Brenton Kiel

People’s perspectives of total knee arthroplasty.

Traditionally, physiotherapy research in total knee arthroplasty (TKA) has been biased towards the biomedical model of health, investigating predominantly physical and functional variables. However, recent moves have been made to acknowledge a more holistic, patient-centred view of health. This project aimed to provide insight into the experiences of people undergoing TKA to promote and enhance this patient-centred view. Two people, both of whom were undergoing primary TKAs for osteoarthritis, agreed to take part in the research. A hermeneutic phenomenological approach was used in data collection and analysis. Participants each completed diaries for a period of twelve weeks and took part in three interviews. A thematic analysis of the data revealed that the experience was played out over two central themes: feeling in control and lacking control. Strategies have been suggested that promote a sense of control for people undergoing TKA. Results demonstrate the importance of professionals stepping away from routine practice, to listen and spend time with the people they work with.