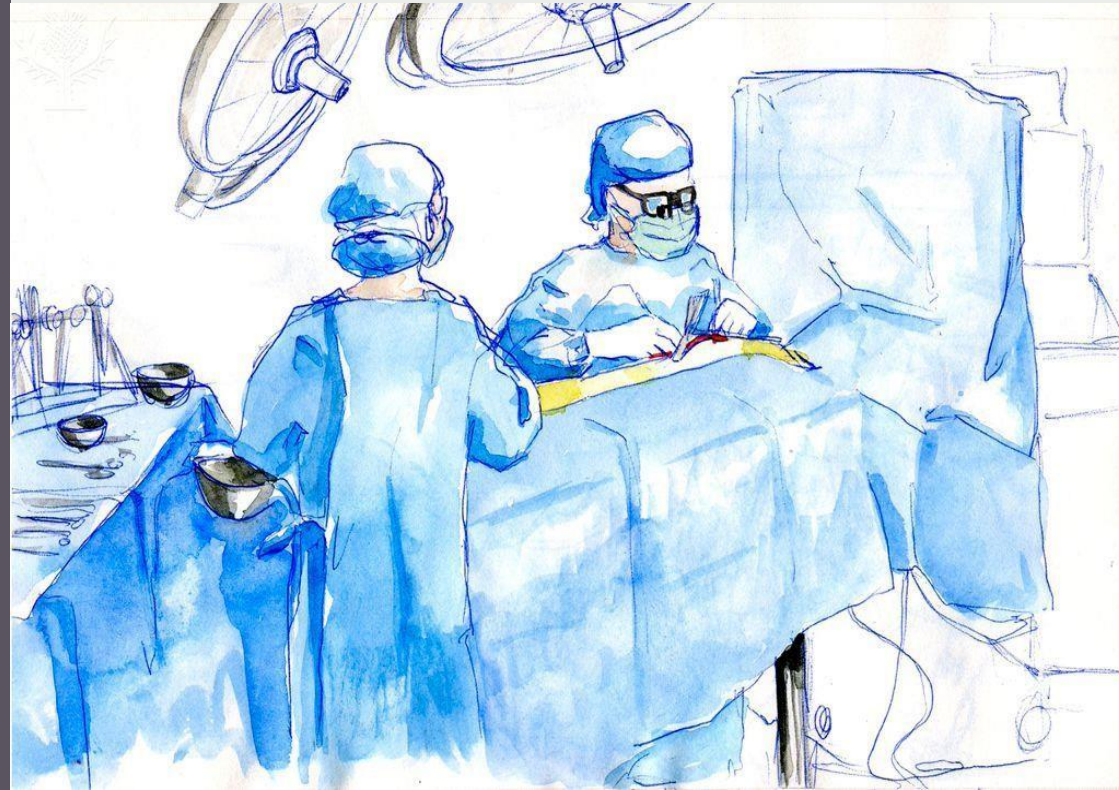


# PATIENTS' EXPERIENCES OF RECOVERY AT HOME AFTER AMBULATORY SURGERY

– Aspects of patient safety and quality

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Picture credit: BSIP, Universal Images Group

# Patients' experiences of recovery at home after ambulatory surgery

## – Aspects of patient safety and quality

### Agenda:



Introduction and Background

Results

Summary and Conclusions

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QUALITATIVE META SYNTHESIS |  Open Access | 

### Patients' experiences of day surgery and recovery: A meta-ethnography

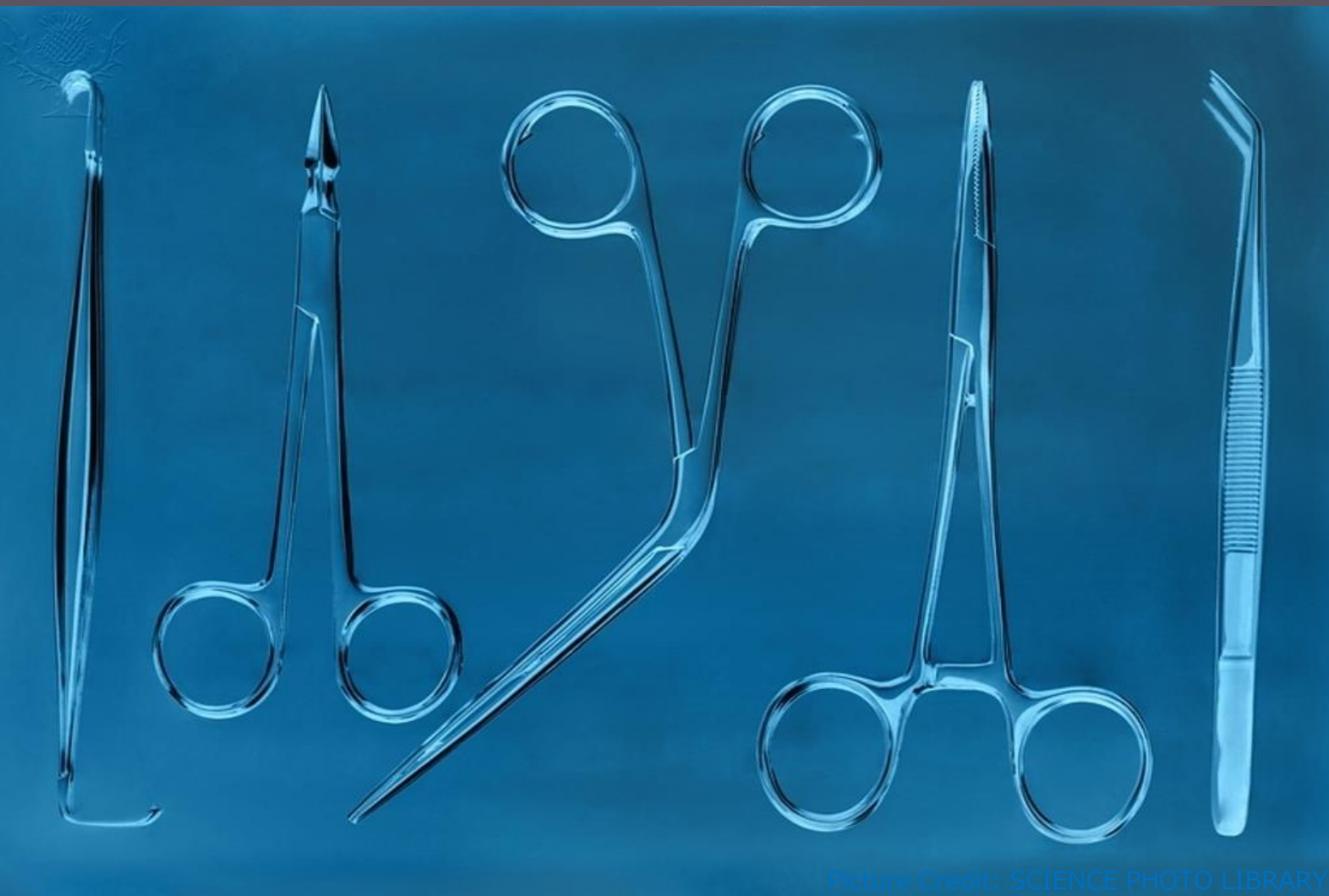
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First published: 06 December 2023 | <https://doi.org/10.1002/nop2.2055>



