

Investigation of Postgraduate Theses Related to Colorectal Surgery in The Field of Nursing in Turkey

Fetih BISGIN*¹, Şenay KARADAĞ ARLI²

¹Ondokuz Mayıs University, Graduate School of Education, Department of Nursing, Surgical Diseases Nursing Programme, Doctoral Student, Samsun, Türkiye

²Ondokuz Mayıs University, Faculty of Health Sciences, Department of Surgical Nursing, Samsun, Türkiye
Fetih Bişgin, ¹ORCID Code: 0000-0002-0155-7180, Şenay Arlı ²ORCID Code: 0000-0002-8231-3857

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* Corresponding Author

Fetih Bisgin
fetihbisgin@gmail.com

ABSTRACT

This study aimed to examine postgraduate theses on colorectal surgery in the field of nursing in Turkey. Designed as a retrospective descriptive study, data were collected by analyzing master's and doctoral theses listed in the National Thesis Center database of the Council of Higher Education between 1990 and 2024. A total of 44 theses (14 PhD, 30 master's) were reviewed. Theses were evaluated based on type, year, department, research design, data collection methods, sample characteristics, location, objectives, and outcomes. Findings revealed that 68% (n=30) were master's theses, with 52% (n=23) conducted between 2020–2024. Patients constituted 88.6% (n=39) of samples, and 75.5% (n=33) of studies were conducted in clinical settings. Most theses focused on postoperative care for cancer and stoma opening (colostomy) patients, emphasizing quality of life, social adaptation, psychological resilience, and patient comfort. The study highlights the need for evidence-based nursing interventions, tailored patient education, and counseling to improve outcomes. Wider implementation of such practices could enhance patients' disease adaptation and quality of life. It was also noted that future studies should be carried out on larger sample groups.

Türkiye’de Hemşirelik Alanında Kolorektal Cerrahi ile İlgili Yapılan Lisansüstü Tezlerin İncelenmesi

MAKALE BİLGİSİ

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* Sorumlu Yazar

Fetih Bişgin
fetihbisgin@gmail.com

ÖZ

Bu çalışma, Türkiye’de hemşirelik alanında kolorektal cerrahi ile ilgili yapılan lisansüstü tezleri incelemeyi amaçlamıştır. Retrospektif tanımlayıcı bir araştırma olarak tasarlanan çalışmada, Yükseköğretim Kurulu Ulusal Tez Merkezi veri tabanında 1990-2024 yılları arasında yayınlanan 44 tez (14 doktora, 30 yüksek lisans) incelenmiştir. Tezler; tür, yıl, anabilim dalı, araştırma deseni, veri toplama yöntemleri, örneklem özellikleri, çalışma yeri, amaç ve sonuçlar açısından değerlendirilmiştir. Bulgulara göre tezlerin %68’i (n=30) yüksek lisans, %52’si (n=23) 2020-2024 yılları arasında yapılmıştır. Örneklemelerin %88.6’sı (n=39) hastaların oluşturduğu, çalışmaların %75.5’i (n=33) klinik ortamda yürütülmüştür. Tezlerin çoğu kanser ve kolostomi hastalarının postoperatif bakımına odaklanmış olup, yaşam kalitesi, sosyal uyum, psikolojik dayanıklılık ve hasta konforunu vurgulamıştır. Sonuç olarak, kanıta dayalı hemşirelik girişimleri, bireyselleştirilmiş hasta eğitimi ve danışmanlık hizmetlerinin yaygınlaştırılmasının hasta uyumunu ve yaşam kalitesini yükseltebileceği belirlenmiştir. Ayrıca yapılacak çalışmaların daha geniş örneklem grupları üzerinde gerçekleşmesi gerektiği saptanmıştır.

