

## Daniel O'Brien – University of Alberta

**Project:** *Patient Conflict and Regret Regarding Endoscopic Sinus Surgery*



### Biography

Dr. Daniel O'Brien received training in chemistry (BSc), clinical research design and implementation (MAS), and medicine (MD). He completed surgical training in Otolaryngology's Head and Neck Surgery in 2020 and thereafter moved to the University of Alberta where he is currently a clinical fellow in the Division of Otolaryngology. The focus of his clinical fellowship is on Rhinology and Endoscopic Skull Base Surgery under the supervision of Dr. Erin Wright.

In addition to his clinical work, Dr. O'Brien is also a first-year doctoral student in the School of Public Health. Under the direction of Dr. Dean Eurich, the focus of Dr. O'Brien's PhD will be decision quality and regret among patients undergoing functional endoscopic sinus surgery. Dr. O'Brien's other research interests include the pathophysiology of chronic rhinosinusitis, occupational and environmental exposures for patients with chronic rhinosinusitis, and surgical outcomes following functional endoscopic sinus and skull base surgery.

### Project Summary

Regret related to surgical decision making is a newer field of research. Most studies regarding this topic have been done in cancer patients. In these studies, decisional regret has been associated with younger age, older age, race, education level, shared decision making, and time since the operation. There are no studies looking at decisional regret in patients undergoing nasal and sinus surgery, which is performed to improve quality of life, rather than save life. As such, a study investigating the key concerns patients have when deciding to pursue surgical care would enable physicians and surgeons to better understand and better care for these patients.



Our group plans to collaborate with patients who are candidates for endoscopic sinus surgery, specifically those who have either a history of recurrent acute sinusitis or a history of chronic sinusitis. These patients will be asked to participate in both surveys and/or focus groups to identify what factors are important to them going into surgery, what factors are important following surgery, and to what degree, if any, they regret their decision to pursue surgery.

The results of these surveys and focus groups will allow us to better understand why some individuals pursue surgery, while others defer. This information will also further inform what, if any, clinical and personal factors clinicians can address before and following surgery to prevent patients from regretting their decisions to seek surgical care.