Original research article  
(open access)





Picture Credit: SCIENCE PHOTO LIBRARY

# Introduction and Background

Ambulatory surgery

Previous research

Research gap

# AIM

To explore and synthesise findings from qualitative studies on adult patients' experiences of ambulatory surgery and the processes of recovery



## RESULTS

Literature search and study selection

Included records: 12 research articles

Study characteristics

<b>Published</b>	2007-2022
<b>Sample size</b>	333 participants in total.
<b>Study settings</b>	Highly relevant to the context of interest

Main findings

<b>1</b>	Requests for tailored information
<b>2</b>	Challenges of recognising and understanding postoperative symptoms
<b>3</b>	Being dependent on continuous professional and personal support
<b>4</b>	Calling for individual adaptation

### Northern Europe

Sweden: 3  
 Norway: 1  
 Denmark: 1  
 Finland: 1  
 England: 2

### Canada & USA

Canada: 3  
 USA: 1



## Results

- Aspects of patient safety and quality

A lack of understanding.

“I was very excited about the fact that it was day surgery...how could you possibly have major or invasive surgery if you are not being kept in hospital?”

“My doctor told me I would be able to walk out of there and go to work the next day. I could not imagine going to work feeling like I do.”



Photo credit: Superstock / Universal Images Group

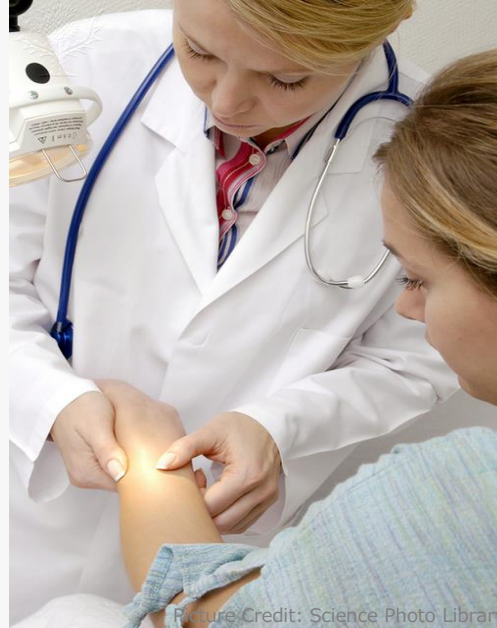


Picture Credit: Samuel Ashfield/Science Photo Library/Universal Images Group

“I was fine until 2 am, and then I woke up in agony, excruciating pain. I figured I must have torn the incision in my sleep. Today I was supposed to start doing the exercises. There is no way I could do that. I am terrified I have done something wrong. Is this normal?”

Feelings of discomfort, uncertainty, and being unsafe.

## Requests for ongoing support and care.



“You don’t have anybody to talk to. You’d so like to talk to somebody and ask if it’s natural to feel this poorly”

“... when ... the nurse says, *‘Oh, this looks really good’*, that's quite relieving”



# Summary and Conclusions



**To ensure and improve safety and quality in ambulatory surgery practice:**

- Better prepare patients for the surgical treatment and processes of recovery.
- Improve the provision of continued individualised information, support, and care after discharge.

“... you just want to go home.

On the condition of course  
that you know that you will  
be taken good care of ...”

A collection of medical supplies including a pair of surgical scissors, a roll of white gauze, two white pills, a surgical mask, and several packets of alcohol prep pads, all arranged on a light blue surface.

**THANK YOU**

Experiences of recovery after ambulatory surgery



Original research article  
(open access)

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