INTRODUCTION

Colorectal surgery is a medical specialty that focuses on the treatment of disorders involving the colon, rectum, and anus, as well as associated abdominal, pelvic, and perineal issues through medical, surgical, endoscopic, and perioperative care (1). Colorectal cancer is the third most diagnosed cancer type worldwide (2). Colorectal surgery is performed in various medical conditions, including inflammatory bowel diseases (such as ulcerative colitis and Crohn's disease), mechanical intestinal obstruction, perforation, rectal prolapse, fistulas, anal cracks and haemorrhoids, as well as primarily colorectal cancers (1, 3, 4, 5, 6). It has been reported that colorectal surgical treatments lead to increased morbidity and prolonged hospital stays (7, 8). Patients receive all necessary care and treatment services during preoperative, intraoperative, and postoperative periods of these surgical treatments (9, 10, 11). With appropriate nursing care during this period, the primary goals are to meet the basic needs of patients, reduce complications, shorten hospital stays, and accelerate recovery, thereby improving the patients' quality of life (12, 13, 14). Additionally, nurses have important responsibilities during this process, including patient education and counseling, adherence to protocols, monitoring the bowel cleansing process, patient assessment, record keeping and reporting, communication and coordination, and patient follow-up (14, 15, 16). Another responsibility of nurses is to conduct studies to improve nursing practices and apply the results obtained in clinical settings. Moreover, it is important for nurses to share the information obtained from research with their colleagues and other healthcare professionals (17). Therefore, nurses must stay updated with the latest approaches and incorporate new knowledge into patient care in colorectal surgery (5, 9).

Nurses can enhance their professional knowledge by researching theoretical and practical issues in care. Additionally, by evaluating different studies, nurses can promote the implementation of evidence-based nursing interventions in colorectal surgery (17, 18). Colorectal surgery is a critical area in terms of both medical and nursing care and offers important opportunities to improve the quality of life of individuals. Improving nursing practice and updating the information in the literature and practices are important in terms of providing a sustainable health service in this field. A review of the extant literature revealed no studies that examined nursing theses in the field of colorectal surgery. This retrospective descriptive literature review aims to examine theses conducted by nurses in Turkey for patients undergoing colorectal surgery. It is believed that this study will contribute to the literature by providing more comprehensive information to researchers, nurses, and other healthcare professionals caring for patients undergoing colorectal surgery.

MATERIALS AND METHODS

Research Objective

This research was conducted to examine postgraduate theses in the field of nursing in Turkey, specifically those related to "colorectal surgery." The study sought to answer the following questions: "What are the year, type, objective, method, and results of postgraduate theses related to colorectal surgery in the field of nursing in Turkey?"

Research Questions

1. What is the publication year of the nursing theses related to colorectal surgery in Turkey?
2. What types of nursing theses have been conducted in Turkey on colorectal surgery?
3. What are the objectives of the nursing theses related to colorectal surgery in Turkey?
4. What methods have been used in the nursing theses related to colorectal surgery in Turkey?

5. What conclusions have been reached in the nursing theses related to colorectal surgery in Turkey?

Research Design

This study was conducted as a retrospective descriptive study by reviewing theses in the field of nursing conducted between 1990 and 2024.

Inclusion Criteria

- Being included in the National Thesis Center database.
- Having the keywords "colorectal," "colorectal surgery," "nursing," "colon," "intestine," "rectum," "colostomy," and "surgery" in the title.
- Being a postgraduate thesis study.
- Conducted by nursing departments or nursing-related disciplines.
- Having full-text Access.

Research Strategy and Data Collection

Research data were collected by searching the National Thesis Center database online (<https://tez.yok.gov.tr/UlusalTezMerkezi/>). The data were gathered using detailed searches with the keywords "colorectal," "colorectal surgery," "nursing," "colon," "intestine," "rectum," and "colostomy," with the subject selected as "nursing." The study population consisted of 51 postgraduate theses. The sample included 44 theses conducted in the field of nursing related to colorectal surgery between 1990 and 2024, with accessible thesis records. Five theses identified as duplicates through different keywords and two theses with inaccessible full texts were excluded from the sample.

