

Preoptimisation in Ventral Hernia surgery- a Focusgroup Study

Gunnar NORDQVIST¹, Karin Strigård¹, Jeaneth Johansson², Catharina Gustavsson³, Viktor Holmdahl¹

1. Department of Diagnostics and intervention, Umeå University, Sweden
2. Department of Social Sciences, Technology and Arts, Luleå University of Technology, Luleå, Sweden
3. Department of Public Health and Caring Sciences, Uppsala University, Sweden

“I just felt it was very positive, like someone wanting to take care of me, setting certain expectations about what I could become good at myself, so for me it was only positive.”

Positive attitudes towards the preoptimization.

Aim: The aim of this study was to explore how patients experience participation in a preoptimisation programme prior to ventral hernia repair.

“I also think about your follow-up phone calls during the first few weeks. Then it felt like - yes, this is important and that someone cares, and that contributed to me putting in a bit more effort.”

Surgeon support as an important motivator.

Method: A focus group study on ventral hernia patients who had participated in a preoptimisation programme targeting physical activity, weight loss and treatment of comorbidities. Analyses was done with thematic analysis.

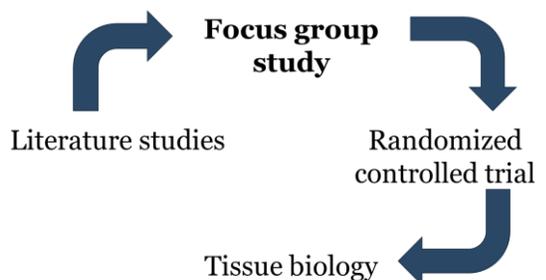
“Yes, I also have arthritis in a knee, and I have to say I haven't been on all fours on the floor.”

Everyday life and comorbidities as barriers to success.

Conclusions

- Positive towards preoperative optimisation.
- Close follow up increases motivation.
- Positive effects on health.
- Barriers mainly included orthopedic comorbidities.

PART OF A BIGGER PICTURE- THE PREOPT PROJECT



“I have stuck to walking... I have timed the distance I walk, sometimes one lap and sometimes two laps. At first, it took 30 minutes for one lap, and now I'm down to 25 minutes.”

Positive effects of participation on health.

