KARUNA DAHLBERG (1979) graduated as a registered nurse (RN) from Örebro University, Örebro, Sweden, in 2003. In 2012 she received a postgraduate diploma in Specialist Nursing in Intensive Care as well as a Master of Sciences from Karlstad University. Since 2012 Karuna has been working at the post-anaesthesia care unit (PACU) and day surgical unit at Örebro University Hospital. In 2014 she registered as a PhD student at Örebro University under the supervision of Professor Ulrica Nilsson.

The majority of all surgeries are performed as day surgery. After discharge, patients are expected to take responsibility for their own postoperative recovery. It has been reported that patients can feel uncertain about whether their recovery is proceeding as planned and that they need professional support during their postoperative recovery. Recovery Assessment by Phone Points (RAPP) is a mobile phone app that provides an e-assessment and follow-up on postoperative recovery, including the Swedish web version of the Quality of Recovery questionnaire (SwQoR), and enables the patient to get in contact with the day surgery unit. This thesis describes the development and evaluation of as well as experiences regarding an e-assessed follow-up on postoperative recovery after day surgery.