Total hip and knee replacement surgery:

Accompanying relatives role in supporting patients to comply with the need for active participation in accelerated intervention programs

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Background

• Accelerated intervention program in Denmark
  • Expanding care principles
  • Multidisciplinary team
  • Reduces post-operative complications and length of stay

• Active participation of the patient
  • Reduces anxiousness
  • Increases patient motivation

• Policies and clinical recommendations
  • Active participation of patient and relatives
Aim of the study

- Explore patient’s experience of support from accompanying relatives in meeting the requirement of active participation in an accelerated intervention program when undergoing total hip- or knee replacement surgery
Research questions

• What are the challenges for active participation in the accelerated intervention program?

• What is important to the patient regarding active participation in accelerated interventions?

• How does the patient experience support from relatives in meeting the requirement of active participation in accelerated interventions?
Method

• Qualitative approach

• Research approach by inspiration of Edmund Husserl’s philosophy of phenomenology

• Analysis method by inspiration of Amedeo Giorgi’s descriptive phenomenology
Data collection

• Interview of five participants
  • Semi-structured face-to-face interview
  • Follow-up interview by telephone

• Conducted over a 2 month period in 2011
**Participant description**

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<tr>
<th></th>
<th>Participant 1</th>
<th>Participant 2</th>
<th>Participant 3</th>
<th>Participant 4</th>
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<tr>
<td><strong>Accompanying relative</strong></td>
<td>Daughter</td>
<td>Wife</td>
<td>Wife</td>
<td>Husband</td>
<td>Husband</td>
</tr>
</tbody>
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7 participants were included
1 participant chose to withdraw
1 participant was excluded following surgery
Findings

• Four themes:
  • Post operative experiences
  • Feeling safe
  • Accompanying relatives' role in remembering and understanding information
  • Preferred support from accompanying relatives, when possible
1. theme: Post operative experiences

• Exhaustion, nausea and vomiting
  ‘I did not feel well. I was just tired and simply worn out the whole day of surgery’

• Pain
  ‘It really took me by surprise that it would hurt that bad. It was intense and servere pain, and I did vomit too. Then I got some medicine but it didn´t relieve the pain for long. My husband was completely shocked too. He didn´t expect [pain and vomiting] to be that bad either’

• A hectic hospitalisation period
  ‘In the middle of my breakfast there was such a rush in here... All the time somebody [healthcare professional] came in. I actually felt I was busy yesterday, and also a bit today’

• Mobilisation
2. theme: Feeling safe

• A key role for the accompanying relatives

‘I wasn’t able to get out of bed this morning and I was afraid of falling, I had the walking sticks right there and my husband was nearby me on my way to the toilet. On my way back I could almost walk; but then I suddenly had to hold him again’

• The physical environment

• The period of discharge
3. theme: Accompanying relatives’ role in remembering and understanding information

‘I was so exhausted and overwhelmed with information, I didn’t fully understand what was being said. Then it is nice to be two. There’s a lot of information. Consequently my wife wrote down what we needed to ask about’
4. theme: Preferred support from accompanying relatives, when possible

- Accompanying relatives support influenced staff contact

- Recommendations of having an accompanying relative hospitalised
Recommendations and implications for clinical practice and research

• Relatives presence and support needs to be considered when caring for patients included in accelerated interventions

• Nurses need supportive environments to better apply knowledge about prevention, assessment and treatment of post-operative complications

• Support from the accompanying relatives during hospitalisation must be further explored by research in larger studies to uncover the role of relatives and how to incorporate relative support in the context of accelerated interventions

• Further exploration of relatives influence on management of post-operative pain, nausea and vomiting