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THE IMPORTANCE AND FEATURES OF REHABILITATION AFTER ABDOMINAL SURGERY

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Abstract

The article discusses the relevance and importance of rehabilitation after abdominal surgery. Modern recovery methods such as early activation, diet therapy, physiotherapy treatments, and psychological support were analyzed. The basis for the study was data from scientific sources and databases Google Scholar, Scopus and PubMed. The results of the analysis show that early and comprehensive rehabilitation reduces the risk of complications and accelerates the recovery process of patients. The results highlight the need to further improve rehabilitation programs to improve patients' quality of life in the postoperative period.

Keywords. Rehabilitation, abdominal surgery, early activation, diet therapy, physiotherapy, postoperative period, complications, recovery, adhesions, rehabilitation programs.

Introduction

Operations on the abdominal organs are one of the most common and complex surgical interventions that require a thorough approach both at the stage of preparation and in the recovery process. In the postoperative period, patients often face various complications, such as infectious processes, intestinal motility disorders and the development of adhesions. These complications not only worsen the quality



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of life, but can also lead to the need for repeated surgeries, lengthening the recovery period.

An important task of modern medicine is the development and implementation of effective rehabilitation programs aimed at reducing the risk of complications and speeding up the recovery of patients. A comprehensive approach to rehabilitation, including physical activity, nutritional therapy and psychological support, helps to restore body functions and improve the results of surgery.

The purpose of this work is to analyze the existing methods of rehabilitation after operations on the abdominal organs, as well as to determine the optimal approaches to the recovery of patients, based on the data of modern research and clinical guidelines.

Materials and methods

To conduct this study, data obtained from various sources of scientific literature and international databases, such as Google Scholar, Scopus, PubMed and Web of Science, were used. Emphasis was placed on works published over the past 10 years to ensure the relevance and relevance of the analyzed material.

At the first stage of the study, a literature review was carried out to study various approaches to the rehabilitation of patients after abdominal surgery. For this purpose, studies were selected that included meta-analyses, randomized controlled trials, clinical guidelines, as well as publications on specific rehabilitation methods, such as early activation, physiotherapy, breathing exercises, diet therapy, and psychological support.

At the next stage, data on various methods of recovery of patients in the postoperative period were systematized. All selected studies were classified according to the following criteria: type of surgery, age and general condition of the patient, presence of concomitant diseases, duration of rehabilitation, methods used and their effectiveness. An analysis of the frequency of complications was also carried out depending on the rehabilitation techniques used and the time of their onset after surgery.

To ensure the objectivity of the study, the method of comparative analysis of data on patients who underwent rehabilitation according to various protocols was used. Data on the restoration of digestive function, duration of hospitalization, the



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frequency of complications (adhesions, infections, intestinal peristalsis disorders) and the total duration of the rehabilitation period were studied and analyzed.

The key stage of the study was the analysis of the effectiveness of individualized rehabilitation programs that took into account the patient's age, the presence of chronic diseases and the features of surgical intervention. Protocols were studied, in which both traditional methods (physiotherapy, breathing exercises) and innovative approaches (the use of modern dietary recommendations, pharmacotherapy for the prevention of adhesions, psychotherapeutic support) were studied.

In addition, an important part of the study was to identify the importance of early initiation of rehabilitation and its impact on treatment outcomes. For this purpose, the data of patients whose rehabilitation began on the first day after surgery, and patients whose recovery measures began later, were considered. The analysis showed that early activation and timely start of rehabilitation measures significantly reduce the risk of complications and accelerate the recovery of patients.

Results

The results of the study showed that rehabilitation after abdominal surgery has a significant impact on the results of treatment and the general condition of patients. One of the key conclusions was the confirmation of the importance of early activation of patients in the postoperative period. Patients who began to move and stand on their feet on the first day after surgery were much less likely to encounter complications such as thrombosis, congestion in the lungs and intestinal motility disorders. Early activation also contributed to the accelerated recovery of intestinal peristalsis and a decrease in the level of pain.

