Oral dietary management in people with an ileostomy: a scoping review

Key Words: Stoma, ileostomy, diet, nutrition, scoping review

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Background:
Complications of having an ileostomy may affect quality of life, nutritional status and, for severe complications such as persistent high-output stoma and blockage, require prolonged or repeat hospital admission. Management of complications through diet, alongside medication where diet is insufficient, is extremely important for patient well-being and to reduce burden to the NHS. It has been reported that people with a stoma commonly feel that the dietary advice they receive is insufficient, lacking in quality, inconsistent, and can be conflicting. There are currently insufficient randomised controlled trials investigating dietary interventions in ileostomy management to carry out a systematic/Cochrane review. This scoping review will provide a descriptive review of the current evidence on oral dietary management in ileostomy patients.

Aims & Objectives:
To identify and map the types and extent of the evidence for oral dietary management in people with an ileostomy.

To provide a systematic summary of the evidence for all types of oral dietary management in people with an ileostomy; identifying which components of dietary modification are relevant to which aspects of ileostomy management, and showing what types, quantity and sources of evidence are currently available to inform use of these dietary modifications in practice.

Method:
This review will be carried out as per Joanna Briggs Institute methodology for conducting a scoping review. All types of quantitative and qualitative study designs and reviews will be considered. Text and opinion-based evidence to be included will be expert opinion. If peer-reviewed publications of consensus guidelines are identified, these will be included. The databases to be searched include: MEDLINE, EMBASE and AMED via Ovid, CINAHL via EBSCO, Web of Science, the Cochrane Database of Systematic Reviews, and JBI Database of Systematic Reviews and Implementation Reports. Trial registers will also be searched. Searches for grey literature will also be carried out to identify relevant unpublished theses, dissertations, and conference proceedings.

Outcome measures:
As this will be a scoping review, evidence will be selected based on whether a relevant concept is addressed. The concept for this review is oral dietary management of ileostomies. Outcomes will be aspects of ileostomy management including high stoma output, loose stoma output, wind, odour, blockage, malnutrition, and dehydration. Outcomes will be aspects of stoma management including high stoma output, loose stoma output, wind, odour, blockage, malnutrition, and dehydration.

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