

# 3<sup>rd</sup> International Conference on Gastroenterology & Urology

July 28-30, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

## Multimodal interventions (chewing gum, early oral hydration and early mobilisation) on the intestinal motility following abdominal gynaecologic surgery

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**Aim:** To determine the effects of chewing gum, early oral hydration and early mobilization on the time of first bowel sounds, first passage of flatus and first defecation following abdominal gynecologic surgery.

**Background:** A major complication of abdominal surgical procedures is paralytic ileus which results in patient discomfort, prolonged length of hospital stay and increased cost of treatment.

**Design:** Prospective randomized case-control study.

**Methods:** Women who underwent abdominal gynecological surgery for benign disorders under general anesthesia were randomized into eight groups according to different combinations of interventions consisting of chewing gum, early oral hydration and early mobilization. The effects of these interventions on the time of first bowel sounds, first passage of flatus and first defecation following abdominal gynecologic surgery were investigated. The data were analysed using chi-square tests, t-test for independent samples, Tukey's HSD test, pair-wise comparison test and one-way analysis of variance.

**Results:** It was found that the time when bowel sounds were heard was shorter, the time first passage of flatus was shorter and first defecation occurred earlier in the 1st group of women who chew gum, were hydrated orally and were mobilized early after surgery than the other groups. It was also determined that these periods were longest in the women who did not receive any intervention and received the routine hospital care when compared with other groups. Duration of hospital stay was shorter in the women who chew gum, were hydrated orally and were mobilized early than the other groups.

**Conclusions:** Early oral feeding, early mobilization and chewing gum are effective methods in terms of preventing paralytic ileus following abdominal gynecological surgery, improving patient comfort and shortening the duration of hospitalization.

### Biography

Fusun Terzioglu has completed her PhD at Hacettepe University. She worked as a Research Assistant at Hacettepe University School of Nursing in the Maternity and Women's Health Nursing Division from 1990 to 1997. She was promoted to Assistant Professor in 1998, Associate Professor in 2006 and Professor in 2012. She worked as a Vice Chair of Nursing Department, Coordinator of Erasmus Programme, Head of Strategic Planning Group and board member of Hacettepe University Women's Research and Implementation Center (HUWRICH) between 2009 and 2011. Her interest subjects are sexuality and reproductive health and management and leadership. She has been working as a Director of Nursing Services at Hacettepe University Hospitals since 2012 and Founding Dean of Faculty of Nursing between 2012-2013.

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