

12th Nursing and Healthcare Congress

October 03-05, 2016 Vancouver, Canada

Adolescents' experiences of undergoing scoliosis surgery, psychological aspects and the trajectory of self-reported pain

Anna-Clara Rullander
Umea University, Sweden

Scoliosis surgery is a major surgical procedure and it is known to cause severe postoperative pain. To broaden the scope of adolescents' experiences of undergoing scoliosis surgery and the trajectory of self-reported pain during the hospital-stay and through the first six months of recovery at home after corrective surgery a mixed methods study was performed. Interviews, diaries and self-reports of pain were analyzed and integrated with each other. The results indicate that the trajectory of pain varies hugely between individuals. The adolescents experienced physical suffering and struggled not to be overwhelmed. Supportive factors and how they were trying to cope with difficulties were described. The adolescents described how they were hovering between suffering and control and they strived towards normality. Interviewing adolescents about earlier experiences, coping strategies, fears and expectations about surgery can be a useful tool for nurse to understand individual needs and enabling improved individual care: a step towards personal centered care. This study highlights areas of potential improvement in peri-operative scoliosis care in terms of nursing support and pain management.

Biography

Anna-Clara Rullander has completed her PhD at Umea University in Sweden, defending her thesis in December 2015. She is now planning postdoctoral studies in the area of scoliosis surgery and interventions aimed at optimizing peri-operative care. She has published four articles and presented her research at five international conferences.

anna-clara.rullander@umu.se

Notes: