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The impact of application of multimodal approach on expected clinical outcome for post ileus patients after total abdominal hysterectomy

Background: Oral fluids and food are traditionally introduced slowly after total abdominal hysterectomy (TAH). This study examined the effect and tolerance of early oral intake following this surgery. Postoperative ileus (POI) is broadly defined as a temporary impairment of gastrointestinal (GI) motility, it leads to patient discomfort, decrease the mobility and prolongs both convalescence and hospital stay.

Aim: The aim of the study was to evaluate the impact of application of multimodal approach on expected clinical outcome for post ileus patients after total abdominal hysterectomy.

Design: Quasi-experimental design was used. The study was conducted in the Obstetrics and Gynecology Department in El-Minia General Hospital from first of September 2011 to the last of February 2012.

Sample: Total samples of 40 female patient divided equally into two groups (control group and intervention group) were assigned to multimodal approach.

Results: The results also revealed that early feeding could be tolerated well in patients undergoing total abdominal hysterectomy TAH. Also the results show that with improvements in postoperative nausea and vomiting and length of stay were noted in the early fed group with minimal medical benefits.

Conclusion: This study concluded that early feeding and hydration after major gynecologic surgery results in decreased nausea and vomiting and decreased hospital stay, promote wound healing, optimizing patient condition before, during and after surgery and reduce the length of hospital stay.

Recommendation: This study recommended that more approaches such as chewing gum, antiemetic drugs and laxatives should be applied to relieve the postoperative complications especially ileus after the total abdominal hysterectomy.

Biography

Amany M Shebl has completed her PhD from Cairo University, Egypt. She occupied several positions as (Head of Medical-Surgical Nursing Department, Vice-dean for Student Affair, Vice-dean for Post Graduate and High Studies Research Affair). Now she is occupying position as Dean of Faculty of Nursing, Mansoura University, Egypt. She has several papers in reputed journals. She is also a Reviewer of *International Cancer Journal* and she is very interested in scientific research. Her mission is to guide highly qualified nurses & provide distinguished intellectual and professional insight in providing nursing care to meet the national and international market.

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