physical, socio-occupational, sportive and sexual balance.
2. A skilled support provided to the ostomate people is an indicator of the quality of the assistance delivered in healthcare facilities.
3. Ostomate people have the right to be assisted by a nurse with expertise in stoma care (SCN / Stoma Care Nurse).
4. The SCN is responsible for care and rehabilitation before, during and after the surgery.
5. The SCN acts upon scientific knowledge, Evidence Based Nursing and Evidence Based Medicine.
6. The SCN closely works with the multidisciplinary team to ensure the most appropriate care.
7. The SCN is the reference to be granted competent assistance and personalized care for correct management of one's ostomy.
8. Outpatient stoma care clinic is an essential part in caring for people with an ostomy.
9. Contacts with Associations representing ostomate people ease the recovery process and help protection of statutory rights.
10. Through Professional Associations and in collaboration with Ostomy Patients Associations, SCNs work to ensure access to competent care by providing accurate information.

**DECALOGUE FOR A HIGH STANDARD CARE
TO THE PERSON CARRYING OSTOMY
Simplicity made in Decalogue**

The Team

Gesto is a group of **Stomatherapist Nurses** who are committed to spreading the culture of Ostomy.

The Purposes

Communication is the primary objective of the group. With this in mind, the Gesto Nurses, experts in Stomatherapy, have developed a **simple and effective** document in which to exalt keywords such as: qualified, competent and personalized care, multidisciplinary team, collaboration.

The Roadmap

The Decalogue is the result of intensive **teamwork**. All the participants provided part of their free time and they contributed on the basis of their own professional experiences, shared proposals and dialogued on various

The Language

A clear, simple language, respectful of many sensitivities, was opportunely chosen. The Decalogue is proposed as an easily comprehensible document and, respecting all the parties involved, it underlines the centrality of the person with the ostomy within the treatment path.

The Addresses

The Decalogue is addressed to **People with Ostomy**, to **Hospital Administrations**, to **Health Care Workers**, to **Civil Society** and to all those who do not know the profound changes that an ostomy brings to a person's life.

The Share

With **Technical and Scientific Associations** and **Ostomate Persons Associations**

