

Patients' Lived Experience of Enhanced Recovery A Phenomenological Study

Imogen Fecher- Jones

Enhanced Recovery Practitioner

Aims of Study

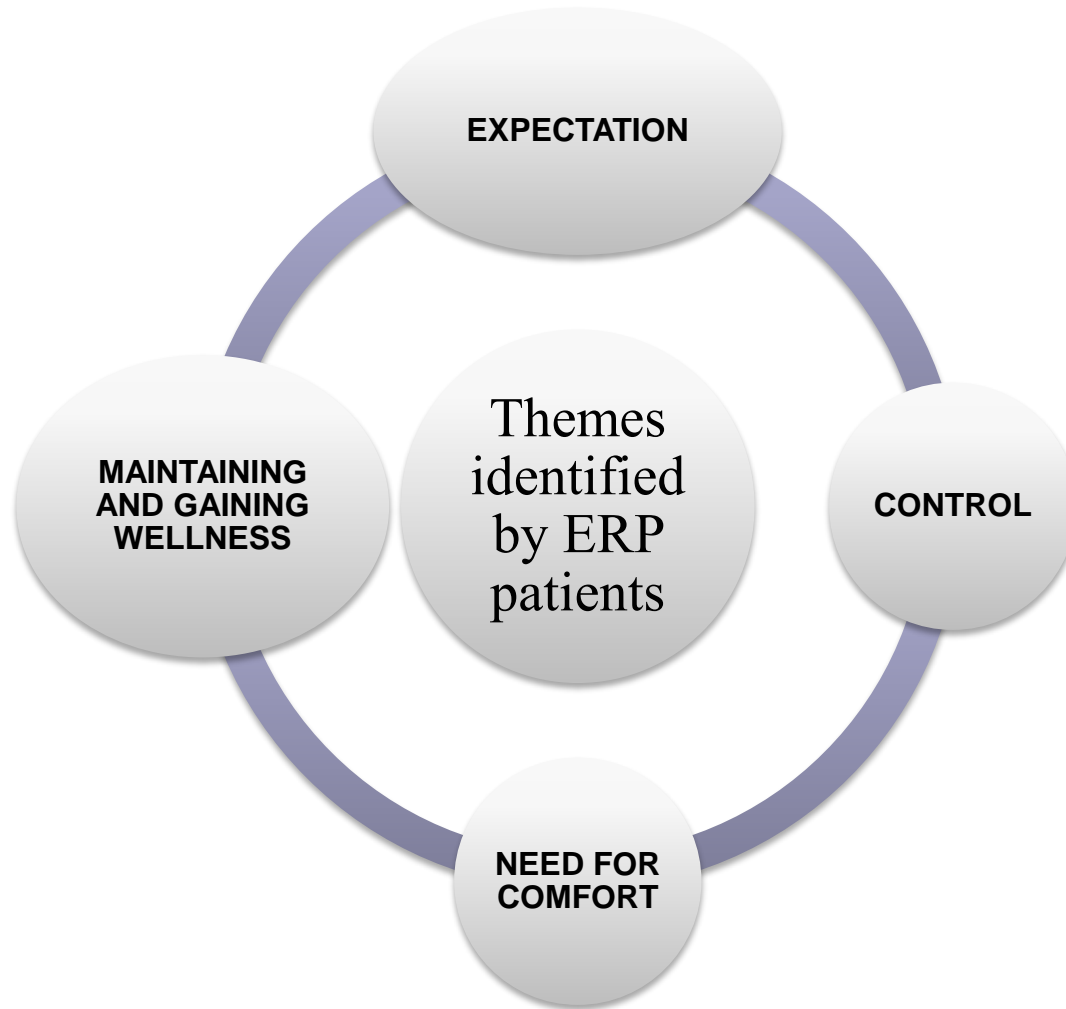
To explore the true meaning and lived experience of undergoing laparoscopic colonic resection on an enhanced recovery programme.



Methodology - Phenomenology

- Ethical approval gained from NRES
- 11 patients recruited
- Semi-structured interviews
- Interviews transcribed
- Transcripts analysed using Hermeneutical Method for Analysis (Lindseth & Norberg 2004)

Themes Identified



Conclusions

- Patients expect to be “enhanced”
- Empowerment depended on the support and encouragement they received
- Nurses perceived to be in the background and not at the bedside
- Physical needs were met, psychological needs were not.
- Most patients found the first two weeks at home challenging and needed more support

Implications for Practice

- Acknowledge the impact of expectations on experience.
- Ensure realistic expectations
- Nurses need to facilitate independence and control but still provide comfort and emotional support.
- Facilitate interactions with other patients.
- Better advice required on discharge regarding pain, wounds and fatigue.
- More available support at home

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