

## **Nonpharmacological Evidence-Based Practices That Affect Wound Healing After Cesarean**

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### **Abstract**

The purpose of this paper is to summarize the nonpharmacological evidence-based practices that boost wound healing after cesarean delivery. Although the World Health Organization (WHO) had suggested that indications of cesarean should not exceed 15%, the cesarean rate in Turkey is 52%, sadly. Nerve damage, tissue damage, edema, inflammation, muscle tension may develop in the abdominal region due to the surgical procedure following cesarean delivery. The wound healing process yields to prolong when these conditions are not taken seriously. Accelerating the wound healing process is vital in terms of reducing complications, morbidity, mortality, shortening the length of hospital stay, reducing the costs of treatment and care, therefore improving the quality of life, providing adequate breastfeeding and secure attachment between the mother and the newborn.

Although precautions are taken to minimize the factors that delay wound healing after cesarean, pharmacological treatments can cause side effects such as nausea-vomiting, abdominal distention, gas pain, allergies, etc. Hence, many cost-effective nonpharmacological interventions have become the main topic in preventing infection at the incision site, accelerating wound healing, and reducing pain. In the literature, ERAS protocols such as early mobilization, chewing gum, early oral nutrition, and glycemic control as nonpharmacological interventions have been reported to positively affect the wound healing process. Moreover, it is stated that the application of wound care dressings with grape seed oil, aloe vera gel after the cesarean has positive effects on the wound healing process. Though there are limited studies in the literature, Kinesio taping is also used as an effective method to deal with symptoms such as infection, edema, hematoma might occur in the management of wound healing. It has been concluded that Kinesio taping has positive effects on the wound healing process via increasing lymph and blood flow.

Therefore, in this paper, the levels of evidence and effect mechanisms of evidence-based nonpharmacological interventions applied in the wound healing process will be discussed. In this context, this presentation will include suggestions to increase the patients' quality of life, shortening the length of hospital stay and accelerating the wound healing process, thereby protecting the health of the mother and the newborn, especially with the interventions of nurses who have an important role and independent responsibility in the wound healing process.

**Key Words:** Cesarean, wound healing, evidence-based practices, nurse

### **Biography:**

Dr. Fusun Terzioglu , Atilim University, Ankara, Turkey Dean of Faculty of Health ScienceHead of Nursing Department ,She graduated in first place from Hacettepe University in 1989 and she won the Ihsan Dogramaci Superior Merit Award and Science Incentive Award. She earned her pilot's license. fTransport. She studied about counseling on assisted reproductive techniques at Liverpool Women's Hospital Reproductive Medicine Unit in United Kingdom on the British Council Research Scholarship. She earned a certificate in management and leadership in nursing. She is an active member of Thematic Network leadership work group. She studied as a research scholar at Kent State University College of Nursing in 2006. In 2007, she worked on a project named "Development of Leadership Skills in Nursing Doctoral Students" at University of Michigan Faculty of Nursing on an international research scholarship which was supported by International Network for Doctoral Education in Nursing (INDEN) and Sigma Theta Tau and provided to only three people around the world every year. 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 Co-Head of Nursing Department, Erasmus Department Coordinator, Head of Strategic Planning Group and board member of Hacettepe University Women's Research and Implementation Center (HUWRICH) between 2008 and 2011. Her interest subjects are sexuality and reproductive health and management and leadership. She is member of national and international nurse's organizations such as INDEN and Sigma Theta Tau. She has been working as a Director of Nursing Services at Hacettepe University Hospitals (Adult, pediatric, physiotherapy and rehabilitation and Oncology hospital) between 2012-2016 and Founding Dean of Faculty of Nursing. She had a founder Dean Faculty of Health Science in İstinye University and Director of Nursing of MLPCare (with 30 hospitals, 3500 nurses) between 2016-2018. She has published more than 100 papers,

20 grant projects, eight books as an editor and author, and more than 120 presentation in the national and international. She is also invited speaker more than 60 congress and symposium. She is currently work as a Dean of Faculty of Health Science and Head of Department of Nursing and Academic counselor of Medicana International Ankara Hospital in Atilim University.

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