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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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2008-07-14T09:52:00Z
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DECLARATION

I Michelle Ann Yazbek declare that this research report is my own work. It is being submitted for the degree of Master of Science in Physiotherapy in the University of the Witwatersrand, Johannesburg. It has not been submitted before for any degree or examination at this or any other University.

…….

……day of…….. , 2007

In loving memory of my nephew
Alexander Ivor Yazbek

21.03.1985-13.01.2007

In loving memory of my sister-in-law

Maria Caterina Yazbek

09.02.1957-07.04.2007

ABSTRACT

Pain is a subjective sensation and is difficult to measure. It is important to quantify pain as benefits are obtained from its quantification. The validity and reliability of pain outcome measures have been extensively researched in Europe, America and Asia. In Africa on the other hand, very few studies have been done.

This study was a cross-sectional study to validate and test the reliability of pain scales.The aim of this study was to establish the validity and reliability of the Tswana translations of three pain scales, namely, the Visual Analogue scale (two versions), the Verbal Rating Scale and the Wong-Baker Faces Pain Measure.

The validity of the study was determined by the face validity,criterion validity and construct validity.The statistical analysis of the results showed several significant p values ($p \leq 0.05$).However, none of the correlations illustrated a strong relationship as there were no r values in excess of 0.5 indicating a moderate correlation or greater than 0.7 indicating a good correlation. The statistical significance only indicated that the observed values were not due to chance.From the statistical analysis of the results, it became apparent that the subjects tested did not have an understanding of any of the three scales .This was seen in all the age groups and education levels selected for the purpose of this study.

It is our recommendation therefore, that suitable, new scales be developed for our local population. The scales which have been used up until now are not being understood and hence are not being interpreted or used correctly in the South African context amongst Tswana speaking individuals.

Future research needs to be done in developing entirely different scales for the South African scenario. More relevant and better understood scales should be developed for our local population to include persons of different languages and different education levels. This will assist in a better understanding of the health care process and will by so doing, improve their health care and management.

ACKNOWLEDGEMENTS

Professor A Stewart my supervisor for her invaluable help, guidance and encouragement.

Professor P Becker for help with statistical analysis of the results.

The O.M.T. group of the South African Society of Physiotherapy for their contribution towards funding of this research report.

Mrs. Lorraine Jacobs and Mrs.Anita Nkusi my other supervisors for their help.

The subjects who consented to taking part in this study.Without them this study would not have been possible.

My research assistant Mrs. Maria Monolwa for her help with interpretation.

Mrs M Louw, Mr S Mogaje, Sister Beryl Letlikhane and a physiotherapist, for help with the translation process.

My husband Michael and daughters Lara and Natalie, for their love, support, patience and understanding.

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LIST OF DEFINITIONS AND ABREVIATIONS

Pressure tolerance.

The maximum pressure tolerated by the subject.

Pressure threshold.

The maximum force that induces discomfort or pain.

P.T.M. - Pressure Threshold Meter.

V.A.S.1 - Visual Analogue Scale one.

V.A.S.2 -Visual Analogue Scale two.

V. R .S. - Verbal Rating Scale.

W.B.F. – Wong-Baker Faces pain measure.