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The reliability and validity of the Tswana translations of three pain rating scales amongst patients with back pain

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Pampiri ya tshedimosetso ya Molwetse.

Ke go lebogela tumelano ya gago go tsaya karolo mo tlhatlhobong ena. Ga nkitla ke tsaya nako e ntsi ya gago (± metsotso e le 15). Go tla nna thuso e kgolo mo tlhabologong ya sediriswa sa mokgwa wa tekanyo ya setlhabi mo baaging ba Ma-Afrika.

Tekanyetso ya setlhabi e tla diriwa mo mafelong a mmele aa seng botlhoko. O tla bodiwa dipotso go ya ka tsenelelo ya setlhabi. Morago ga moo, tekanyetso ya setlhabi e tla diriwa mo mokwatleng go fitlhela ka nako ye o utlwang botlhoko. Seo ga se kilta se go tsenya bosula bope mo mmeleng. Mme o tla lopiwa go araba dipotso di le tharo morago ga teko nngwe le nngwe.

Lenaane la dipotso le simolola ka 1 go fitlha ka 4. Tsebe nngwe le nngwe e na le sekale se sengwe sa setlhabi sa gompieno. Tshwaya bogodimo jwa setlhabi sa gago mo sekaleng sengwe le sengwe se se leng mo tsebeng nngwe le nngwe.

Ga go pateletsege go tsaya karolo mo tlhatlhobong ena. Fa o sa batle go tsaya karolo mo tlhathobong ena, o se ka wa dira jalo. Fa o sa tsaye karolo, ga go tlhokege go naya lebaka, go tla nna khupamarama ka dinako tsotlhe. Boemong jwa maina, lenaneo la dinomoro le tla dirisiwa. Ke nna fela, yo o tla itseng lenaneo la dinomoro le maina.

Fa e le gore ga o tlhole o batla go tswela pele ka patlisiso eno, o letleletswe go dira jalo. Ga go kitla go nna le matsapa, e bile ga o kitla o otlhayiwa.

Ke a leboga.

Michelle Yazbek.

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TSWANA VERSION.

Subjects Pressure Threshold Measurement.

Date:

Name: (number =)
Age:
Sex:
Education level:
Group:
Hospital

Teach how to use it

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

Then measure pain-free areas maximal pain. Record (arms and legs)

Subjects Pressure Threshold Measurement.

Date:

Name: (number =)
Age:
Sex:
Education level:
Group:
Hospital:

Pressure Threshold Test.

	Maximal pain	Sub-maximal pain
Right deltoid	=	
Left deltoid	=	
Right shin	=	
Left shin	=	
Back	=	

Area on back where measurement was taken =

1. Where on your back is your pain?
2. What does your pain feel like?
3. Is your pain worse in the morning or at the end of the day?
4. What type of work makes your back sore?
5. What do you do to make your pain better?

Fill in V.A.S. after testing maximal pain on pain-free areas (arms).

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

Fill in V.A.S. after testing maximal pain V.R.S. pain-free areas (legs).

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

-Order cue cards V.R.S. 0 – 10 (first time).

-Measure normal areas P.T.M. sub-maximal pain (fill in on previous page).

Fill in after measuring sub-maximal pain on normal areas (arms).

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

Fill in after measuring sub-maximal pain on normal areas (legs).

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

-Order V.R.S. cue cards again 0 -10 (second time).

-Interview answer 5 questions (tape record)

-Measure pain, sub-maximal and maximal, on back with P.T.M. and record on correct sheet.

-Then fill in all (maximal and sub-maximal)
V.A.S. (1)
V.A.S. (2)
V.R.S.
Wong- Baker Faces Scale.

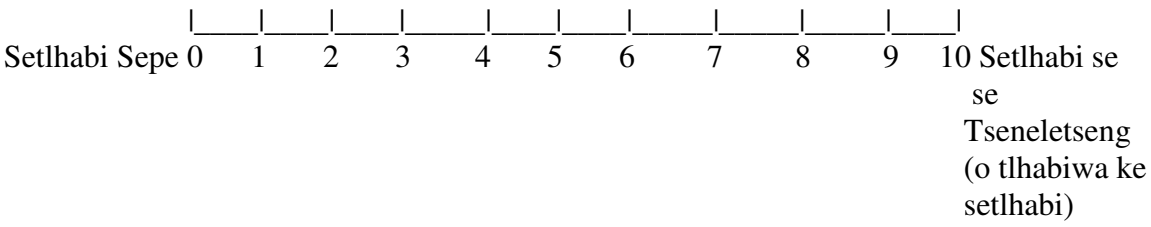
Back pain maximal

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

Back pain maximal

V.A.S.



Back pain maximal (Tick one only).

Verbal Rating Pain Scale	Tswana translation
☐	= setlhabi sepe.
☐	= setlhabi se se utlwalang botlhofo.
☐	= setlhabi se se bonolo.
☐	= setlhabi se se mo magareng.
☐	= setlhabi se se boitshoko le fa se le thata.
☐	= setlhabi se se thatathata.
☐	= setlhabi se se botlhokotlhoko.
☐	= setlhabi se se se osa kgoneng go se itshokela.
☐	= setlhabi se se makgaphila. (se se kokonetseng).
☐	= setlhabi se se tseneletseng.

Back pain maximal

Wong-Baker Faces Pain Scale (make an x through one face).

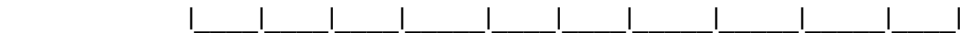
Back pain sub-maximal

V.A.S.

Setlhabi sepe0_____10 Setlhabi se Se Tseneletseng (o tlhabiwa ke setlhabi)

Back pain sub-maximal.

V.A.S.



Setlhabi Sepe 0 1 2 3 4 5 6 7 8 9 10 Setlhabi se se Tseneletseng (o tlhabiwa ke setlhabi)

Back pain sub-maximal (Tick one only).

Verbal Rating Pain Scale	Tswana translation
	¤ = setlhabi sepe.
	¤ = setlhabi se se utlwalang botlhofo.
	¤ = setlhabi se se bonolo.
	¤ = setlhabi se se mo magareng.
	¤ = setlhabi se se boitshoko le fa se le thata.
	¤ = setlhabi se se thatathata.
	¤ = setlhabi se se botlhokotlhoko.
	¤ = setlhabi se se se osa kgoneng go se itshokela.
	¤ = setlhabi se se makgaphila. (se se kokonetseng).
	¤ = setlhabi se se tseneletseng.

Back pain sub-maximal.

Wong -Baker Faces Pain Scale(make an x through one face).