Patients’ Lived Experience of Enhanced Recovery
A Phenomenological Study

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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

Themes identified by ERP patients

- Expectation
- Maintaining and Gaining Wellness
- Need for Comfort
- Control
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
References


Kuhry E et al. (2008) Long-term results of laparoscopic colorectal cancer resection. Cochrane Database of Systematic Reviews Issue 2


Vlug M.S. Et al (2011) Laparoscopy in Combination with Fast Track Multimodal Management is the Best Perioperative Strategy in Patients Undergoing Colonic Surgery: A Randomized Clinical Trial (LAFA-study). Annals of Surgery 254(6), 868-875