

Surrey Injury Research

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Burden of Injury - Qualitative data

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Introduction

- **Burden of injury**
 - Quantitative
 - 1517 participants across four centres
 - Qualitative
- **Qualitative**
 - Aim - impact that the injury had on participants' lives.
 - Topic guide
- **Current literature**
 - Usually one type of injury and/or patient type and/or how the injury occurs
 - Few qualitative research projects

Method

- 89 interviews
 - Bristol, Surrey and Swansea.
- Selected from overall sample of 1517
 - quota sampling - range of ages, time since injury, and injury severity.

	Total called	Total Interviewed	Not available	Declined	Died
Bristol	40	29	11***	0	0
Surrey	44	34	9	1*	0
Swansea	56	26	26***	3**	1
Total	140	89	46	4	1

* *the participant had got better very quickly*

** *1. participant was very hard of hearing, 2. participant worked long hours and preferred not to take part, 3. felt had spent enough time on the project.*

*** *no reply, left messages, participants not at home so alternatives tried and achieved*

Support after leaving hospital

“Things were just so, so hard, so exhausting... I couldn't clean; I couldn't do everything you usually do in a home.....I couldn't cook very well. .., it is just such an eye-opener into people who have physical disabilities really.”

(A190:59:F:acute ruptured Achilles tendon right leg: 17 months: GP receptionist:IN)

“My husband used to do the housework, my sister used to come twice a week. I had to arrange for friends and neighbours to take me to hospital twice a week and then I would get a taxi back perhaps I was immobile, you know...”

(C214:49:F:gastrocnemius tear (sprain) : 23 months: civil servant: IN)

Emotional Impact

“I’d been extremely fit with a matching pair of knees fulfilling the purpose of knees. Never really regarded them anything other than another aspect of one’s body but the moment that I hit the ground I stayed there for near on half an hour before I could get assistance to actually get up.”

(A311:53:F:dislocated knee:11 months professional horse rider: IN)

“I was in extreme shock for a couple weeks. And I mean because I can’t remember a thing about it. I was, my brain just sort of cut off. But the hospital said that was a good thing anyway.”

(B173:74:F:fractured rib pneumothorax, tibial plateau fracture: 14 months: retired:IN)

Loss of Confidence

Participant: “That was the hardest thing of it the worry of it getting hurt again”

Interviewer: How did you overcome that?

Participant: I think it is more of doing something more often really, your confidence, started playing again and taking hits etc it was fine. As I say I have only got the scars there now.”

(C369:25:M : closed displaced fracture mid shaft tib+ fib : 19 months: PE teacher and Physio in prison service: IN)

“I will be honest it shook my confidence. I was (...) when I did that until then I was very confident but it did sort of shake my confidence I am terrified of falling again....”

(A266: 75 : F : fractured left humerus: 19 months : retired – IN)

Enduring Consequences

“I haven’t got my bit of social life I had (...) Like tonight, I would be out playing badminton tonight, and I would be out playing tomorrow, and I would be out playing with my wife and myself, we both played.”

(B256:62:M:fractured left calcaneum:6 months: window cleaner:OUT)

“it was devastating, I mean it has changed my life completely. I haven’t been to town on my own, I don’t go round, I mean the bus stop is round the corner of the bungalow, we go part of the way by car but I don’t go out without my husband... .. I used to run everywhere not walk.” (C379:71:F:injury to left wrist : 18 months: retired:IN)

Personal resilience

“...I just got on with it really ... I don't want it to hinder me I just wanted to get on with my life really.”

(B188:53:F: fractured dislocated R ankle: 15 months:student manager: IN)

Physiotherapy

“When I did go to the physiotherapy locally [...] if it hadn’t been for that it might you know, I don’t think I’d have ever recovered.”

(B267:76:M:bilateral fracture of ankle:9 months:retired:IN)

“ I had a physio.. who gave me one piece of advice and that was to let gravity bend my arm as much as it could ..[...] and that was the best”.

(B208:59:F:L olecranon fracture:19 months:not working: IN)

“ some more advice from a physio as to some simple exercises to do just to get some mobility back in my ankle and strength back in my leg muscles”

(A213:53:M:fractured left tibia and fibula:17 months: SE painter and decorator: IN)

Financial and employment issues

“Oh a terrible impact. I mean I had to cut my hours down, I can’t work full time. I have lost out on my pension”

(B167:62:F:fractured dislocation of ankle:13 months:IN)

“I had to have eleven weeks off work because I couldn’t drive. And when I went back to work they had to keep me down on the ground floor because I couldn’t.. go up the steps very easily.”

(B188:53:F: fractured dislocated R ankle: 15 months:student manager: IN)

“... I couldn’t work for a month or so but as I’m self-employed I wasn’t getting any money so really I went back to work much sooner than I should have done...”

(A101:61:M: fracture left radius/ulna, abrasion to both knees and facial injury, jaw displaced:19 months: HGV driver:IN)

Information

“... the consultant he was... absolutely on the ball and that’s one thing I have to say, he instilled confidence..., you know he kept me fully informed and made sure that I knew what was going on”

(B260:37:M:Multiple trauma:8 months: telephone banker:IN)

“I felt almost that that surgeon didn’t inform us and didn’t give us the choice, didn’t say look this is the situation or get another specialist in earlier and say what’s your advice.So on the surgical side I wasn’t too impressed.”

(A406:13:F:large leg laceration 15x10cms through fascial sheath, 4cm laceration proximal to right knee medial aspect: adipose exposed: 2 months: school student: Mother interviewed:IN)

Overall Impact

“I can’t see a time when I will have completely recovered. That gets vaguely depressing..... It doesn’t matter if I take half the morning to get myself up, I can still manage it and I’m still doing it on my own. It would be lovely to say yes, in six months’ time I’m going to be able to do a nice long walk to the village green and back again. I think a few steps outside is about as much as I’m going to manage.”

(A119:85:F:fractured tibia and fibula: 7 months:retired nurse and carer:IN)

Conclusions

- Support - friends, family and neighbours
- Emotional impact
- Loss of confidence
 - Quality of life
- Physiotherapy
 - Role in facilitating recovery
- Financial issues
 - especially self employed
- Adequate, timely information

Conclusions

- Wide range of participants
 - Different ages
 - Employment status
 - Types of injuries
 - A&E departments
- Importance of social support
- Importance of information
- Importance of physiotherapy