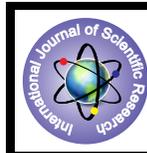


## A Study to Assess the Effectiveness of Gum Chewing to Improve Bowel Motility Among Lscs Mother



### Medical Science

**KEYWORDS :** Lymph node, FNAC, Tuberculosis, Carcinoma

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### ABSTRACT

*Introduction: LSCS is an operative procedure to deliver a viable foetus through an abdominal and uterine incision for the mothers with systemic disease, malignancy in reproductive tract, malpresentation etc. It has been considered a temporary disturbance in gastric motility because of the anaesthetic effect. Chewing gum is one of the method used for stimulating the bowel motility. Objectives: 1. to assess the level of bowel motility among LSCS mother. 2. To assess the effectiveness of gum chewing on bowel motility among LSCS mother. 3. To associate the post-test level of bowel motility with the selected demographic variables. Material and method: The design adopted for this study was true-experimental design. Samples were selected by using simple random sampling technique. The tool was prepared by the investigator after reviewing the literature and in consultation with experts. A total of 30 LSCS mothers were selected for study. Result: experimental group LSCS mothers among 20-25 age group 6(40%) were in the age group of 25-30 years 8(53.3%), patient were in the age group of 30-35 years 1(6.6%). control group LSCS mothers among 20-25 age group 4(6.6%) were in the age group of 25-30 years 5(20%), patient were in the age group of 30-35 years, 6(40%). There was an improving in the level of bowel motility after administration of gum. Gum chewing was effective in improving bowel motility ( $p < 0.05$ ). Conclusion: Gum chewing helps in the stimulation of gastric motility in the LSCS is postulated to activate the cephalic vagal reflux, and to increase the production of gastrointestinal secretions associated with bowel motility.*

### INTRODUCTION:

LSCS has been considered a temporary disturbance in gastric motility. It is characterized by a transient cessation of bowel function, lack of bowel sounds, accumulation of gastrointestinal gas and fluid, pain and abdominal distension, nausea, vomiting, and delayed passage of flatus and stool. Gastric motility has been reduced because of the anaesthetic effect it suppress the vague reflex. A new approach that emphasizes patient comfort and based on available evidence should be considered. Sham feeding has been reported to stimulate bowel motility in humans. Chewing gum is a type of sham feeding that simulates food ingestion.

The reduction duration of LSCS afforded by chewing gum is supported by several studies. On the basis of studies done the bubble gum chewing patients can be ambulated early, ability to tolerate oral fluids and feeds and reduction in stress related to prolonged hospital stay. These patients can be protected from nosocomial infections, and post-operative pulmonary complications.

### OBJECTIVES:

- To assess the level of bowel motility among LSCS mother.
- To assess the effectiveness of gum chewing on bowel motility among LSCS mother.
- To associate the post-test level of bowel motility with the demographic variables.

### MATERIALS AND METHOD:

**Research Approach:** The research approach utilized in this study was quantitative research approach **Research Design:** The research designs adopted for this study was true-experimental design. **Setting:** The study was conducted at urban area Poona-mallee (MCH). **Population:** The Mother who are underwent delivery at MCH. **Sample:** Sample consists of parturient women who undergo LSCS and who meet the inclusion criteria. **Sample Size:** Sample size is 30 women **Sampling Technique:** Samples were selected by using simple random sampling technique

### INCLUSION CRITERIA

- Mothers who are undergoing LSCS.
- Fully conscious, oriented, and able to follow instructions.
- Patients who speak, English and Tamil.
- Patients who have signed the consent form.

### EXCULSION CRITERIA

- Patients with h/o allergic to chewing gum flavour.
- Unconscious patients, who cannot follow instructions, and who are not fully oriented.

### DATA COLLECTION PROCEDURE

After obtaining the permission from our principal madam, Saveetha College of nursing, the study was conducted from 05.2.15 to 24.2.15 The LSCS were selected by simple random sampling. We introduced ourselves to the subject and developed good rapport with them. Confidentiality was maintained for each sample while collecting the data. Socio demographic data collected from each patient. The data were analysis by using descriptive and inferential statistics.

### RESULTS:

**1. Experimental Group:** LSCS mothers among 20-25 age group 6(40%) were in the age group of 25-30 years 8(53.3%), patient were in the age group of 30-35 years 1(6.6%). **Control Group:** LSCS mothers among 20-25 age group 4(6.6%) were in the age group of 25-30 years 5(20%), patient were in the age group of 30-35 years 6(40%)

**2. Experimental group;** out of 15 sample, 03(20%) of them had moderate, 12(80%) of them had severe. **Control group;** out of 15 sample, 01(6.6%) of them had normal, 1(6.6%) of moderate, 12(80%) of them had severe.

III. There was an improvement in the level of bowel motility after the administration of gum. It shows that gum chewing was effective in improving bowel motility ( $p < 0.05$ )

### DISCUSSION:

This chapter deals with the discussion of the finding of the study analysed based on effectiveness of gum chewing the objectives of the study, hypothesis, statistical analysis and related literature of the study. The problem stated was a true-experimental study to assess the effectiveness of gum chewing in improving bowel motility among LSCS mothers.

**NURSING IMPLICATION:** The nursing curriculum should enable nursing students to develop advanced knowledge on effectiveness of gum chewing. The nurse administrators can make arrangement to conduct in-service education programme on gum chewing to improve the bowel motility. The study assists the nursing administrative authorities to initiate and Carryout

health education program in healthcare settings. Nursing leading must utilize available resources, which are technologically sound in teaching in LSCS mothers. A similar study can be conducted with larger number of samples. Same study can be repeated using different types of chewing. Same study can be conducted as a long term study. Studies regarding the effect of gum chewing can be conducted in hospital settings also a comparative study can be done in the urban and rural.

**CONCLUSION:**

Gum is postulated to activate the cephalic vagal reflex, which is usual, enhanced by food and to increase the production of gastrointestinal secretions associated with bowel motility. It is an inexpensive and physiologic method for stimulating bowel motility. Gum chewing should be added as an adjunct treatment in post-operative care because it might contribute to shorter hospital stays.