

Exploration of Women's Experiences after Total Knee Replacement

ANDS Wickramanayake¹, HPGCT Jayasena², WGCL Gunasekara³, ABNU Hemachandra⁴, LYSS Kumari^{5#} and EWAIM Siriwardana⁶

^{1,2,3,4,5}Faculty of Health Sciences, The Open University of Sri Lanka

⁶Department of Nursing, Sri Lanka Institute of Information Technology, Malabe, Sri Lanka

[#]sachinthalokuyaddage89@gmail.com

A Total Knee Replacement (TKR) is a life-changing surgery whereby the diseased knee joint is replaced with an artificial material causing significant influences on the life of women physically, psychologically and socially. Hence, the main aim of the study is to explore the experiences of women after TKR. In this phenomenological study, 20 females aged between 30-65 years who had TNR at Orthopaedic Unit, Teaching Hospital, Kandy were purposively recruited. Ethical approval was obtained from the same hospital. Semi-structured interviews were conducted to collect the data and thematic analysis was used for data analysis. Three themes have emerged from the data: barriers to recovery, unexpected experiences and getting support. Pain omnipresence (94 %) and joint or muscle stiffness (89 %) as a result of having minimum access to rehabilitation services are found as barriers to recovery. Women were worried about their future as they experienced unexpected things after TKR, such as protect the prosthesis (62 %), engage with exercises (78 %) and sleep disturbances (92 %) while only few of the participants had a good self-confidence to receive a good quality of life post-operatively. Significantly most of the participants had a good support from their families (89 %) as well as from the health care providers (87 %). In conclusion, women after TKR faced various difficulties physically and psychologically while receiving a good support from social groups. Therefore, it is recommended to have supportive psychological and educational interventions to enhance the quality of life of women after TKR.

Keywords: Total knee replacement, Physical, Psychological and social experiences, Quality of life