

## Preoptimisation in Ventral Hernia surgery- a Focusgroup Study

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*"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.

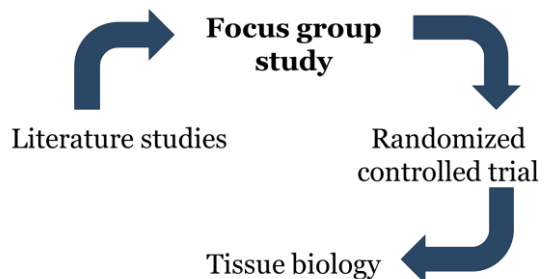
*"Yes, I also have arthritis in a knee, and I have to say I haven't been on all fours on the floor."*

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.

