

## EFFECTIVENESS OF ROCKING CHAIR EXERCISE ON RESUMPTION OF GASTROINTESTINAL FUNCTION

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### ABSTRACT

The gastrointestinal system is responsible for the breakdown, digestion and absorption of various foods and liquids needed to sustain life, and also responsible for elimination of solid waste. One of the most common causes of extended length of hospital stay following abdominal surgery is postoperative ileus (POI), which is temporary impairment of gastrointestinal motility characterized by abdominal distension, pain, delayed passage of gas and stool, nausea, vomiting, and diminished appetite. The condition may delay patients ambulation, increasing the risk for pulmonary and thromboembolic complications, and it may delay enteral feedings or resumption of a solid diet, resulting in poor nutrition with delayed wound healing. The use of opioid analgesics for postoperative pain relief often exacerbates POI.

The Objective was to determine the effectiveness of rocking chair exercise on resumption of gastrointestinal function among patients subjected to abdominal surgery. Associate the resumption of gastrointestinal function with selected background variable among patients subjected to abdominal surgery.

An experimental posttest only study design was used in this study. The patients (n=15) who received routine care with rocking chair exercise were referred as study group and the patients (n=15) who received routine care for three days were referred to as a control group.

In regard to the percentage distribution of flatus passed day by the patients after practicing rocking chair exercise, eight patients (53.3%) passed flatus on the third day, six patients (40%) passed flatus on the fourth day in the study group and whereas in the control group, nine patients (60.0%) passed flatus on the fourth day, two patients (13.3%) passed flatus on the fifth day. Considering the day of discharge from postoperative unit after the rocking chair exercise nine patients (60.0%) got discharged on the fourth day and three patients (20.0%) got discharged on the fifth day in the study group. Among the patients in the control group who received routine care, nine patients (60.0%) got discharged on the fourth day and six (40.0%) got discharged on the fifth day. But these findings were statistically non significant. The independent t test was estimated by Brief pain inventory's level of pain and level of pain interference among the study and control groups. The difference in level of pain showed a statistical significant reduction in pain at the level of  $p < 0.001$  (t-value 9.318) and level of pain interference showed a highly statistical significant in reduction of interference at the level of  $p < 0.001$  (t-value 12.291).

This study attempted to explore a method to resolve POI in postoperative abdominal surgery patients using randomized assignment of patients to either the standard of care group or the rocking motion group. The goal of this study was to explore the effects of an alternative and complementary intervention, "rocking chair exercise," on POI, based on premises of stress response theories that purport that relaxation techniques can mediate stress.

### About Authors



Dr. Mrs. L. Eilean Victoria, worked as Associate Professor in Dept. of Medical Surgical Nursing at Ramachandra College of Nursing, Sri Ramachandra University (SRU), Chennai, She did **Doctorate in Faculty of Nursing (Ph.D)**, specialized in Medical Surgical Nursing and super specialized in Renal Nursing. She has 15 years of teaching experience She is Currently working as **Assistant Professor**, Department of Adult & critical Care, College of Nursing, Sultan Qaboos university, Muscat, Sultanate of Oman.



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