

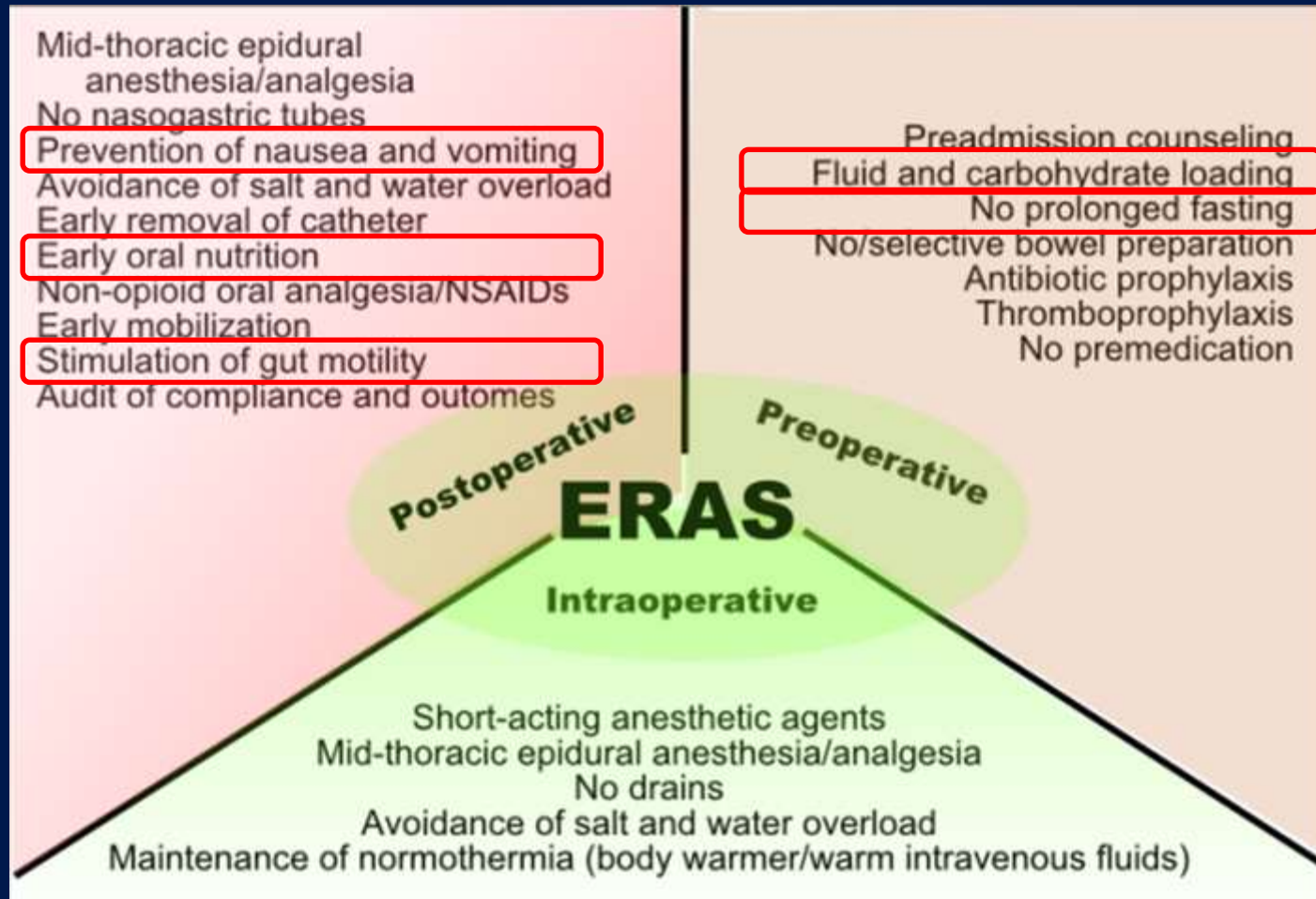
# Experiences of perioperative nutrition in people undergoing colorectal surgery: a qualitative study



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# Enhanced Recovery After Surgery



(ERAS Society, 2014)

# Aims and Methods

## Aims

- 1) Explore perioperative nutrition experiences
- 2) Identify barriers/facilitators

## Methods

- 16 colorectal surgery patients
- Semi-structured interviews
- Ward observations
- Pilot study
- Topic guide (PPI involvement)
- Inductive thematic analysis



# Participants

Age	32-83 (median 68) years
Gender	9 males, 7 females
Ethnicity	Caucasian
Indication for surgery	Colorectal cancer
Length of hospital stay	4-21 (median 6) days
Postoperative complications	5 participants

# Themes

## Preparation

- Mental/emotional
- Physical

## Autonomy

- Being a 'good' patient
- Resilience
- Active, not passive, recovery

## Dynamic Relationship with Food

- Changes with the disease and treatment trajectory
- Normality is an achievement
- Compromising the body's needs and demands

## Hospital Environment

- Challenges
- Patient expectations
- Food and staff: barriers and facilitators





# Preparation – Mental Preparation

“I tried not to use the internet because erm it would... it would only frighten me... I think more information about food would be good, nutrition, what we should and shouldn't be eating...” *(participant 13, female)*

“...it was all repetitious, to me, I mean, the, half of books were waste of time to what I was having done... I think there was twice I rang them up. But that was because they give me contradictory n-, things.”  
*(participant 8, male)*

# Summary

- Qualitative interview-based study
- Themes: preparation, autonomy, dynamic relationship with food, hospital environment
- Many areas to target to improve patient experiences



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