

How are you?" - A systematic e-assessment of postoperative recovery

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Conclusion

Using an e-assessed follow-up can decrease the patients discomfort from several postoperative symptoms. By identifying postoperative adverse events, health care personnel can give the patient support and also identify key-areas for change in the perioperative process.

Background

Day surgery, is a well-established practice internationally.

The Swedish web-version of the Quality of Recovery (SwQoR) questionnaire was developed by a research group in Sweden for the purpose of measuring postoperative recovery. It has been inserted in a mobile app called Recovery Assessment by Phone Points (RAPP).

Aim

To investigate whether systematic follow-up using RAPP after day surgery had a positive effect on postoperative recovery, as well as whether there are any gender differences

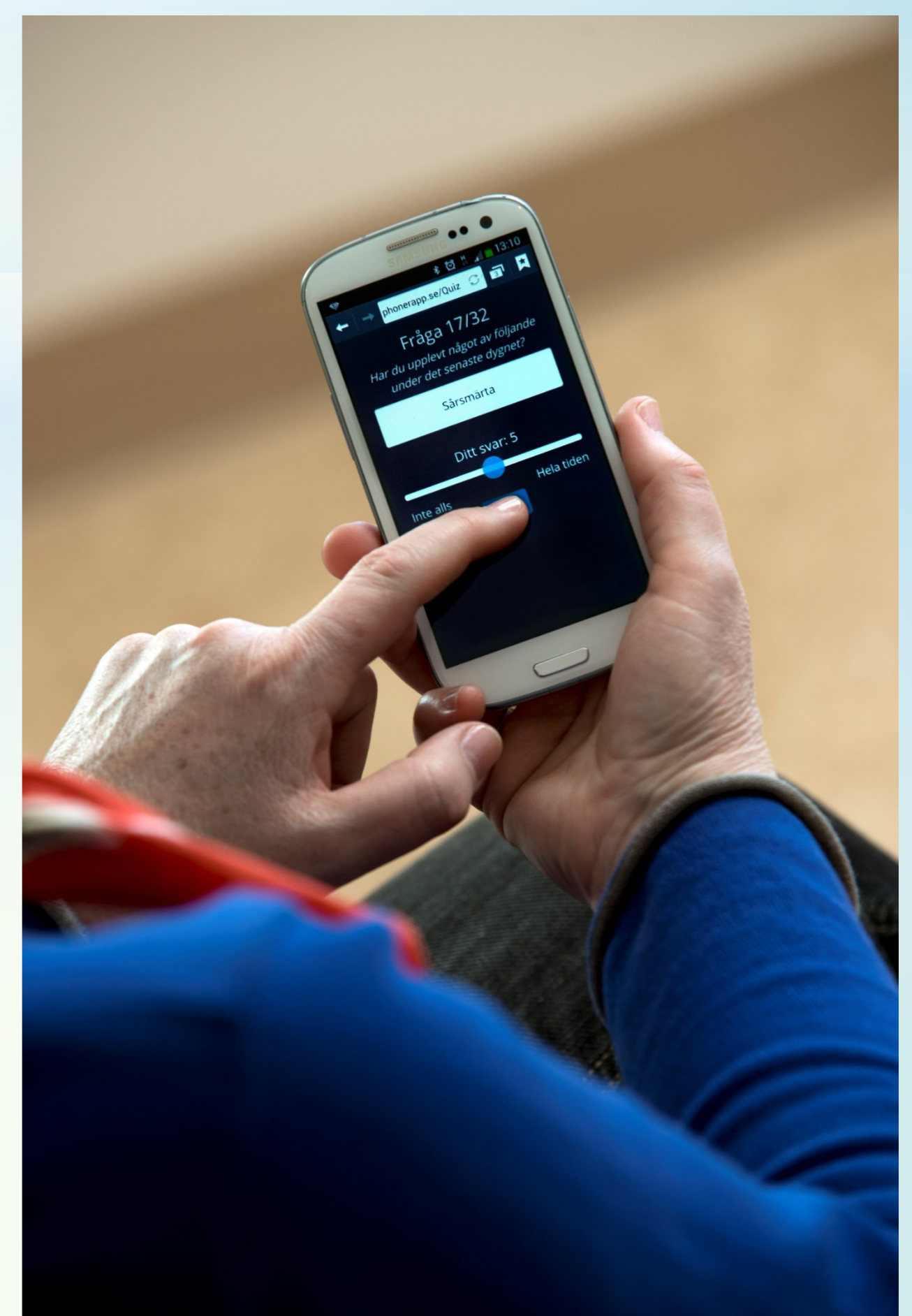
Method

This was a two-group, parallel, multicentre, randomised single-blinded controlled trial (RCT), including 1000 participants >17 years of age undergoing day surgery. The patients were randomly allocated to either using RAPP, during 14 days postoperatively compared to standard care. Outcome was postoperative recovery assessed by SwQoR on postoperative day 7 and 14.



Result

On postoperative day 7 the RAPP group reported significantly lower scores in 7 of 24 items than the control group. On postoperative day 14 there were still significant differences between the groups in 5 of 24 items in SwQoR. Men and women using the RAPP reported less discomfort in the items sleeping difficulties, not having a general feeling of well-being and pain in the surgical wound both on postoperative day 7 and 14.



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