I. search	II. search	III. search	IV. search	V. search	VI. search	VII. search
Topic: Nursing	Topic: Nursing	Topic: Nursing	Topic: Nursing	Topic: Nursing	Topic: Nursing	Topic: Nursing
Keyword: Colorectal	Keyword: Colorectal Surgery	Keyword: Nursing	Keyword: Colon	Keyword: intestine	Keyword: colostomy	Keyword: Rectum

Figure 1. Selection algorithm of theses included in the research

Data Analysis

In this study, postgraduate theses related to "Colorectal Surgery" in the field of nursing were evaluated based on their type, year of study, department, research type, data collection method, sample group, sample size, location of the study, objectives, and results. To facilitate comparison, the data were converted into tables.

Ethical Aspects of the Research

Since the research is a literature review method, there is no need for an ethics committee approval decision. All studies included in the study are shown in the references section.

Limitations of the Study

The results of this study consist exclusively of postgraduate theses on colorectal surgery in the field of nursing, which were made available in the National Thesis Database of the Council

of Higher Education between 1990 and 2024. A further limitation of the study is that the theses accessed consist of the general characteristics expressed in the objectives of the study.

RESULTS AND DISCUSSION

It was determined that 68.0% (n=30) of the theses were master's theses, and 32.0% (n=14) were doctoral theses. The distribution of the theses by years is as follows: 5.0% (n=2) were conducted between 1990-1995, 2.0% (n=1) between 1996-2001, 7.0% (n=3) between 2008-2013, 34.0% (n=15) between 2014-2019, and 52.0% (n=23) between 2020-2024. According to the department in which they were completed, 61.0% (n=27) were in the Nursing program, 25.0% (n=11) in Surgical Nursing, and 14.0% (n=6) in Other programs (Fundamentals of Nursing, Public Health Nursing, Nursing Education, and the Institute of Health Sciences) (Table 1).

Table 1. Characteristics of Postgraduate Theses Bibliographic Information

Thesis Type	(n)	(%)
Master's	30	68.0
Doctorate	14	32.0
Publication year		
1990-1995	2	5.0
1996-2001	1	2.0
2008-2013	3	7.0
2014-2019	15	34.0
2020-2024	23	52.0
Department		
Nursing	27	61.0
Surgical nursing	11	25.0
Other	6	14.0

When all the theses were examined, it was found that 95.0% (n=42) were quantitative studies, while 5.0% (n=2) were qualitative studies. It was determined that 35.71% (n=15) of the quantitative studies were experimental, 14.28% (n=6) were quasi-experimental, 11.90% (n=5) were descriptive, 11.90% (n=5) were descriptive and cross-sectional, 9.52% (n=4) were descriptive correlational/relationship seeking. In addition, 16.66% (n=7) of the studies were of other types (scale development and quasi-experimental, meta-analysis, scale development, retrospective and descriptive, prospective and descriptive, descriptive-cross-sectional and correlational and descriptive and analytical).

When the theses were examined based on the data collection tools used, it was found that 70.45% (n=31) used questionnaires and scales developed by the researchers (questions specific to the study prepared according to the literature, patient identification or information forms, sociodemographic characteristics forms, etc.), 22.72% (n=10) used questionnaires, 4.54% (n=2) used semi-structured interview forms, and 2.27% (n=1) used research articles.

When analyzed according to the sample group, it was found that the samples in 88.6% (n=39) of the theses were patients, while 11.37% (n=5) included other groups (patient and spouse; nurse; patient and healthcare personnel; nurse, surgeon, patient, and caregiver relative; patient outcomes).

It was observed that 75.5% (n=33) of the studies were conducted in clinical settings, 6.81% (n=3) in outpatient clinics, 4.54% (n=2) in stoma therapy units, 4.54% (n=2) in both clinical

settings and outpatient clinics and/or operating rooms, and 9.09% (n=4) in other settings (web, participant's home, and phone) (Table 2).

