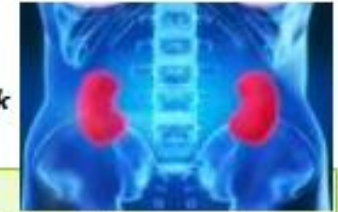


# Patient experience

## of the Post operative period after Nephrectomy, in an Accelerated patient track

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### BACKGROUND

Fast Track surgery employs new surgical and anesthetic methods, in combination with improved pain management, early mobilization, nutrition and thorough information. The Objective is to empower the patients to "Self-Care" in the Post operative period, and thus faster being able to **regain their normal levels of activities**. At home, the patients must cope with their physical reactions, and at the same time they mentally have to deal with a possible cancer diagnosis. Thus the patients are entrusted with a great responsibility for involvement and Self-Care in regards to recuperation.

### PURPOSE

The purpose of this study is to gain insight into how patients experience and cope with their every-day life after a kidney operation in a "Fast -track" kidney operation course, in perspective to the care for this group of patients.

### METHOD

**Inclusion:** All patients, having had a laparoscopic radical nephrectomy through a standardized nursing & treatment track.  
**Exclusion:** Patients who overran the 5-day time frame, and patients, who did not understand, speak and write Danish.  
The method was a qualitative study of the Patient perspective in the postoperative period. After discharge and for 2 weeks the patients described their own coping of sickness and treatment in a diary. This was supplemented with a semi-structured follow-up interview carried out app. 4 weeks after discharge.  
The study was analyzed based on Phenomenological text analysis.

### RESULTS AND CONCLUSION

All of the participants perceived the operation as an overwhelming change in /of their lives.  
Physically, they were challenged beyond their limits, but most were coping as expected. A new bodily anxiety occurred in their lives and they became more aware of small physical signals, which may mean relapse of bad kidney function ore relapse of cancer.  
Mentally, the patients declared that *'they didn't recognize themselves'*, being so profoundly affected that their identity transformed from being a healthy person to a cancer stricken one, and they were in need of time to pick – up themselves, before they could cope with their surroundings.  
The patients barely started the mental dealing with the consequences of the operation during the 5-day of hospitalization, and they were still in a mentally unstable state of 'limbo', 'between Heaven and Hell', after the first month, when the interview was carried out.

### Sense of coherence



### PERSPECTIVES FOR CARE

The participants express a wish for individualized contact and counseling, particularly during the first weeks after the operation. They need guidance to find answers and care to solve problems, they themselves had not foreseen coming, and information and guidance to process the new physical and mental challenges the operation has presented.