

## ***The Effect of Kinesio Taping and ERAS Applications on Bowel Movements After Cesarean***

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### ***Abstract***

The objective of this presentation is to analyze evidence-based applications about the effect of Enhanced Recovery After Surgery (ERAS) applications and Kinesio taping (KT) on bowel movements after the cesarean section. Cesarean section is one of the most common types of abdominal surgery in women. Complications such as abdominal distension, paralytic ileus, constipation may develop after delivery by a highly preferred cesarean section, as in other abdominal surgeries. It is important to prevent the development or to manage early of these complications, which decreases the comfort of the mother, affects the mother-infant attachment and the health of the newborn in the postpartum period. In the literature, it is emphasized that the pharmacological applications used in the management of intestinal problems are not preferred due to their side effects and negative effects on the lactation process such as slowing down the sucking functions of the newborn and the importance of the use of non-pharmacological methods. In addition, it is stated that KT and ERAS protocol applications, which are among the non-pharmacological methods, are effective in the prevention and management of post-cesarean intestinal problems. KT improves blood and lymph circulation by applying a continuous pulling force to the facial tissues in the region and providing proprioceptive stimulation of nerve endings in the intestinal reflex area. Early mobilization, early oral hydration, and chewing gum from ERAS applications after the cesarean section also shorten the return time of bowel movements and sounds. Providing early mobilization after cesarean section enables intestines affected by anesthesia to return to the former working order more quickly by stimulating intestinal peristalsis. Early oral hydration stimulates the colon by creating a gastrocolic reflex and creates propulsive contractions. On the other hand, chewing gum increases intestinal motility as it has direct stimulation of the cephalic-vagal reflex, stimulates intestinal myoelectric activity and indirect activation of gastrointestinal hormones, and enhances the secretion of the salivary gland and pancreas. In this paper, the evidence-based practices regarding the effect of the post-cesarean KT method, early oral hydration, early mobilization, and gum chewing on bowel movements will be examined and their place in nursing care in the postpartum period will be evaluated.

Key Words: kinesio tape, ERAS, cesarean section, abdominal surgery, bowel movements, nursing

### ***Biography:***

Dr. Fusun Terzioglu, Atilim University, Ankara, Turkey  
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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 Atilm University.

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