

Pain Experience in Patients Undergoing Total Knee Replacement *

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Abstract:

Purpose: To explore the pain experience of patients with total knee replacement.

Design: A qualitative research design was employed.

Methods: The participants were 16 Thai patients with total knee replacements, and recruited by purposive sampling. Data were gathered through in-depth interviews and analyzed by content analysis.

Main findings: Three main themes arose regarding the pain experience of patients with total knee replacements: The first involved two categories of postoperative pain experience: 1) numbness of leg by spinal block on the first day, pain on the next day until the third day postoperatively; and 2) the cycle of pain and distress, including feelings of immobilization, nervousness and sleeplessness. The second theme involved three categories of pain relief experience: 1) pain management created by healthcare professionals, patient, and caregiver; 2) some postures in exercise increasing pain intensity; and 3) cold gel alleviating pain and swelling around the knee replacement. The third theme was information receiving experience consisting of two categories: 1) preoperative information decreasing anxiety; and 2) needing information again in the postoperative phase.

Conclusion and recommendations: Health professionals should develop and implement a nursing guideline to effectively care and management of pain for patients with total knee replacements.

Keywords: pain experience, total knee replacement