

NORNA 2023 – CALL FOR ABSTRACT



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Short biography: I have a bachelor's degree in nursing and a master's degree in surgical nursing. Currently I work as an operating room nurse at Haukeland Universitetssjukehus.

The research study is a part of the ongoing research project "Patients' experiences of self-treatment at home after day surgery" at Høgskulen på Vestlandet and was done as my master's thesis. My interest in day surgery patient's convalescence arose as a result of several years of experience with surgical inpatients in combination with increased knowledge of surgery during my education. Normally, an operating room nurse's responsibility for the surgical patient ceases when the patient is handed over to the postoperative care unit, but by the increase of day surgery can one ask whether the role of the operating room nurse should be expanded and changed. Women's health is a topic I have received an increasing commitment in recent years as a result of little research, and decisive for my choice of patient group to conduct a study on.

Preferred type of presentation: Paper

Abstract

Title:

Patients' experiences with self-treatment at home after day surgical ovarian cyst removal.

Background:

A global increase in day surgery has taken place over the last decades. Minimal hospital stays result in limited time between nurses and patients. The shift from inpatient care to self-care at home places various demands on patients and their relatives during the recovery process. Several medical aspects related to recovery at home after day surgery have been investigated, but there is a lack of knowledge on how patients cope at home.

Research problem:

What experiences do patients have with self-treatment at home after day surgical treatment of ovarian cysts.

Goals:

To explore patients' experiences of self-treatment at home after day surgical ovarian cysts removal. The aim is to gain insight into general and specific issues experienced after day surgery.

Methodology:

A qualitative study where the objective is to investigate, by using semi-structured interviews, how 7 patients experienced having to oversee their own care after day surgical treatment of ovarian cysts. Systematic text condensation (STC) was used to analyze the material.

Results:

Pain and other postoperative symptoms such as nausea, reduced appetite, fatigue and constipation were a consistent finding. Lack of information led to uncertainty and made assessments of one's own state of health and self-treatment challenging. Accepting help and support from relatives were difficult. Lack of healthcare support in the post-operative period was missing.

Key words:

day surgery/ambulatory surgery/outpatient surgery, laparoscopic gynecological surgery, ovarian cyst removal, patient experience/expectations, patient perception, anxiety, pain management, self-care, self-treatment, caregiver burden