

A Qualitative Study on the Health Education and Supportive Care Needs of Patients with Lower Limb Lymphedema After LVA Surgery

Shao Qilu¹, Jiang Yan², Xie Wenwen², Zhang Shaochen², Yu Yafei², Wang Peng^{1,*}

¹School of Health and Nursing, Zhengzhou University, Zhengzhou, China

²Department of Wound Repair Surgery, The First Affiliated Hospital of Ningbo University, Ning Bo, China

Email address:

upliz@zzu.edu.cn (Wang Peng)

*Corresponding author

Abstract

Objective Understanding the health education and supportive care needs of patients with lower limb lymphedema following Lymphaticovenous Anastomosis (LVA) surgery. **Methods** Employing purposive sampling methodology, a semi-structured qualitative interview was conducted with 12 postoperative LVA patients hospitalized at the Department of Wound Repair Surgery, Affiliated First Hospital of Ningbo University. The Colaizzi 7-step analysis method was used to analyze the interview data and refine the themes. **Results** The health education and supportive care needs of patients after LVA surgery mainly include information needs (information needs related to diseases and operations; information needs regarding postoperative daily diet and follow-up examinations); Spiritual, psychological and emotional needs (lack of chronic disease thinking and high expectations postoperation; anxiety due to ineffectiveness of the operation or the recurrence of the disease; having a sense of uncertainty and want to know the real recovery situation postoperation; self-blame after the operation); Social need (expecting care and assistance from family members; expecting care and assistance from the medical staff; expecting care and assistance from fellow patients); Physical needs (management of early postoperative complications and discomforts); Practical needs (postoperative rehabilitation exercise and nursing skills). **Conclusion** When providing health education to patients after LVA surgery, it is necessary to understand and pay attention to the patients' supportive care needs. Providing targeted and comprehensive health education knowledge to patient.

Keywords

Lower Limb Lymphedema, Lymph Venous Anastomosis, Health Education, Supportive Care, Needs, Qualitative Study