

## **Effect of Three Different Nursing Interventions on Intestinal Motility and Women's Satisfaction Post-Cesarean Section Birth**

**Background:** A major complication of abdominal surgical procedures is paralytic ileus which results in patient discomfort, prolonged length of hospital stay and increased cost of treatment. **Aim:** The study aimed to evaluate effect of three different nursing interventions on intestinal motility and satisfaction of women's post-cesarean section birth. **Design:** Randomized controlled comparative study. **Setting:** This study was conducted in obstetric department, university hospital at Beni-Suef city; it was carried during the period from July 2018 to July 2019. **Subjects:** A total of 240 females divided into 4 groups of 60 subjects each were included within the scope of the sample. **Method:** The women who underwent cesarean birth were divided into four groups, depending on the use of four different methods of gum-chewing, early oral-hydration, and early mobilization. No intervention was applied to the women in the control group. For the four groups, the intestinal sounds were checked every 30 minutes with a stethoscope over the abdomen and the first time of passing gas were recorded by asking the mother. The data were evaluated with numbers, mean, and percentage calculation. **Results:** The three different nursing interventions (sugarless gum chewing, early mobilization and early hydration) are effective methods in respect of intestinal motility and women's satisfaction in post-cesarean section birth. However, earlier, hearing of intestinal sound, passing gas and bowel movement in the first group that received gum-chewing compared to the other groups ( $p < 0.001$ ). **Conclusions:** Chewing gum is the best nursing intervention followed by oral hydration and then early mobilization post cesarean section on intestinal motility, in prevention of paralytic ileus as well as women's satisfaction. **Recommendation:** Gum chewing, early mobilization and early oral hydration can be conducted safely after CS delivery. More population should be investigated for more global evaluation.

**Keywords:** gum chewing, oral hydration, mobilization, intestinal motility, cesarean birth, Women's Satisfaction.