



Original Article

Translation and transcultural adaptation of the Hip Fracture Recovery Score assessment tool[☆]



Francisco Costa Neto, Márcio Bezerra Gadelha Lopes, Felipe Veras Pereira de Oliveira, Francisco Robson de Vasconcelos Alves*, Maria Rejane Fernandes Melo, Catarina Damasceno de Souza

Department of Orthopedics and Traumatology, Instituto Doutor José Frota de Fortaleza, Fortaleza, CE, Brazil

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ABSTRACT

Objective: The Hip Function Recovery Score questionnaire is an instrument that was developed for evaluating the functional recovery of patients over 60 years of age who undergo surgical treatment due to hip fractures. The objective of this study was to make a thorough transcultural translation of this questionnaire, with adaptation to the individual and cultural traits of the Brazilian population.

Method: This translation method consisted of initial translation, back translation, drafting of a consensual version and pretesting with comments invited. Subsequently, a final version was drawn up after making the necessary adjustments, without altering the semantics of the questions in the original text.

Results: The consensual version was applied to thirty patients over the age of 60 years who had undergone surgical treatment due to hip fractures. However, some difficulties in understanding some words and expressions were observed, and these were then replaced with terms that were more easily understood. After the final version had been drawn up, this was applied to the same patients and full understanding was achieved among some of them, without altering the semantics of the questions of the original text.

Conclusion: The transcultural translation of the Hip Function Recovery Score will have an immediate impact on functional evaluations on patients over 60 years of age who underwent surgery due to hip fracture. It will subsequently be possible for other Brazilian scientific studies to use this questionnaire, which has been standardized and adapted to Brazilian culture, in order to make comparisons between results, thereby enriching Brazilian scientific production.

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[☆] Study carried out at the Department of Orthopedics and Traumatology, Instituto Doutor José Frota de Fortaleza, Fortaleza, CE, Brazil.

* Corresponding author.

E-mail: robson.ortopedista@gmail.com (F.R. de V Alves).

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Tradução e adaptação transcultural do instrumento de avaliação do quadril Hip Fracture Recovery Score

R E S U M O

Palavras-chave:
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Avaliação funcional
Tradução
Questionário

Objetivo: O questionário Hip Function Recovery Score consiste em um instrumento desenvolvido para avaliação da recuperação funcional de pacientes acima de 60 anos submetidos a tratamento cirúrgico devido a fraturas do quadril. O objetivo deste estudo foi fazer a tradução transcultural de forma criteriosa do questionário e adaptá-lo às características individuais e culturais da população brasileira.

Método: Este método consiste em tradução inicial, retrotradução, elaboração de uma versão de consenso e pré-teste comentado com posterior elaboração de uma versão final após as alterações necessárias sem modificar a semântica das perguntas do texto original.

Resultados: A versão de consenso foi aplicada em 30 pacientes, acima de 60 anos, que foram submetidos a tratamento cirúrgico devido a fraturas do quadril. Foram observadas, entretanto, algumas dificuldades no entendimento de algumas palavras e expressões, as quais foram substituídas por termos de mais fácil entendimento. Após a elaboração da versão final, reaplicou-se essa versão aos mesmos pacientes e obteve-se um entendimento total.

Conclusão: A tradução transcultural do questionário terá impacto imediato na avaliação funcional dos pacientes com mais de 60 anos operados devido a fraturas do quadril e, posteriormente, outros trabalhos nacionais podem usar esse questionário padronizado e adaptado à nossa cultura para comparação de resultados e enriquecer a produção científica do Brasil.

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Introduction

Hip fractures include transtrochanteric, femoral head/neck and acetabulum fractures. This group of fractures occurs in all age groups and is a major problem for the Brazilian public health system. The most affected population is the geriatric group, as the incidence of hip fractures increases with age and doubles every 10 years after age 50.¹

The increasing life expectancy of the population in recent decades, associated with a more active lifestyle of the elderly and comorbidities found in this population, such as the reduced lean mass, balance, reflexes and bone mineral density results in osteopenia and osteoporosis and has led to an increase in fractures in the geriatric population.²

Mortality after hip fractures is close to 10% in the first month and approximately 30% in one year. Among patients who survive, many develop a reduction in mobility and degree of independence.³

Most studies have focused primarily on the mortality caused by these traumas. However, studies assessing morbidity, or loss of function post-fracture, are less common.⁴ Surgical treatment of hip fractures is considered the gold standard, as it reduces some complications related to prolonged immobilization, such as thromboembolic events and pressure ulcers.⁵

Due to the increasing incidence of hip fractures, and, consequently, a higher number of surgical procedures for this type of trauma, it becomes necessary to evaluate the degree of independence and quality of life of patients after they have undergone surgery. One way to evaluate the functional

results after surgical treatment of hip fractures is through questionnaires, aiming to follow the improvement or not of daily functions in patients' life.

A study applied a questionnaire to 537 elderly patients with hip fracture with three parameters, self-care, transfers and locomotion, to measure the degree of patients' independence after the surgical repair.⁶ Subsequently, another study involved 154 fractures of the proximal third of the femur treated surgically and used the Hip Function Recovery Score questionnaire (Appendix A) created by Zuckerman et al.⁷⁻⁹ It consists of 11 questions related to the activities of daily living: four related to independence in basic activities, six to instrumental activities and one to mobility.¹⁰ However, this questionnaire was used in its original version, in the English language, after its literal translation.¹⁰

We know the importance of the translation into Portuguese of questionnaires originally written in English and also the adaptation of these questionnaires to individual and cultural characteristics of the local population to make them appropriate to the cultural context of the target population.^{11,12} Therefore, a standardized translation of English language questionnaires into Portuguese is fundamental for an accurate assessment of the information extracted from these translated questionnaires, which allows a better comparison of scientific studies covering different surgical techniques and different rehabilitation programs in patients that suffered fractures involving the hip and submitted to surgical treatments.

Therefore, we aim to carry out the accurate cross-cultural translation of the Hip Function Recovery Score questionnaire

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