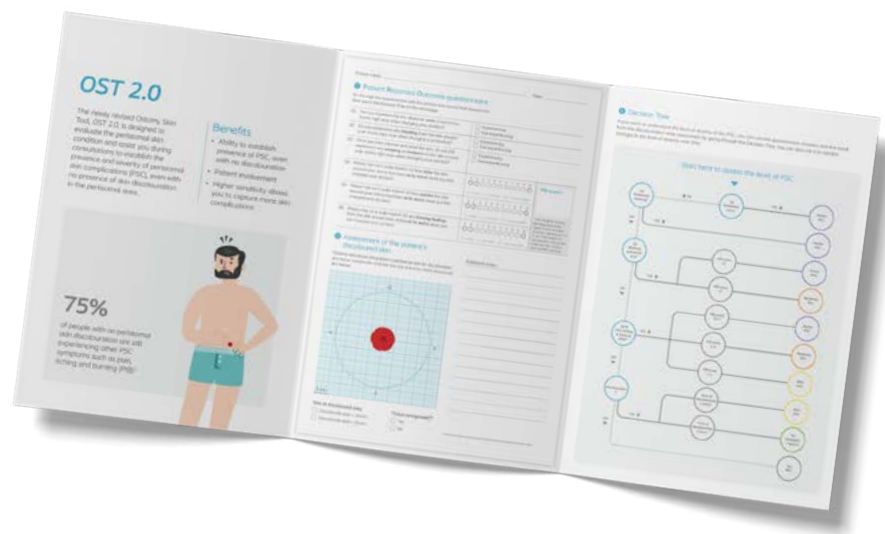


Features to better assess peristomal skin

OST 2.0 comprises a patient reported outcome questionnaire and a decision tree to establish the presence and severity of PSC symptoms. A notepad in this version of the tool is also included to record any discolouration.

The patient reported outcome questionnaire features six questions, three about visual symptoms and three asking the patient to rank the levels of any pain, itching and/or burning (PIB) in the skin around the peristomal area.



The scores from the questionnaire, combined with an assessment of discolouration in the peristomal area, enable you to define the health condition and severity of the peristomal skin – no treatment required PSC, mild, moderate or severe.

OST 2.0 enables you to keep track of the peristomal skin over time to help prevent severe PSCs.¹

About OST 2.0

OST 2.0 is the result of consensus reached following qualitative interviews with HCPs with relevant experience, people with an ostomy, and guidance from the Coloplast Expert Panel. The panel comprised two dermatologists and three ostomy care nurses, each with over 30 years' experience within the field of ostomy skin care and treatment of PSCs:

Lina Martins

Clinical Nurse Specialist, Wound, Ostomy and Continence, London Health Sciences Centre, London, Ontario, Canada.

Gillian Down

Nurse Consultant Stoma Care, Bristol; North Somerset and South Gloucestershire Clinical Commissioning Group, Bristol, UK.

Birgitte Dissing Andersen

Enterostomal Therapist, The Stoma Clinic, Herlev Hospital, Herlev, Denmark.

Gregor Jemec

M.D., Specialist in Dermatovenereology, DMSc, Professor of Dermatology, Health Sciences Faculty, University of Copenhagen, Denmark.

Tony Karlsmark

M.D., MDSc, Specialist in Dermatovenereology, Dept. of Dermatology and Copenhagen Wound Healing Center, Denmark.

Would you like to know more about OST 2.0 and how to incorporate into your consultations? Visit [\[insert address\]](#)

1. Martins, L. et al., The Ostomy Skin Tool 2.0: a new instrument for assessing peristomal skin changes, BJN, 2022, Vol 31, No 8



OST 2.0 – the new Ostomy Skin Tool

Keep track of your patients' peristomal skin over time

A simple 3-step tool to use in daily practice

1. Fill in the Patient Reported Outcome questionnaire with the patient
2. Observe and assess the peristomal skin for discoloration
3. Use Decision Tree to assess level of severity

OST 2.0

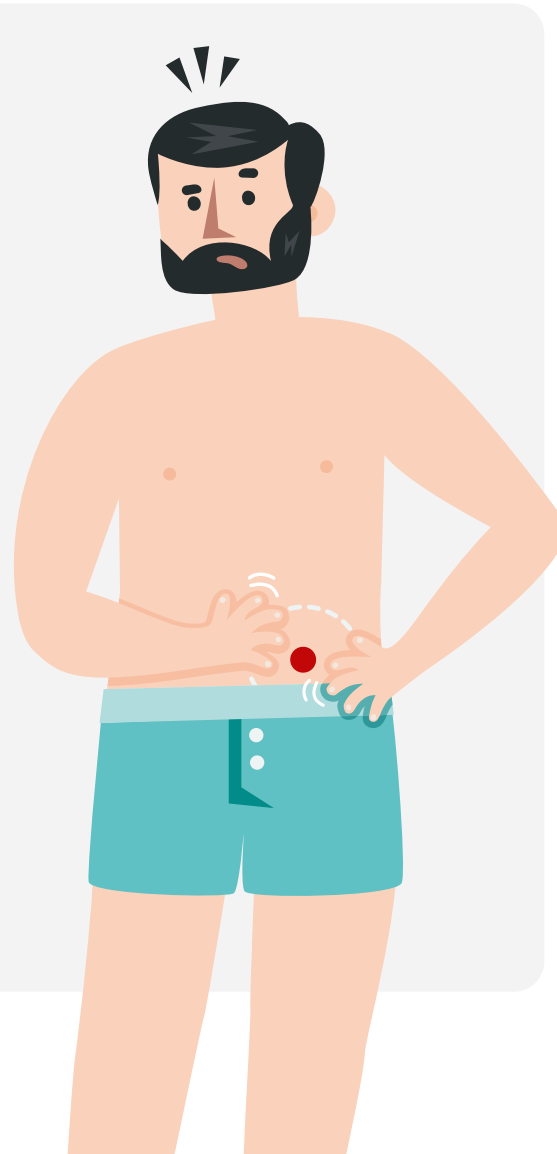
The newly revised Ostomy Skin Tool, OST 2.0, is designed to evaluate the peristomal skin condition and assist you during consultations to establish the presence and severity of peristomal skin complications (PSC), even with no presence of skin discoloration in the peristomal area.

