

## 00073 Experiences of Registered Nurses Conducting Early Mobilization of Patients After General Surgery

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**Aims:** To describe the experiences of registered nurses conducting early mobilization of patients after general surgery, including the barriers and facilitators, as well as strategies to overcome the difficulties that nurses face.

**Methodology:** This is a descriptive qualitative study performed at a public general hospital in Singapore. Purposive sampling was used to recruit ten registered nurses working in the general surgical wards. Individual, semi-structured interviews were conducted face-to-face and audio-recorded. Colaizzi's seven-step method was used to guide the analysis and generation of themes and subthemes.

**Result:** Five themes and twelve subthemes emerged from the data analysis. The main themes were: "doing good, doing no harm", "caring for patients", "establishing the practice of early mobilization", "facing challenges in conducting early mobilization", and "getting support from the healthcare team".

**Conclusion:** This study provided insights into the experiences of registered nurses conducting early mobilization of patients after general surgery. The potential benefits to patients motivated nurses to conduct early mobilization, while ensuring patients' safety and well-being. However, nurses faced challenges such as patient non-compliance, a lack of time, and an inconducive ward environment to conduct early mobilization. To encourage patient compliance, registered nurses showed care and concern by providing information, empathy and reassurance, and pain relief to patients, as well as respecting patients' autonomy. To encourage nurse compliance to early mobilization, this practice could be established to become second nature through role-modelling and protocol development to ensure standardized care. Support from the healthcare team is also important in helping to overcome these challenges. Findings from this study give healthcare leaders the impetus in developing strategies to improve the compliance of both nurses and patients to early mobilization for better patient outcomes. A key finding on building the therapeutic nurse-patient relationship could serve as preliminary evidence for future research to explore early mobilization compliance in other healthcare settings.