

## Research project: lived experience of the heart transplanted person

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### Abstract

#### Introduction

The return home of the heart transplanted person, after the transplant surgery, is a remarkable moment, where ambivalent feelings can coexist, demanding a capacity for transcendence from the person in the search for the quality of life he wants for himself. Parse's Humanbecoming paradigm can lead us in this process, since it allows a holistic view of the person, in constant coexistence with the universe and in relationship with others.

Thus, the concerns expressed by the heart transplanted person upon returning home that emerge from our professional practice and from the scientific evidence consulted, lead us to the following research question: "What is the lived experience of the heart transplanted person upon returning home?"

#### Aim

To understand the lived experience of the heart transplanted person upon returning home.

#### Methodology

Understanding the lived experience, in order to describe and interpret the phenomenon, refers us to interpretive phenomenology. Van Manen (2014) indicates a methodological framework that allows us to see research as a dynamic process, proposing several orientations, namely in the question, experiential material, thematic analysis, vocative writing, *epoché*, reduction and phenomenological text.

Currently, with the authorization of the ethics committee of the institution where the study will be, data collection is carried out using phenomenological interviews with heart transplant recipients who have already been discharged from hospital and returned home for more than three months. The number of participants is not defined, it will be determined during the course of data collection and analysis. The location and day of the interview will be agreed upon in advance with the participant. The analysis of the findings will be based on the reflexive methods proposed by van Manen (2014), of which the thematic analysis of the texts stands out.

#### Results and Discussion

Understanding the lived experience of the heart transplant recipients upon their return home, by uncovering meanings, beliefs, feelings, emotions and experiences, can contribute to strengthening the core of nursing knowledge, adding gains to clinical practice and opening new lines of research. The rigor of the study will be ensured by the alignment between the phenomenological orientation of the theoretical framework and the methodological options, the construction of a reflective diary on the validity of the investigative activities and the integration in a collaborative group in qualitative and phenomenological research.

#### Conclusion

The professional experience in the care of the heart transplanted person, the research and the reflections that we have developed, have directed our concern towards dimensions in the field of human subjectivity. It is in this context that the lived experience of returning home may present itself as a way of accessing the very particular world of the heart transplanted person. We believe that hermeneutic phenomenology can be the "light" that will

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allow us to amplify the understanding of the phenomenon and, in this way, provide knowledge to demystify and facilitate the process of adaptation to a new phase in the life of the person.

### Keywords

Heart Transplantation; Hermeneutic; Quality of life; Nursing  
References.

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