Benefits

- Ability to establish presence of PSC, even with no discoloration
- Patient involvement
- Higher sensitivity allows you to capture more skin complications

75%

of people with no peristomal skin discoloration are still experiencing other PSC symptoms such as pain, itching and burning (PIB)¹



Patient name: _____ Date: _____

1 Patient Reported Outcome questionnaire

Go through the questionnaire with the patient and record their answers for later use in the Decision Tree on the next page.

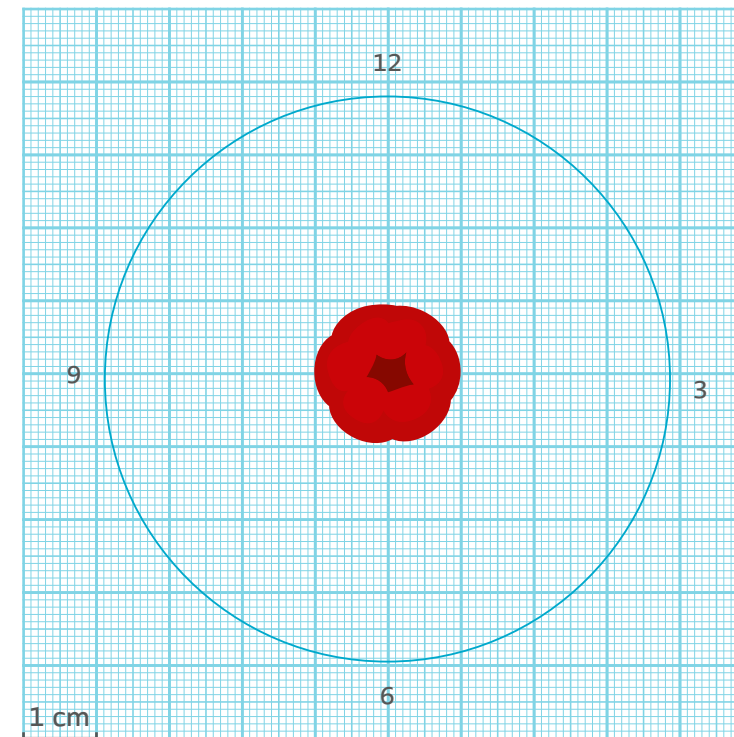
Q1. Are you experiencing any ulcers or sores around your stoma right now when changing your product?	<input type="radio"/> Experiencing <input type="radio"/> Not experiencing
Q2. Do you experience any bleeding from the skin around your stoma right now when changing your product?	<input type="radio"/> Experiencing <input type="radio"/> Not experiencing
Q3. Once you have cleaned and dried the skin, do you still experience any weeping or moisture on the skin around your stoma right now when changing your product?	<input type="radio"/> Experiencing <input type="radio"/> Not experiencing
Q4. Please rate on a scale from 0-10 how itchy the skin around your stoma has been at its worst since you last changed your product.	0 1 2 3 4 5 6 7 8 9 10 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 = none 1 = very mild 10 = worst possible
Q5. Please rate on a scale from 0-10 how painful the skin around your stoma has been at its worst since you last changed your product.	0 1 2 3 4 5 6 7 8 9 10 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 = none 1 = very mild 10 = worst possible
Q6. Please rate on a scale from 0-10 any burning feelings from the skin around your stoma at its worst since you last changed your product.	0 1 2 3 4 5 6 7 8 9 10 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> 0 = none 1 = very mild 10 = worst possible

PIB score:*

*The PIB (Pain, Itching, Burning) score is the highest score recorded for either question 4, 5 or 6. So, if the answer to one question is 8 and the other two are 7 and 3, then the PIB score is 8.

2 Assessment of the patient's discoloured skin

Observe and assess the patient's peristomal skin for discoloration and tissue overgrowth. Indicate the size and area of the discolored skin below.



- Size of discoloured area
- Discoloured area > 10cm²
 - Discoloured area < 10cm²
- Tissue overgrowth?*
- Yes
 - No

Additional notes:

*Excessive formation and build up of normal cells and tissue protruding from the skin surface.

3 Decision Tree

If you want to understand the level of severity of the PSC, you can use the questionnaire answers and the result from the discolouration area assessment by going through the Decision Tree. You can also use it to monitor changes in the level of severity over time.

