Arthroplasty is commonly used for an increasing population of patients with osteoarthritis, and the recovery process starts directly after surgery. Patient education is linked to and promotes the recovery process. Fulfilment of knowledge expectations is essential for enabling people to become empowered during the period of recovery.

The overall aim was to explore the association between empowering knowledge and patients’ quality of recovery after elective hip or knee replacement.

The design was descriptive, prospective and comparative. Consecutively included patients and their spouses from Cyprus, Finland, Greece, Iceland and Sweden answered questionnaires before surgery and at discharge from hospital.

The result showed that patients and their spouses had high knowledge expectations, and these were not fulfilled during the hospital stay. Patients’ emotional state and their access to knowledge were important for the fulfilment of knowledge expectations. The emotional state of patients and their spouses also played an important role in determining the patients’ quality of recovery, and greater satisfaction with care among the patients was associated with greater quality of recovery. Patients with fulfilled knowledge expectations experienced better quality of recovery. If the spouses had a history of employment in social services or health care, or if nurses explained matters concerning the care and treatment to the spouses, patients experienced a greater quality of recovery.

The content of patient education should be personalized in future care, and informal caregivers should be seriously taken into account during the period of early recovery.
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Empowering Knowledge and Quality of Recovery after hip or knee replacement

Åsa Johansson Stark

Linköping University Medical Dissertations No. 1496

Faculty of Medicine and Health Sciences
Linköping University Medical Dissertations No. 1496
Department of Social and Welfare studies (ISV)
Linköping University
SE-581 83 Linköping, Sweden

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