Table 2. Characteristics related to the methods of graduate theses

According to Study Design	(n)	(%)
Quantitative	42	95.0
Qualitative	2	5.0
Quantitative Study Type		
Experimental	15	35.71
Semi-Experimental	6	14.28
Descriptive	5	11.90
Descriptive and Cross-Sectional	5	11.90
Descriptive Relational/Relationship Seeking	4	9.52
Other	7	16.66
Data Collection Tools Used		
Questionnaire and Scale Developed by the Researcher	31	70.45
Question Form	10	22.72
Semi-structured Interview Form	2	4.54
Research article	1	2.27
Sample Group		
Patient	39	88.6
Other	5	11.37
Place of Study		
Clinic	33	75.5
Policlinic	3	6.81
Stomatherapy Unit	2	4.54
Clinic and Outpatient Clinic/Operating Room	2	4.54
Other	4	9.09

The publication year, objectives, study design, sample size, and results of the master's theses are summarized in Table 3.

Table 3. Characteristics of the aims and results of master's theses

Author/Year	Purpose	Study Design	Number of Samples	Result
Meryem Yavuz (19)/1990	It was aimed to compare castor oil, 10% mannitol and enema, which are mechanical bowel cleansing methods, in terms of patient tolerance and colon cleansing before colorectal surgeries.	Experimental	30	Castor oil and mannitol have been found to be both safe and effective methods for preoperative bowel cleansing.
Mukaddes (20)/1994	Can It was aimed to examine the knowledge levels of nurses caring for patients with colostomy.	Descriptive and Analytical	139	When the distribution of the total knowledge scores of the subjects was analyzed, it was determined that their scores ranged between 70% and 85%. This finding shows that the knowledge level of the

					subjects is at 'good' level.
Burcu (21)/2012	Duluklu	This study was conducted to determine the effect of chewing gum on the onset of bowel function after surgery on the left colon and/or rectum.	Experimental	34	A statistically significant difference was determined between the first flatulence, stool expulsion and discharge times of the experimental and control group patients ($p<0.05$). It was found that the experimental group, in which gum chewing was applied, passed gas, passed stool and was discharged earlier than the control group.
İlkay Çulha (22)/2014		This study was conducted to determine the effect of nursing education on self-care power in patients with colostomy and ileostomy.	Experimental	64	It was found that the training given to individuals with stoma increased self-care power and stoma knowledge scores. In addition, it was determined that there was a relationship between self-care power and stoma knowledge scores after the training.
Betül Akgül (23)/2014		This study was conducted to determine the effect of colostomy and ileostomy opening on individuals' worship.	Descriptive and Cross-Sectional	150	It was determined that the stoma was effective on people's prayer and fasting practices and that people performed ablution more frequently after the stoma application.
Azize (24)/2016	Kömür	The aim of this study was to determine the problems and care needs of colorectal surgery patients, especially surgical site infection. In addition, it was aimed to detect possible infections in the early period; to plan and implement appropriate nursing interventions for patients with infections and to document the care/patient outcomes with the 'Turkish-Nightingale Notes (NN)' programme.	Descriptive	30	The NN program based on the Omaha System can be used in the planning, implementation and evaluation stages of evidence-based nursing interventions in infection control.
Simay (25)/2016	Akyüz	To compare the levels of psychological resilience in people with and without stoma opening due	Descriptive	76	When the total mean psychological resilience scores of patients diagnosed with colorectal cancer were examined, it was found to be low. However, stoma was

