Journal of Biological and Medical Sciences

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.

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Session name/ number: Maternal and Child Health/ Track 10
Category: Oral presentation

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38th Annual Midwifery Summit Sep 14, 2020 - Sep 15, 2020

Abstract Citation: 38th Annual Midwifery Summit Sep 14, 2020 - Sep 15, 2020