

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

Background

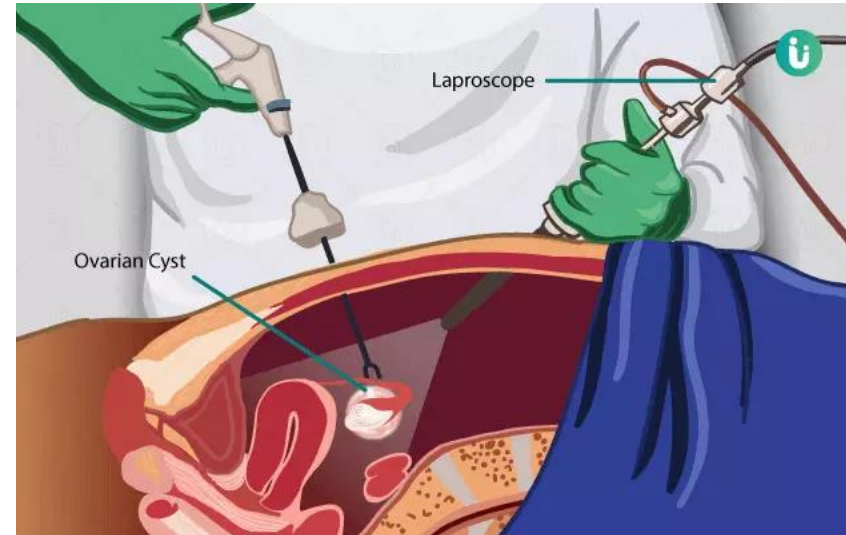
- Global increase in day surgery (Verma et al, 2011)
- 72,6% of all elective surgery in Norway in 2021 (Helsedirektoratet, 2022)
- Shift from inpatient care to self-care
- Safe and cost-effective (Castoro et al., 2007)
- High rate of patient satisfaction (Bazzurini et al., 2022; Jun & Oh, 2017; Lemos et al., 2009; Mitchell, 2015)
- Mismatch between the desire to go home vs. expectations for the recovery period (Dåvøy et al., 2017; Mottram, 2011b)

Previous research

- Abdominal and shoulder pain – most frequent postoperative symptom (Bazzurini et al., 2022).
- Younger patients report higher pain scores (Cruz et al., 2021)
- 85% of alle day surgery patients experienced anxiety (Mitchell, 2010)
- Women and young age were associated with poor mental health (Nilsson, Dahlberg, et al., 2019)
- Information and discharge planning correlates with patients preparations (You et al, 2022).
- The weak link in day surgery (Berg et al., 2013).

The surgical procedure

- Laparoscopic procedure
- 4 hours postoperative care
- Postoperative telephone call



An illustration of the surgical procedure.

Obtained from:
<https://www.myupchar.com/en/surgery/ovarian-cyst-removal-cystectomy>

The study`s purpose

- What role should nursing have in day surgery?
- Should the role of operating room nurses expand and change along with the development in day surgery?
- How does patients cope at home after a day surgical procedure?

Research problem

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

Methodology

- A qualitative study
- Semi-structured interviews
- Interview guide
- Systematic text condensation (STC)

The informants

❖ 7 informants

- The majority in the 20-35 age group
- 3 informants had children
- 1 informant lived by herself
- 3 informants had a health care background

Results

3 main findings:

1. Lack of information
2. Post-operative pain
3. Need for help and support

Lack of information

- Preparations for surgery
- Unclear communication → incorrect treatment
- No one stated that they received too much information

"I was afraid of.. I didn't want to do anything wrong".

(Informant, my translation)

Changed family dynamics

- Reduced ability to carry out ADL
- Difficulties accepting help from relatives
- Increased workload on relatives
- Not being able to be a mother

"I would like to do it myself, because I don't want to be a bother to others. (...) I understand that they want to help, but of course it's difficult to ask for help when it's something I think I can handle myself."

(Informant, my translation)

Self-treatment – a postoperative recovery at your own risk

- Difficulties seeing a connection between the symptoms they experienced and the procedure.
- The pain surprised the majority of the informants
- Change of dressings emotionally demanding
- Constipation

"It was not possible to just concentrate on something else. It was just so overwhelming.»

(Informant, my translation)

Conclusion

- Overall satisfaction with day surgery
- The information issued from the hospital contained major shortcomings
- The home situation crucial for convalescence
- Health care personnel have limited insight into patients needs after discharge

Perspectives on operating room nurses role in day surgery

- Nursing has not developed in the same way as day surgery (Flanagan, 2009).
- Post-operative nursing absent in day surgery
- The role of the operating room nurse should be expanded and changed

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Thank you for listening 😊