

Patient perspectives of recovery following major orthopaedic trauma: a systematic review and qualitative synthesis

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Introduction

Recent orthopaedic trauma literature has explored patient experience. The aim of this review was to synthesise the qualitative research evidence of patients' perspectives and experiences of recovery following major orthopaedic trauma.

Methods

A qualitative thematic synthesis was undertaken in accordance with the ENTREQ statement. The review was registered with PROSPERO on 17/02/2022 (CRD42022310712). A systematic search was conducted (28/02/22-03/03/22) of Medline, Embase, PsychInfo, British Nursing Index, Amed, TRIP, Cochrane library, DARE, NHS EED was conducted. Backwards citation was used to search within included studies. Screening identified a subset of articles focusing on qualitative primary data from adult major orthopaedic trauma patients, since 2010. Data from included studies were extracted using a predefined extraction form. Themes were generated using the constant comparison analysis method using the participants' qualitative data (quotes).

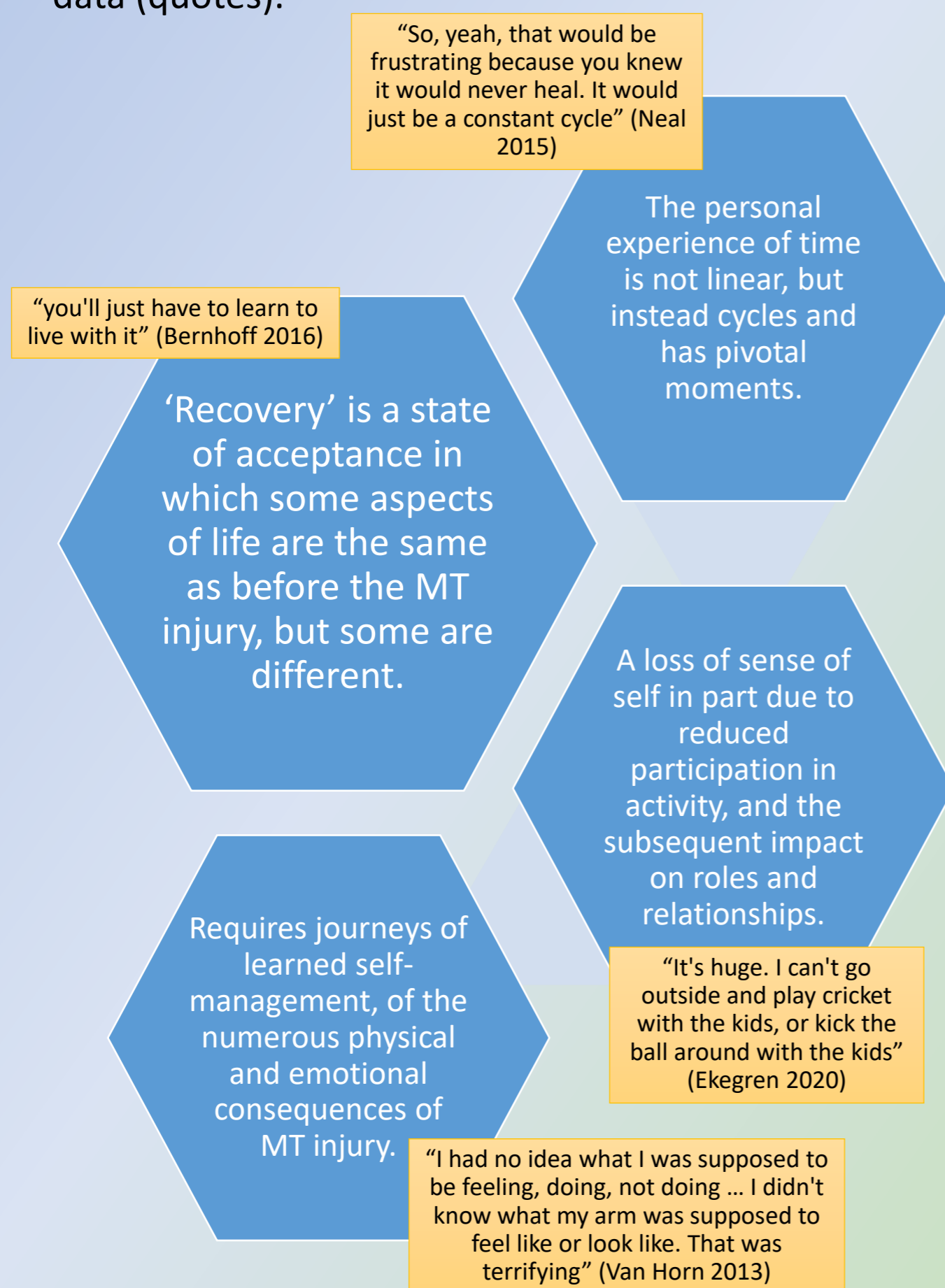


Figure 1: Themes of *time*, *loss of self*, and *journeys of self management* towards *recovery*

Findings

The searches identified 5648 distinct records. Following screening, 18 good quality primary research studies were included, involving 571 participants. Themes of *time*, *loss of self*, and *journeys of self management* towards *recovery* are described, with an illustrative quote, in figure 1.

Conclusions

Recovery journey is non-linear and unbounded by time. Post-traumatic growth is possible in 'recovery', but issues stemming from the injuries also persist. Thus, recovery following major trauma is an individual process, requiring different levels and types of support at differing time points.

Future research should map the current levels of care following major trauma, cross-referencing the complexities of an individuals' recovery journey. Further, it needs to co-design meaningful outcome measures which reflect the recovery journey and long-term issues patients' experience.

References

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