

**RasaCare Training Content  
Stoma Care Training Programme  
Home based**



**1. Introduction**

- Purpose of Stoma
- Types of Stoma

**2. Care of Stoma**

- Stoma Appliances available
- Peri-Stoma Skin Care
- Frequency of change
- Practical session

**3. Handling of Situations**

- Colour of stoma
- Is bleeding normal?
- When to seek medical attention?

**4. Activities and Diet**

- What to avoid?

**5. Questions & Answers**