

Using Convexity

Adapt CeraRing convex barrier rings are infused with ceramide. Ceramides help protect the skin's natural moisture barrier to help prevent water loss that may lead to damage and dryness. It is designed to help support healthy skin and provide a custom fit to help prevent leakage and peristomal skin complications.



Stoma that is below skin level



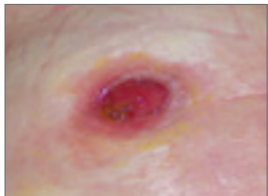
Convex skin barrier in place

General Information

- A secure and reliable seal between the peristomal skin and ostomy skin barrier is necessary to protect healthy peristomal skin from stoma discharge
- Skin barriers are either convex or flat. Convex simply describes the shape of the barrier
- Convexity may be recommended to increase the wear time of the ostomy pouching system
- Convexity may be firm or soft

Assessing for Convexity

- A simple patient assessment methodology can assist in determining the need for convexity. Refer to the Hollister **FIT Indicator Tool** (www.hollister.com.au/education or www.hollister.co.nz/education)
- Assessing when convexity is required should be done in consultation with an ostomy care nurse
- Ideally the patient should be assessed in the sitting position
- The pouch should be removed prior to
- A distal stoma assessment is recommended for all loop stomas



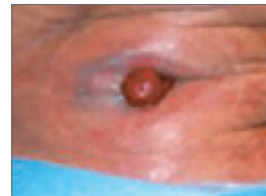
Off Centred Stoma Opening



Retracted Stoma



Flush Stoma



Uneven/Irregular



Flaccid Abdomen

Convexity May be Considered When:

- Stoma Assessment
 - Liquid/Loose stoma output
 - The opening of the stoma is at or below the skin surface
 - The opening of the stoma is off-centre
 - The stoma protrudes <math><3/4\text{''}</math> (20 mm) or is retracted below the skin surface
 - The stoma becomes flush/retracted during peristalsis (telescopes)
- Peristomal Assessment
 - The peristomal topography is uneven or irregular
 - The abdominal tone is flaccid

Using Convexity

Convex Products

- Convexity can either be built into the pouching system (integrated) or added with an accessory to the skin barrier
- Convexity is available in one-piece and two-piece options
- Convexity is available in pre-sized or cut-to-fit options
 - Note: When using cut-to-fit options for oval or irregular shape stomas, choose a barrier that is closest to the largest measurement so the convex curvature of the barrier is as close to the stoma as possible
- Soft convexity can be integrated into the pouching system or created by adding a convex barrier ring to a flat one-piece pouching system
- Firm convexity can be integrated into the pouching system or created by adding a convex barrier ring to a convex barrier to deepen the curvature when necessary

Convexity Considerations

- Selecting the right convex product may require regular reassessment of products used, condition of the peristomal skin, and the pouching system wear time
- Some ostomy care nurses recommend an ostomy belt to enhance the effect of the convexity.
- The following peristomal conditions do not preclude the use of convex products, however, caution and frequent reassessment is recommended in patients with:
 - Pyoderma Gangrenosum
 - Caput medusa (peristomal varices)
 - Pressure injury
 - Crohn's ulcers
 - Parastomal hernia
- Patients should be encouraged to contact an ostomy care nurse if there are stomal/peristomal changes, pouching system leakage or weight gain/loss



Soft integrated convex barrier



Soft convexity created by adding a convex barrier ring to flat skin barrier



Firm integrated convex barrier



Firm integrated convex barrier with convex barrier ring to deepen the curvature

For product questions and sampling needs call:
Australia 1800 880 851 New Zealand 0800 678 669

References: • "Patient Assessment Guidelines for Convexity" – Hollister Incorporated © 2013
• "Developing Patient Assessment Guidelines for Convexity" – Drolshagen et al. 2014 Poster Presentation, WOCN Conference, Nashville TN USA • "Convex Pouching Systems: Best Practice Document for Patients - WOCN 2012 • Use of Convexity in Pouching – A Comprehensive Review – Hoeflok J, Kittscha J, Purnell P. JWOCN 2012:40 (5):506-512 • "Adapt Convex Barrier Rings" – Ostomy Care Tip – Hollister Incorporated © 2012 • Lyon, C. & Smith, A. 2010 – Abdominal Stomas and Their Skin Disorders

Routine follow-up with your Stomal Therapy Nurse is recommended.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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Australia
PO Box 375
Box Hill, VIC 3128
1800 880 851
www.hollister.com.au

New Zealand
PO Box 62-027
Mt Wellington, Auckland
0800 678 669
www.hollister.co.nz