		to colorectal cancer.			found to be a negative risk factor for psychological resilience levels in these patients.
Gözde Türkmenoğlu (26)/2016		To determine the problems experienced by the spouses of individuals with intestinal stoma.	Descriptive and Cross-Sectional	80	Spouses of individuals with stoma experience physical, psychological and social problems.
Fazilet (27)/2018	İslamtürk	This study was conducted to examine the adaptation of patients with colostomy to life with stoma and their quality of life.	Descriptive and Association Seeker	60	In the study, it was concluded that the quality of life of patients whose adaptation to life with stoma increased also increased.
Nurhan (28)/2019	Aktaş	It was aimed to evaluate the quality of life and self-care power of patients who underwent surgery for colorectal cancer.	Prospective and Descriptive	37	It was found that the quality of life of the patient with increased self-care power improved, and the self-care power of the patient with increased quality of life improved.
Hatice Çakır (29)/2019		This study was conducted to determine the relationship between social support and psychological resilience levels of colorectal cancer patients receiving surgical treatment.	Descriptive, Cross-Sectional and Correlational	103	It has been determined that social support to be provided to patients undergoing surgery for colorectal cancer can play an important role in increasing psychological resilience.
Çiğdem (30)/2019	Bildirici	This study was conducted to determine the effect of coffee drinking on bowel function and hospital stay after laparoscopic colorectal surgery.	Experimental	50	There was no statistically significant effect of coffee consumption on bowel movements and length of hospital stay in patients after laparoscopic colorectal surgery ($p>0.05$). However, it was found that bowel movements started 3 hours earlier in the coffee-consuming patients than in the control group and the hospital stay was one day less. In addition, coffee consumption had a significant effect on the duration of gas and stool expulsion ($p<0.021$).
Seda Cansu Yeniğün (31)/2019		Information provided through the sleep hygiene visual material, This study was conducted to	Semi-experimental	62	It was determined that verbal information on sleep hygiene and the use of sleep hygiene visual material had a positive effect on the improvement of sleep quality of the patients in

		examine the effect on sleep quality in patients who will undergo colorectal surgery.			the study.
Özkan (32)/2019	Karadede	This study was conducted to determine the effect of social support provided by the family on adaptation in people who had colostomy due to cancer.	Descriptive	52	Perceived social support was found to be effective on some sub-dimensions of the stoma adaptation scale.
Dürdane (12)/2020	Gül Özer	Determination of post-discharge learning needs and priorities of patients undergoing colorectal surgery.	Descriptive	131	It was determined that the learning needs of the patients were affected by the variables of age and type of surgery. However, it was found that young patients and those who underwent left hemicolectomy and hemorrhoidectomy had higher learning needs.
Turna (33)/2020	Özbay	The aim of this study was to examine the compliance of current perioperative practices of healthcare personnel in colorectal surgery with the ERAS protocol, the barriers to the implementation of the ERAS protocol, and patient outcomes in patients with these perioperative practices.	Descriptive and Cross-Sectional	138	The compliance of healthcare personnel's current perioperative practices with the ERAS protocol is generally low. Barriers to the implementation of the ERAS protocol have been identified as having a multifactorial structure involving a multidisciplinary team.
Ferzan (34)/2020	Kalaycı	It was aimed to evaluate the problems experienced by people with intestinal stoma after discharge.	Phenomenologi cal	12	The study concluded that the majority of participants experienced complications related to the early stages of skin healing. There was also an observed deterioration in family relationships, with individuals expressing a desire to distance themselves from their families due to the physiological and psychological challenges they were facing. Additionally, there was a reluctance to engage with individuals who had undergone stoma formation, as there was a

					concern that relatives might be infected. Furthermore, it was determined that the education provided to individuals regarding stoma care was inadequate. Participants expressed a lack of awareness concerning the potential complications that might arise during stoma care. Moreover, they did not receive sufficient education on nutrition and sexual life after stoma, and their income status was found to have declined as a consequence of stoma formation.
Aslıhan (35)/2020	Öztürk	The aim of this study was to examine the effect of two different methods in meeting the information needs of individuals with colostomy.	Semi-experimental	60	It was determined that individuals with colostomy had significant learning needs before, during, after and at discharge. It was found that the level of meeting the needs of the patients who participated in individualized education programs increased significantly at the end of the education processes.
Gökçe (36)/2021	Kavalcı	It was aimed to determine the effect of accelerated recovery protocol application on nursing care comfort in individuals undergoing colorectal surgery.	Experimental	60	HIP application was found to increase general and perianesthesia comfort levels in individuals undergoing colorectal surgery.
Figen Karadağ (37)/2022	Sakallı	The aim of this study was to examine the anxiety levels and healthy lifestyle behaviors of individuals undergoing colorectal surgery.	Descriptive	126	Anxiety levels and healthy living behaviors of individuals who underwent colorectal surgery were found to be moderate. In addition, it was determined that anxiety did not affect healthy living behaviors.
Yasemin (38)/2022	Çakır	Development of a self-efficacy scale in colorectal cancer surgery and evaluation of its validity and reliability.	Scale Development	170	Consisting of 16 items and having a single sub-dimension, the Colorectal Cancer Surgery Self-Efficacy Scale was found to be a valid and reliable measurement tool.
Cansel (39)/2022	Bozer	It was aimed to retrospectively and descriptively analyze the postoperative pain assessment records	Retrospective and Descriptive	173	Significant deficiencies were identified in nurse records regarding the pain management process after colorectal surgery. In addition, it was found that the analyzed