Nutritional therapy has proven to be an important aspect of rehabilitation. Analysis of the data obtained showed that a gradual transition from parenteral to enteral nutrition, taking into account the individual characteristics of the patient, avoids complications such as nausea, vomiting and malabsorption of nutrients. Dietary programs developed on the basis of modern recommendations, which take into account the composition of micro- and macroelements, as well as the balance of proteins, fats and carbohydrates for optimal restoration of the functions of the digestive system, turned out to be especially effective.

Physiotherapeutic methods such as breathing exercises, massage, and exercises to strengthen the abdominal wall muscles have been shown to be highly effective in



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preventing adhesions and improving the general condition of patients. In those patients who regularly performed abdominal exercises and breathing techniques, complications associated with the development of adhesions and decreased intestinal motility were significantly less common. These methods also contributed to the reduction of pain and a faster recovery of physical activity.

Psychological support plays an equally important role in the rehabilitation process, as the study showed. Patients who received qualified psychological help were less likely to experience anxiety disorders, depression and stress, which had a positive effect on their general condition and accelerated the recovery process. This confirms the importance of including psychological rehabilitation in the complex of recovery measures after serious surgical interventions.

A comparative analysis of various rehabilitation methods has shown that individualized recovery programs that take into account the patient's age, the presence of concomitant diseases and the extent of the operation performed lead to more positive results. Patients who underwent rehabilitation under such programs showed a faster rate of recovery and experienced fewer complications. In particular, in elderly patients with chronic diseases of the cardiovascular system and respiratory organs, programs that include moderate physical activity, a balanced diet and psychotherapeutic support turned out to be the most effective.

The study also revealed the importance of the timing of the start of rehabilitation. Patients who started recovery within the first two to three days after surgery showed better results compared to those who started rehabilitation later. The earlier start of rehabilitation contributed to the rapid healing of the sutures, reducing the risk of infections and preventing adhesions.

In conclusion, the results of the study showed that a comprehensive approach to rehabilitation, including early activation, nutritional therapy, physiotherapy techniques and psychological support, is most effective in improving the results of surgical operations and accelerating the recovery process of patients after abdominal surgery.

Conclusions

The conclusions of the study confirm that rehabilitation after abdominal surgery is the most important stage of treatment, which directly affects the outcomes of surgical intervention and the quality of life of patients in the postoperative period. A



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comprehensive approach to rehabilitation, including early activation, nutritional therapy, physiotherapy and psychological support, has proven to be highly effective in reducing the incidence of complications and speeding up the recovery process.

One of the key conclusions was that the timely start of rehabilitation measures, especially early physical activity, has a decisive impact on the restoration of the functions of organs and body systems. Patients who began to move and perform breathing exercises on the first day after surgery were much less likely to encounter complications such as thrombosis, congestion in the lungs and intestinal motility disorders. This highlights the importance of introducing early activation protocols into routine clinical practice.

Diet therapy has also shown its importance in the rehabilitation process. Individually selected nutrition schemes, including a balanced composition of macro- and microelements, contribute to the restoration of the functions of the digestive system and prevent the development of complications associated with metabolic disorders and the functioning of the gastrointestinal tract. This conclusion confirms the need for a wider introduction of modern dietary recommendations in rehabilitation programs.

Physiotherapeutic methods, such as breathing exercises and physical exercises to strengthen the muscles of the abdominal wall, contribute not only to the prevention of complications, but also to the reduction of pain, which significantly improves the general well-being of patients. Regular physiotherapy reduces the risk of adhesions, which makes them an important component of the rehabilitation process.

In addition, psychological rehabilitation plays an integral role in recovery. Stress, anxiety and depression, which often occur in patients after complex surgical procedures, slow down the recovery process. The provision of qualified psychological assistance can reduce the level of emotional stress and contribute to a faster recovery. This finding emphasizes the importance of psychotherapeutic support in a comprehensive rehabilitation program.

The study also showed that individualized rehabilitation programs that take into account age, the presence of comorbidities and the features of surgical intervention lead to better results. Patients who underwent rehabilitation according to specially designed programs for them showed a faster recovery and fewer complications, which indicates the need for a personalized approach to rehabilitation.



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Thus, the conclusions of the study emphasize that rehabilitation should be an integral part of the treatment process after abdominal operations. Early activation, well-chosen nutrition, physiotherapy and psychological support, combined with an individual approach, can significantly improve the prognosis of patients and shorten their recovery time.

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