		of nurses.			records were insufficient to determine the pain profile after colorectal surgery.
Zeynep Melis Özden (40)/2022		It was aimed to examine how self-efficacy levels of individuals with intestinal stoma affect stoma compliance.	Descriptive and Cross-Sectional	62	It was found that there was a weak but significant relationship between the duration of stoma opening and self-efficacy and stoma compliance of the individuals participating in the study, and as the self-efficacy levels increased, stoma compliance increased ($p<0.05$). According to these results, self-efficacy was determined to be an important factor affecting patients' stoma compliance.
Muazzez Karakuş (41)/2023		A comparison between individuals undergoing colorectal surgery with and without the ERAS Protocol in terms of nutritional status, quality of recovery and development of complications.	Descriptive and Cross-Sectional	70	On the 7th day after discharge, the mean nutritional risk score of the ERAS group was significantly lower than the standard group patients. The onset time of flatulence, mobilization and discharge times of the ERAS group were found to be significantly lower compared to the standard group ($p<0.05$). In addition, all sub-dimensions and total scores of the Quality of Recovery Questionnaire were significantly higher in the ERAS group compared to the standard group ($p<0.01$). Postoperative pain levels of patients in the ERAS group were lower than those in the standard care group ($p<0.05$). At 96 hours postoperatively, the complication rate in the ERAS group was 2.9%, while this rate was 19.4% in the standard care group. On the 7th day after discharge, the complication rate was 29.4% in the ERAS group and 41.7% in the standard care group ($p<0.05$).
Merve (42)/2023	Modey	To determine the effect of preoperative use of incentive spirometry on postoperative changes in respiratory parameters in colorectal cancer patients undergoing surgical	Experimental	60	It was determined that incentive spirometry applied to individuals scheduled for colorectal cancer surgery, together with deep breathing and coughing exercises, positively affected postoperative pulmonary function test results.

		intervention.			
Canan (43)/2023	Yazıcı	To determine the relationship between religious coping styles and hopelessness levels of colorectal cancer surgery patients.	Descriptive Relational	113	It was determined that as the positive religious coping style score of the patients participating in the study increased, the level of hopelessness decreased. The result of the research shows that religious coping styles affect the level of hopelessness.
Fırat (44)/2023	Açıkgöz	We aimed to investigate the effects of postoperative dehydration on patient comfort and the quality of the recovery process in individuals undergoing colorectal surgery.	Descriptive Relational	110	According to the results of the study, it was determined that the increase in thirst severity had a negative impact on the quality of recovery of the participants, whereas the increase in comfort level made a positive contribution to the quality of recovery.
Feyza (45)/2023	Erdoğan	The aim of this study was to examine the effects of preoperative nursing education based on the Roy adaptation model on postoperative anxiety level, body image and quality of life for individuals who will have an intestinal stoma.	Semi-experimental	47	It was observed that the stoma care training provided in line with the Roy Adaptation model increased the quality of life in the postoperative period and improved body image perception.
Fatma Zehra (46)/2023	Aker	It was aimed to examine the relationship between perceived social support and self-efficacy levels in individuals with permanent colostomy.	Descriptive and Association Seeker	94	It was observed that multidimensional perceived social support increased stoma self-efficacy in individuals with permanent colostomy. In particular, stoma self-efficacy scores were found to be higher in patients who had a stoma for more than 5 years, maintained their own care, did not receive chemotherapy treatment, lived in the city center, had a high level of education, were employed, and whose income was higher than their expenses. In addition, individuals with high perceived social support scores were determined as individuals who lived with their families, worked, provided stoma care themselves, and whose income exceeded their

Orhan (47)/2024	Demirel	We aimed to investigate the effects of mechanical bowel cleansing on patient outcomes before elective colorectal surgery.	Meta Analysis	39	expenses. It was concluded that mechanical bowel cleansing had a significant effect on postoperative anastomotic leaks and development of ileus. However, there was no significant effect on surgical site infection, mortality and length of hospital stay.
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The year of publication, aims, study design, sample size and results of the doctoral theses are summarised in Table 4.

Table 4. Characteristics of the aims and results of doctoral theses

Author/Year	Purpose	Study Design	Number of Samples	Result
İkbal Çavdar (Özdem) (48)/1999	In this study, it was aimed to provide psychosocial as well as physical adaptation of patients with colostomy to their new lifestyle and colostomy through education and to teach them long-term care facilities in order to maintain their later life as independent as possible. It was also planned to enable them to use all their abilities in the direction of this education in order to increase their self-esteem.	Experimental	30	It was observed that the training in line with the prepared training booklet influenced them to look to the future with more hope and to be determined to maintain independence, and that they were more tolerant in limiting themselves, being energetic and patient.
Hatice Korkut (49)/2012	It was aimed to determine the effect of planned group interaction method on social adaptation in individuals with intestinal stoma.	Experimental	50	Planned group interaction was found to be effective in increasing the social adaptation of individuals with stoma.
Nursel Aydın (50)/2013	It was aimed to determine how abdominal massage affects postoperative ileus in individuals undergoing colon surgery.	Experimental	60	Abdominal massage was found to be effective in shortening the duration of postoperative ileus.
Seçil Taylan (51)/2016	It was aimed to evaluate the effect of telephone counseling service on the quality	Semi-experimental	60	Telephone counseling was found to have a significant effect on the adaptation of

		of life of individuals with intestinal stoma and to provide suggestions to increase the positive contributions of this service.			individuals with stoma to stoma and improving their quality of life in the first 10 weeks after surgery.
Dilek Güneş Dağ (52)/2017		It was aimed to determine the effect of yoga on life satisfaction and depression in individuals undergoing colorectal cancer surgery.	Semi-experimental	110	As a result of the study, it was determined that yoga increased life satisfaction and decreased depression level.
Burcu Duluklu (53)/2018		The aim of this study was to determine the effect of lavender essential oil added to the stoma bag on the elimination of bad odor due to uncontrolled gas and stool output, quality of life and stoma compliance in individuals with permanent colostomy.	Experimental	30	It was concluded that the patients in the experimental group who used lavender essential oil in the stoma bag experienced the odour problem, which was among the physical problems, statistically significantly less ($p<0.05$) compared to the patients in the control group. In addition, it was determined that their quality of life and stoma compliance were higher than those in the control group ($p<0.05$).
Hacer Özkul Özel (54)/2019		It was aimed to develop and implement a web-based patient education program for individuals with colostomy and ileostomy and to determine the effect of this education on the quality of life of patients.	Experimental	70	The web-based colostomy and ileostomy patient education program positively improved the quality of life and knowledge about stoma care, but had no effect on preventing stoma-related complications.
Hatice Yüceler Kaçmaz (55)/2020		The aim of this study was to determine the effect of prophylactic negative pressure wound therapy on the incidence of surgical wound complications in high-risk individuals undergoing colorectal cancer surgery.	Experimental	50	It was determined that pNBYT applied to high-risk individuals undergoing open colorectal cancer surgery reduced surgical wound complications, seroma and surgical site infections and decreased ASEPIS wound scoring system scores.

Cahide Ayık (56)/2020		It was aimed to investigate the effects of the Standard Stoma Care Program on peristomal skin complications and quality of life in individuals who underwent stoma surgery for colorectal cancer.	Semi-experimental	67	This study developed a feasible multicomponent stoma care program. The standard stoma care program reduces peristomal skin complications and improves quality of life with the stoma in colorectal cancer patients with stoma.
Yasemin (57)/2020	Özhanlı	It was aimed to determine the effect of Progressive Relaxation Exercises on vital signs, pain and anxiety levels in colorectal cancer patients undergoing laparoscopic surgery.	Experimental	63	As a result of the study, it was determined that Progressive Relaxation Exercises decreased postoperative pain, anxiety related to surgical intervention and oxygen requirement and decreased serum cortisol level. However, it can be said that it is an effective nursing intervention.
Dilek Aktaş (58)/2020		The aim of this study was to evaluate the effects of pelvic floor muscle exercises on bowel evacuation problems and quality of life in individuals with closed stoma.	Experimental	34	It is observed that pelvic floor muscle exercises are effective in reducing emptying problems and increasing psychosocial well-being and quality of life of individuals with closed stoma.
Emel (59)/2021	Sütsünbüloğlu	The aim of this study was to investigate the effects of perioperative nurse counseling on unmet needs, quality of life and sexual function in individuals undergoing colorectal cancer surgery.	Scale Development and Quasi-Experimental	82	Perioperative nurse counseling has been found to reduce individuals' unmet needs, improve overall quality of life and lead to improvements in physical, role and emotional functioning. This intervention reduces fatigue, insomnia and wound problems, as well as general pain, abdominal pain and hip pain. It has also been observed to reduce urinary symptoms (urinary frequency, urinary incontinence, dysuria) and bowel symptoms (bloating, gas, diarrhea, constipation, fecal incontinence, stool

					frequency). In addition, it has been determined that it improves body image perception, reduces social embarrassment and anxiety, contributes to weight control and increases patient satisfaction.
Gözde Türkmenoğlu Küçükakça (60)/2022	It was aimed to determine the patient outcomes reported by stoma and wound care nurses and surgeons in individuals with excretory intestinal stoma and their caregivers.	Phenomenological	36		In the provision of person-centered care, the planning of education and counseling services to be offered to individuals with stoma from the preoperative period will enable institutions to develop care strategies and algorithms, as well as contribute to the creation of relevant guidelines in the literature.
Özge Yaman (61)/2023	It was aimed to evaluate the effect of aromatherapy massage on early symptom control after colorectal cancer surgery.	Experimental	90		It was determined that both massage types were effective in terms of short and long-term effects in terms of reducing postoperative anxiety; in addition, the immediate effect level of the aromatherapy massage group was higher in postoperative pain. However, it was determined that massage treatments did not have a significant effect on fatigue and nausea-vomiting levels. On the second postoperative day, it was observed that sleep quality was higher in the massage groups.

CONCLUSION AND RECOMMENDATION

In this study, it was determined that most of the nursing theses related to colorectal surgery were conducted in the postoperative period, primarily focusing on cancer and stoma creation (colostomy). Additionally, the theses were found to focus on addressing the care needs of individuals. These studies mainly concentrated on patient comfort and psychological resilience, with a particular emphasis on improving the quality of life and social adaptation of individuals.

When examining the results of the theses, it was emphasized that nursing care practices for individuals undergoing colorectal surgery should be evidence-based, tailored to the individual, and include education and counseling. Furthermore, the widespread implementation of these interventions was identified as a common conclusion in the theses, suggesting that it could enhance patients' adaptation to their illnesses and improve their quality of life. It was also noted that future studies should be conducted on larger sample groups. In this context, it is anticipated that nursing theses related to colorectal surgery will contribute significantly to the field.

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